

# Somersize Cookbook 2

A compilation of recipes  
suitable for Somersizing  
collected from the SS website  
September 2004 – December 2005

Compiled by ianj9

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## BREAKFASTS

### Instant Oatmeal Packets

Grind up 2-3 cups of whole oats in a coffee grinder or blender. Stick a plastic sandwich bag (resealable or not) inside a mug and lay plastic open over lip of mug. Into each bag (which rests in a mug) place:

3 Tbs ground oats  
 3 Tbs whole oats  
 2 Tbs powdered non-fat milk  
 1-2 packets Splenda  
 1/2 tsp salt

Lift bag out of mug, seal and squeeze bag to mix ingredients. Store in cool dry place. To serve: Pour bag contents into bowl, pour enough water to cover oats and microwave for approx. 1 minute. Can add cinnamon (1/2 tsp) to packets or add after cooking. Level Two might play with some dried fruit combinations (ok, ok, don't yell at me, sometimes I mix up my fruits level 2 or not). This is not an exact recipe so add, subtract, adjust to your liking. This is a recipe that, if made in advance, is quick and just as good as the original. I typically make up to 10 bags at a time. Posted by whimsy.

### Porridge Oats

For 1 person (or two if not as greedy as me): To every heaped tablespoon of Porridge Oats (I used 3, plus I used Quakers which I think you can get in the US) mix 2 tablespoons of fat free cold milk - leave to steep & soak for 20 minutes. Add 1 to 2 tablespoons of fat free greek yoghurt to your soaked porridge oats, sweetener to taste (I used 1/2 dessertspoon of splenda, but then I don't like things too sweet) mix well and then top with sliced strawberries and raspberries. Then eat and enjoy. The porridge has a lovely creamy texture to it. This makes a change to hot porridge oats. With the berries I am assuming this is Almost Level 1 - please correct me if I am wrong. I made this for breakfast this morning and yesterday - its a recipe I found in a magazine and adapted to SS. I really like it, in fact so much that I doubled the quantity to have a larger portion. Oops. Posted by honeymonster.

### Swiss Muesli

1/2 c rolled oats, uncooked  
 1/4 c. skim or rice milk  
 1/4 t. ground cinnamon  
 1-2 pkts sweetener of choice  
 1/8 c. dried or fresh blueberries (optional)  
 1 T. grapenuts  
 1/4 c. plain, ff yogurt

In a serving bowl, combine first 5 ingredients. Cover with plastic wrap and set in refrigerator overnight. In the morning, add grapenuts and yogurt. Stir and enjoy. I'm sure you can add any additional oatmeal cookie spices you like and also, a splash of unsweetened vanilla. Blueberries can be omitted. I had it this morning and it is GREAT. Posted by Cathy.

### Overnight Chilled Oatmeal

1 c rolled oats  
 1 c. nf milk  
 1/2 t. cinnamon  
 1 T. sf maple syrup (or equiv. of sweetener)  
 1/2 c. blueberries (optional)

Place all ingredients in bowl except fruit. Mix and cover tightly with plastic wrap. Place in refrigerator overnight. In the morning, mix in blueberries if using. If using blueberries, it would make this an Almost Level One breakfast. I found it in a Vegan Student Cookbook a few years ago. Posted by Cathy.

## Granola

5c oats (oatmeal)	1T Somersweet
1c cracked wheat	1T cinnamon
1c bran	(2T vanilla)
1c wheat germ	1/2c water

Mix all dry ingredients together. Sprinkle water (and vanilla) onto cereal, slightly mashing it together. Spread into pan. Dry out in low oven, stirring every 15 minutes or so, until dry again, and hopefully slightly crunchy. Store in airtight container. This is a recipe I made up a while back. You could use any whole grains, and maybe even try 1/4c or more of a sf syrup for flavoring, such as caramel, or coconut. Posted by marie172.

## Level One Granola.

2 cups old-fashion oats (I buy in organic in bulk at the health food store-DO NOT use instant or quick oats!)  
 12 packets splenda (adjust to your taste)  
 1/4 cup water  
 1 t vanilla  
 splash of maple flavoring (up to 1 t)  
 1 - 2 t cinnamon

Preheat oven to 325. Dissolve splenda in water (I heat the water in the microwave to help this process). Add extracts to water. Toss cinnamon with oats in a medium sized bowl. Add some of the liquid, stir, repeat process until gone. Mix well. Place on a non-stick pan, or use parchment paper or equivalent. Place in oven, toss occasionally until dry & slightly crisp, about 45 mins to 1 hour. I eat this everyday on FF yogurt. If you want bigger clusters, I would think that adding more water to the liquid would work, although I haven't tried it. Posted by DominoCat.

## Rolled Grain Cereal Mix

1C rolled oats  
 1C rolled wheat  
 1C rolled rye  
 1C rolled barley

Mix grains together & store in sealed container for later use. For a single serving boil 1C of water & a pinch of salt (optional) & 1/2C rolled cereal mix. Stir. Reduced heat to simmer & cook for 15 mins. Add 1/2 tsp of pumpkin pie spice & splenda to taste. Serve with skim milk. I make this up on Sunday in 6 serving batch so I only cook it once a week. Feel free to switch up the spices & flavorings you add. I get the whole rolled grains at my regular store & health food coop. Level 1 carbo. Posted by Starlite. Note by Whimsy: I like adding in FF evaporated milk, as it's thicker & creamier than skim milk. Some caution to watch the sugar content, but I have found no problems with it.

## Nutty Cereal Bars

3 c. Nutty Nuggets or Grape Nuts,  
 1 c. fat-free evaporated milk,  
 1 c. thawed frozen blueberries, strawberries or raspberries, drained & pureed  
 sweetener equal to 1/4 c. sugar  
 1 T. lemon zest  
 1 tsp. vanilla,  
 1 tsp. almond extract,  
 cinnamon & nutmeg to taste

Preheat oven, mix ingredients (taste for sweetness) & press into non-stick 9" square baking pan. Score into 9 or 12 bars & bake at 375 for half hour, then let sit in turned-off oven for another half hour. Cool & cut into bars & refrigerate overnight before eating. Sorry to the original poster of this recipe, I didn't copy down the name. Re-posted by DebB.

### SS Cake Donuts

3C whole wheat pastry flour  
 1C splenda or equivalent  
 1 tbs baking powder  
 1 1/2 tsp salt  
 2 1/2 C skim milk  
 2 tsp vanilla  
 1/2 tsp cinnamon  
 1/4 tsp nutmeg  
 1/4 tsp cloves  
 1/4 tsp ginger

Preheat oven to 325F. I spray my nonstick pans but you would not have to if you were worried about a trace of fat. This recipe makes 1 dozen regular sized donuts. Mix dry ingredients. Mix wet ingredients. Add wet to dry and mix just until moistened. Fill pans 2/3 full. Sprinkle top with a mixture of splenda and cinnamon. Bake for about 8 minutes or until top springs back. Cool and remove from pans. For chocolate I just sub 1/3C of flour with 1/3C of cocoa powder and leave out the spices. This recipe was inspired by the one enclosed with my nonstick donut pans. Posted by Starlite.

### Katiebb's Bagels

1 1/2 cups warm water  
 2 1/4 teaspoons Somersweet  
 2 teaspoons salt  
 4 cups whole wheat flour (I used white whole wheat)  
 3 tablespoons gluten  
 2 teaspoons yeast  
 1/4 cup dried onions, reconstituted (optional)  
 3 tablespoons chopped garlic (optional)

I don't have a bagel cycle on my machine, so I just used the dough cycle. Bring about 3 quarts of water to boil in a large pot. Place dough on a lightly floured surface. Let it rest for 5 minutes. Cut dough into 8 equal parts. Roll each into a ball and partially flatten it. Poke a hole in the center with your finger and widen it. Cover with a cloth and let them sit for 10 minutes. Transfer the bagels into the boiling water, two at a time. Let them boil for 30 seconds, flip them and then boil for another 30 seconds. Remove them and let them drain on a clean towel for a minute or two. Transfer the bagels to a cookie sheet lightly sprinkled with cornmeal. I had to use 2 cookies sheets to fit all of the bagels. I then brushed the tops with water and sprinkled some sea salt, garlic and reconstituted onions on the top. I love everything bagels and this comes close! Bake the bagels at 375F. for about 25 minutes. My bagels were moist and chewy!! I think they taste pretty good and my husband agrees! Gail's notes: I actually used 1 teaspoon of Splenda & 2 teaspoons SomerSweet. I don't get an aftertaste if I combine the sweeteners. Instead of cornmeal on the baking sheet, I used Rice & Shine cereal. And I only needed 1 baking sheet. Oh, & I only put the sea salt on the tops. Maybe next time I'll try the onions. Originally posted by katiebb @ SS.com, 21 June 2002. Re-posted by iwillrejoice.

### Zucchini Bread

3 cups ww flour  
 1 cup sweetener (I used splenda)  
 2 Tbsp baking powder  
 2 Tbsp lemon juice  
 2-2 1/2 cups ff milk (add one cup at a time and stir until it looks like a thick batter)  
 1 1/2 cups zucchini shredded.

I just mixed everything together and poured into a 2 loaf pans sprayed with pam. Maybe half full with batter. I baked them at 250' for about an hour or until done. If you bake them at a lower temp the tops won't burn. This is such a moist cake/bread! Posted by finallyonmyway.

### Zucchini Muffins

2-1/2 cups nonfat milk  
 32 oz nonfat plain yogurt  
 4 tbs sweetener  
 4 C. whole wheat flour  
 2 tbs vanilla extract  
 2-1/2 tsp baking soda  
 1 tbs orange extract  
 2-1/2 tsp baking powder  
 1/4 tsp cinnamon  
 1 tsp grated lemon zest  
 1/4 tsp nutmeg  
 2 tbs + 2 tsp lemon juice  
 2 C. quick-cooking oats  
 3 tbs grated orange zest  
 2 C. all-bran cereal  
 2 med. zucchini, shredded (about 2 cups)

Preheat oven 400 degrees. Heat milk in pan just until boiling. Add sweetener, vanilla, orange extract, cinnamon, and nutmeg. Remove from heat and set aside. In large bowl combine oats, all-bran, zucchini, and yogurt. Add hot milk and mix to form batter. Stir in flour, and add baking powder, baking soda, lemon zest, lemon juice, and orange zest. Stir well. Scoop batter into nonstick muffin pans. Bake for 8 mins. then reduce heat to 350 degrees and bake for additional 20-25 mins. This is a recipe I had in my files from Shari's website. I don't know who the original poster was. I haven't made this, I think I'd start with 1/4 of the recipe to see how I liked it, it's a big recipe!  
 \*U\* Posted by DebB.

### Zucchini Oatmeal Muffin

1&1/3 cups white-wheat, Whole Wheat flour  
 1 cup quick oats  
 1 cup Splenda (or 3T SS)  
 PLUS 2Tbl Splenda to sweeten zucchini  
 (or 1&1/2tsp SS )  
 2 tsp baking soda  
 2 tsp baking powder  
 1&1/2 tsp cinnamon  
 1/4 tsp ground cloves  
 1/2 tsp salt  
 1/4 tsp nutmeg  
 1/4 tsp cream of tartar  
 2 Tbs ff dried egg white powder, mixed with 6Tbs more water (OR 6T egg substitute)  
 2/3 cup skim milk  
 3 Tbl fat free yogurt  
 2Tbl sf syrup  
 2Tbl brown sugar twin-- (Or extra syrup )  
 1 cup finely grated zucchini w/2T Splenda

In medium bowl mix first 10 dry ingredients. In small bowl stir together remaining wet ingredients. Combine wet and dry ingredients till evenly moist. Spoon batter into 16 muffin cups, which have been lined w/foil baking cups. Bake till golden brown about 20 to 25 minutes. Cool muffins in pan. Then turn out on rack to cool completely. Refrigerate leftovers to retain freshness. The Zucchini Muffin can be made as Level Two Applesauce Oatmeal Muffins, by substituting 1 cup no sugar added applesauce. I have added 1/4 cup sf apple butter for extra flavour (Level two). Posted by Ishtar.

### Zucchini Muffins

2 1/2 cup vanilla whey protein powder, fluff with fork	1/4 tsp ground cloves
sweetener to equal 1 1/4 cup sugar	1 cup canola oil
1 1/2 tsp baking powder	3 eggs
1 1/2 tsp baking soda	1 1/2 cup shredded zucchini
1 1/2 tsp ground cinnamon	1/4 tsp pineapple oil (loranns) See below
3/4 tsp salt (opt)	2T pineapple S/F syrup see below
1/2 tsp ground nutmeg	1 1/2 tsp vanilla extract

Mix first 8 ingredients. Make a well in the center & add all other ingredients, mix until smooth. Divide into a greased muffin tin, & bake at 325 for 10-15 mins, or until tops are golden. Can use any flavor you want in place of pineapple. You can get Kool aids Pina Colada flavor packet, & make a pitcher with preferred sweetener, but make it triple strength. (Add mix & sweetener like you normally would but only fill with water about 1/3 of the way.) Use that in place of syrup. I don't know where I got this recipe from, I have not tried it yet. Posted by JamieAZ.

### 1887 Spice Muffins

1 1/2 cups Quaker Oats  
 1 cup whole wheat flour  
 1 teaspoon each cinnamon, ground cloves and allspice  
 1 teaspoon baking powder  
 3/4 teaspoon baking soda  
 1 teaspoon sea salt  
 3 tablespoons Somersweet  
 1 1/2 cups(12 ounces) fat free plain yogurt  
 3/4 cup skim milk  
 1 teaspoon vanilla extract

Combine dry ingredients in a bowl; Add rest of ingredients and stir to combine. Spoon batter into muffin tins and bake in a 350\* preheated oven for 20 to 25 minutes. Makes 12 regular muffins or 6 jumbos. NOTE: 1. To use another sweetener, use sweetener equal to 1 to 1 1/2 cups of sugar or brown sugar. 2. Omit combination of above spices for 1 teaspoon of cinnamon, 1/2 teaspoon nutmeg, 1/2 teaspoon ground cloves. 3. To make a spice cake, put oats into a food processor to make a flour. Bake in two 9" round pans. Posted by mjlibbey.

### Double Chocolate Chip Muffins

1 1/3 cups whole wheat flour (DebB said she uses whole wheat pastry flour - it's lighter)  
 1 1/2 cups oats  
 1/2 cups unsweetened cocoa powder  
 2 1/2 teaspoons Baking Powder  
 1 teaspoon Baking Soda  
 1 cup Sugar substitute (I use 1/2 c. Splenda and 1/2 c. W-Low D)  
 1 cup Fat-Free Skim Milk  
 1 1/2 cups Non-fat Plain Yogurt  
 1/4 to 1/2 cups sugar free chocolate chips

Preheat oven to 375. In a large bowl, combine flour, oats, unsweetened cocoa powder, baking powder, baking soda, and sugar substitutes. In a small bowl, whisk together milk and yogurt. Form a well in the middle of the dry ingredients, add wet ingredients. Stir together until dry and liquid ingredients are well combined. Add chocolate chips 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 to cool on a wire rack. Makes 12 large muffins. Sue's recipes noted that the muffins should be frozen if not eaten immediately and that they re-heat well in the microwave. We just put them in tupperware or a large ziploc - they never last long enough to need freezing. We found that if you nuke them for 10 seconds before eating, the chocolate gets all nice and gooey. I am not quite sure if the chocolate chips, while sugar free, bump this into the Level 2 category or not. There aren't that many chips in each muffin and we haven't had any problems with these. This recipe is a modified version of Sue's Blueberry Muffin. These muffins are CARBS, and ALMOST LEVEL ONE. Posted by texanabroad.

### Cinnamon Coconut Muffins

1/2 c. + 1/3 c. Whole Wheat Flour (I use King Arthur Traditional)  
 1/2 c. + 2 Tbsp. ground up oats (I use Quaker Oats - Quick 1 minute) (See IMPORTANT Note Below)  
 1-1/4 tsp. baking powder  
 1/2 tsp. baking soda  
 1/8 tsp. salt  
 3/4 c. plain non-fat yogurt (I use Dannon)  
 1/2 c. + 3 Tbsp. canned fat-free milk (I use Carnation)  
 1/2 c. Splenda  
 2 Tbsp. Cinnamon  
 1/8 tsp. Nutmeg  
 1/8 tsp. Ginger  
 2 tsp. Coconut Extract (I use McCormick IMITATION)

Preheat oven to 375. Combine all ingredients in a bowl, THEN whisk or stir together. Spoon batter into a muffin pan and bake for 23 minutes. (I use a silicon pan I purchased from HSN, I don't use any oil or spray, I let them cool a little & they come out perfectly.) I eat 2 and store the other 4 in a zip-loc bag in the fridge, NOT the freezer. I re-heat 2 at a time, on a plate, for 35 seconds. I let them cool completely, and they're great. NOTE: I grind my entire container of oats in a small Cuisinart right after purchasing so it's always ready when I need it. To start though, I would suggest taking 1 cup of oats, grinding it (it should look like sand), and from that measure out 1/2 c. + 2 Tbsp. If your oats are not ground up, the amount for this recipe would have to be adjusted, and you won't get the right texture. \* I once used skim milk instead of the thicker canned, the resulting muffin was too moist for my liking, so I would say, if you have to use it, you should lessen the amount called for above. Personally, since canned is as accessible as skim, I just make sure to ALWAYS have it on hand. \* I'm guessing that pure coconut extract is more potent than the imitation, so if you're using that, you may have to lessen the amount to 1 tsp. instead of 2. You don't want to end up with only a coconut flavored muffin, the best result would be cinnamon with a subtle coconut taste behind it, these are so, so good. \* I know 2 Tbsp. of cinnamon seems like a lot, but it really works in this recipe. I experimented with less, but it just wasn't good enough. I buy as big a container as I can find, because it's definitely worth it. This recipe is delicious, it's my new favorite breakfast. I love the combination of cinnamon & coconut, and the texture (which is as important to me as the taste) is perfect. Makes 6. Posted by ChubChub.

### Caramel Flavored Muffins

1/2 c. + 1/3 c. Whole Wheat Flour (I use King Arthur Traditional)  
 1/2 c. + 2 Tbsp. ground up oats (I use Quaker Oats - Quick 1 minute) (See IMPORTANT Note Below)  
 1-1/4 tsp. baking powder  
 1/2 tsp. baking soda  
 1/8 tsp. salt  
 3/4 c. plain non-fat yogurt (I use Dannon)  
 1/4 c. canned fat-free milk (I use Carnation)  
 1/4 c. sugar-free Caramel DaVinci syrup  
 4 pkts. Splenda

Preheat oven to 375. Combine all ingredients in a bowl, THEN whisk together. Spoon batter into a muffin pan and bake for 23 minutes. (I use a silicon pan I purchased from HSN, I don't use any oil or spray, I let them cool a little & they come out perfectly.) I eat 2 and store the other 4 in a zip-loc bag in the fridge, NOT the freezer. I re-heat 2 at a time, on a plate, for 35 seconds. I let them cool a little, and they're great. NOTE: I grind my entire container of oats in a small Cuisinart right after purchasing so it's always ready when I need it. I started doing this for oatmeal because I didn't like the consistency of the oats as they come. To start, I would suggest taking 1 cup of oats, grinding it (it should look like sand), and from that measure out 1/2 c. + 2 Tbsp. If your oats are not ground up, the amount for this recipe would have to be adjusted and I don't know if you'll get the right texture. Makes 6. Posted by ChubChub.

### **Bowl Muffins**

1 scoop natural protein powder(or whatever you have)  
 1/2 tsp. baking powder  
 splash of cream & splash of water (sometimes it needs more or less - you have to work it out with the syrups you use.  
 s.f. syrups

Stir all together and nuke for about 2 minutes. Note: I used vanilla bean, chocolate & cookie dough s.f. syrup in one try, another I mixed the protein powder, baking powder, an egg, bacon bits, and a few chunks of cheese, some liquid (water or cream) and made an omelette. There is no end to the additions or creations you can conjure up! I saw these on another forum - provided by NancyLC - wasn't sure how they would be, but they are DELICIOUS and you can vary the s.f. syrups to your heart's desire. Nancy uses CarbQuik - and since that is not legal on SS, I substituted protein powder. Honest, these are really tasty! It was recommended on the forum that some of the bowl muffins need some butter on top (like toast). I sometimes pretend it's a puffy pancake and use Josephs S.F. syrup. Remember you gotta play around with the amounts of liquid according to what is added to the bowl - I use a cereal bowl. Another thought on the bowl muffins - depending on the type of "muffin" you want - you could add: sour cream, cream cheese, salsa, pumpkin pie spice, gingerbread spice, guess you get the idea! Someone made one using lemon juice, protein pdr. baking pdr., cream cheese and lemon or lime s.f. syrup. Sorta like a lemon cheesecake. Posted by gettinthere.

### **FF Strawberry Cream Cheese**

I've been frustrated for quite some time that I can no longer have this sugar-laden product on my toast. Then voila! A light bulb went on - I can buy the plain ff, let it soften to room temp so its really easy to blend, then add ssweet and strawberry extract! Wow, looks and tastes like the real thing! Had it on spelt bagels this morning. Sooooo good! Posted by Freed.

### **Cream Cheese Yogurt**

I didn't know what to call this, but I just made it up & thought I should share. I'm trying to do the atkins "fat fast" (modified) & it says you can eat cream cheese. Anyways, that's kind of gross by itself so I mixed Whipped Cream Cheese (easier to dissolve) with some water, cinnamon & Splenda till it's a yogurt consistency & I really enjoyed it. It's a simple recipe but it's really fast in the morning! I guess it could be a dessert also. Posted by KatyJ.

### **Homemade Yogurt**

1 quart FF milk  
 1 Tbs plain ff yogurt as a starter  
 Yogurt maker with cooking thermometer

Warm up the milk in a saucepan over medium-low heat until bubbles appear around the edge and steam rises from the surface. Remove the saucepan from heat and insert a thermometer stirrer. When the temperature reaches 110 to 115 degrees, add the starter to one of the jars. (Or do what the locals do: the temperature is correct when you can keep your index finger in the warm milk for 20 seconds.) Add some of the heated milk and stir until well blended. Pour the mixture back into the saucepan, a little at a time, stirring well. Fill all 8 jars, cover securely with lids, and place the jars into the "machine" and follow the cooking instructions. Then chill. This recipe is from French Women Don't Get Fat. She uses whole or 2% milk, but we would use FF milk. I just bought the book today (having read it a while ago) and have not made this yet, but plan to very soon. Posted by Whimsy.

### **Cinnamon Glaze for Mock Danish**

1 tablespoon butter, softened  
 1/4 t. Splenda granular  
 pinch cinnamon

Blend all ingredients well in a small bowl. If necessary, freeze a few minutes until very thick, but spreadable. Spread over cooled Mock Danish. Makes 1 serving. Posted by DebB.

### Cinnamon Breakfast Ricotta Creme

1/2 cup ricotta (or cottage cheese)  
 1/8 teaspoon vanilla extract  
 1/8 teaspoon ground cinnamon  
 Artificial sweetener to taste (1-2 packages)

1 serving. This is from the South Beach Diet – my colleague said it's really yummy & needs to be tried! Posted by artgirl67. Note from Cat54: I like it. You can also add lemon to it, or almond extract, too. Change it around a bit.

### Wonder Waffles

4 large eggs  
 1/4 cup heavy cream  
 1/2 cup water  
 1 teaspoon vanilla extract  
 2 teaspoons Splenda  
 3 ounces pork rinds, ground  
 1/4 Tsp. ground cinnamon  
 3 Tbls. melted butter  
 1/2 teaspoon baking powder  
 1/2 teaspoon baking soda

I used my food processor to get the pork rinds down to a fine, almost powdery consistency. Whip the eggs then add the cream, water, and vanilla extract and melted butter and whip some more. Mix the Splenda with the cinnamon and then add that to the eggs. (Mixing the cinnamon with the Splenda before adding helps to keep the cinnamon from clumping up as much.) When well blended mix in the ground pork rinds. Let the mixture sit for a couple of minutes until it thickens. Then stir and check the consistency. It should be quite thick, but not to thick to spoon easily. If too thick, add a little water. If too thin, add a little bit more pork rinds. I have a Belgian Waffle maker and it makes two waffles at a time, each about 4X4 inches. I poured about 1/3 of a cup of batter on each side of the bottom half of the baker and spread the batter out a little. I had enough batter to make a total of 6 waffles, each about 4X4 inches. I have not tried this recipe, as cuznvin's recipe for waffles is the only one we use, but it looks like it might be good. Someone posted that they were eating "wonder waffles" so I did a google search. Again, this is NOT my recipe, so I cannot answer questions on it. :) Posted by ILovePink

### Pro/Fat Waffles

8 oz cream cheese (softened)  
 1/4 c fructose  
 1 heaping t of baking powder  
 2 eggs  
 1 T vanilla  
 2 heaping T whey protein powder  
 cinnamon to taste

Mix all of this together and put into a hot waffle iron until golden brown and top with butter and sugar free honey. This is the recipe that I go by all the time. Posted by mzladyt.

### Good Pro/Fat Waffle Recipe

2 eggs	2 1/2 teaspoons Somersweet
1/3 of a scoop of protein powder	1 tablespoon SF maple syrup - NOT maple Extract
2 Tablespoons cream	1 teaspoon vanilla extract
1/4 teaspoon baking powder	1/8 cream of tarter

Mix protein powder in last as it tends to clump up. Try to whisk out clumps, but it's ok if you can't get every clump out. Pour in wafflemaker. Serve with some butter on them & SF maple syrup. Can also add some whipped cream on top. I was experimenting & came up with this great waffle recipe. No protein powder taste. Posted by tiff123.

## Pro Crepes/Pancakes

I felt like something sweet today after my pro/fat meal and I have not been making anything sweet for a long time, so I decided to experiment. I took one egg, separated the egg white and yolk. I beat the egg white until it was slightly stiff, added a splash of vanilla, some splenda (about less than 1/2 tsp), a very small pinch of cream of tartar and the egg yolk. I beat it a little more. Heated a small nonstick pan (sprayed with pam) on light heat. Poured batter in pan. Then when crepe settled to golden brown, flip on other side and take out of pan when ready. You can put whipped cream or sf syrup or berries. I ate it by itself and it was delicious!! I liked it so much I repeated the recipe and added some instant coffee and vanilla for a french vanilla coffee flavour. It will taste sort of eggy but I really liked the light airy texture and yummy taste. Posted by Rolorocks.

## Simple Plain Profat Pancake

About 3 oz cream cheese  
2 beaten eggs  
2 tbsp flavoured protein powder  
olive oil for pan

Soften cream cheese about a minute or less in microwave. Cream it. Add beaten eggs. Will be lumpy. Add powder. Mix well. Will still be a wee bit lumpy. Heat oil in pan. Pour it all in pan. Heat until golden. Cut, so you can flip the pieces. Heat til golden. Eat plain. I find it doesn't need baking powder (starch), or vanilla (flavour is in protein powder) Nice and simple and filling. A nice change from straight eggs. Almost dessert-like. Posted by matzo.

## Pro/fat pancakes or waffles

3T protein powder (I use vanilla and sometimes 4T)  
1/4t baking powder  
1/8t baking soda  
1/2t somersweet  
3 eggs, beaten  
1/4c cream

Mix dry ingredients together; add wet ingredients (or put it all in a blender and pulse mix it). Make either pancakes or waffles the conventional way. The waffles can come out crispy, but need to be eaten right away, or they get soft. However, reheating leftovers in a toaster oven comes out pretty well. The pancakes are a little trickier to flip than flour ones, so be gentle. Remember: Try not to over mix anything with protein powder that you are baking. It only toughens up the final product. Posted by marie172.

## Pancakes

4 oz. softened cream cheese  
2 eggs  
1 pkt. Splenda  
1/4 tsp. cinnamon  
1 tsp. heavy cream  
1/2 tsp. baking powder  
3/4 tsp. imitation vanilla flavor

Mix everything together (a whisk works great for this), and cook with butter in a pan. You can double the amounts to make a larger batch. I use Cary's brand sugar-free syrup (found in the regular supermarket). I make some really great tasting pancakes, the recipe is based on one in Suzanne's book, "Fast & Easy" pg. 180, and others I've seen on the boards. Posted by ChubChub.

### Whole Wheat Pancakes

1c whole wheat flour  
 3t baking powder  
 1/2t salt  
 1T splenda  
 1c milk

Mix dry ingredients together. Add milk; stir until wet. Cook pancakes on a nonstick skillet with Pam. These can stick quite easily, so I spray Pam every two pancakes. I also tend to either reduce the salt or omit it, but that is my preference. Posted by marie172.

### I-Hop Apple Pancakes

Boy, I had the best breakfast this a.m. Right off the menu at I-Hop. Pancakes with "apple" filling and dusted with powdered sugar. I made the filling from jicama and used WheyLow powered sugar. Since I cook from the "back of my spoon" (you know, instead of "the seat of my pants") I don't really have a "recipe" but what I did was coarsely chopped some jicama, then cooked it in the pressure cooker with Alpine sugar free apple cider dry mix and water (this could be considered almost level 1, but since it doesn't contain any real fruit my only concern would be the aspartame). I just kept the pressure cooker going, pausing to add more water and Alpine mix, a dash or so of apple pie seasoning, until the jicama tasted like flavored, cooked apples. My intention was to use the "apple" on my oatmeal. Which by the way I did, and it was very, very good! Well, this a.m. I had a little over a cup of the "apple" mixture left and decided to make pancakes with apple filling. I drained the fluid off of the jicama chunks, put butter and WheyLow brown sugar in the fluid, cooked, tasted, threw in a bit more of the apple pie seasoning, and when I thought it tasted like apple pie, I thickened it with Xanthan Gum, then put the chunks back in the mix to warm. I then made what I call "fluffy" pancakes, the ones with cream cheese, eggs, baking powder and a scoop of whey protein. Put the warm apple mix in the middle of the pancake, folded it over and sprinkled it with a bit of WheyLow powdered sugar, yum! Posted by LadyJ.

### Sarahzoo's WW Yogurt Pancakes with Blueberries

1c. whole wheat pastry flour(I used white whole wheat flour)  
 1/2 tsp. baking soda  
 1 tsp. baking powder  
 1c. ff milk  
 1/2c. plain yogurt

Mix ingredients together and if desired fold in frozen or fresh blueberries. Fry on a skillet sprayed with Pam. Sit back with your coffee or whatever you enjoy in the morning and ENJOY!!!! I put together these pancakes after trying Sue's blueberry muffins. They were a big hit with everyone, and no one knew what was in them. Posted by zookeeper.

### Crepes

1 scoop vanilla protein powder  
 2 eggs  
 1 TBL. sugar free maple syrup  
 1 tsp vanilla extract (optional)

Whisk till really smooth. Melt 1 tbl. butter in large fry pan and add batter. Roll around to cover bottom of the pan. Cook till golden brown and then carefully flip - doesn't always flip perfectly. Cook till golden on the other side. Don't overcook. This is like a crepe only a little thicker. It is good rolled up with butter and sugar free syrup inside. For a level two dessert or breakfast I slice fresh strawberries, sprinkle with somersweet, drizzle a little heavy cream on top and roll up - oh my!! Posted by sujo.

## Mock Danish

2 oz cream cheese, softened  
2 eggs  
1T splenda

either 1-2T Torani syrup (I used caramel, loved it) or  
1/2 or 1 tsp vanilla

Scramble the eggs, splenda, and flavoring together. Slowly mix into cream cheese, especially if you don't like the cheese lumps. I spray a microwaveable pie plate with Pam, then pour this into it. Microwave for two minutes (your oven may be different). You want it to be cooked through, it will puff up, but it doesn't brown or burn at all. You can either eat it like this, or with syrup, etc., as you see fit. Or, as I prefer, I fry it in a pan with butter, both sides, then sprinkle with splenda and cinnamon. My husband thought I was cheating eating french toast! This is so good and helps my cravings on so many levels. Not only does it give me another option for breakfast, but I haven't craved a cinnamon roll since doing this! Thanks to all of you for your suggestions. And it's so easy and not wildly expensive! silenagig, I want to thank you for inspiring me to try this! This is my variation, which takes from yours, silenagig, but reminds me a lot of a dutch baby, but oh, so easy, to prepare! Posted by marie172.

## Cheese Danish

Pastry portion:  
3 eggs - separated (reserve 1/2 egg yolk for filling)  
1/4 teaspoon cream of tartar (stiffens the egg whites)  
1/4 cup splenda - or your choice  
1 teaspoon cinnamon  
3 tablespoons ricotta cheese

Filling:  
4 ounces cream cheese (125 g)  
1/2 egg yolk - reserved from pastry  
1/4 cup splenda  
1/4 teaspoon vanilla

Pastry: Separate eggs. Reserve approximately 1/2 a yolk for the filling. Whip whites until very stiff with cream of tartar. Mix remaining yolks, cinnamon, ricotta cheese, & sweetener until smooth. Fold yolk mixture into beaten whites & portion into 6 mounds on a buttered cookie sheet. After mounding onto cookie sheet, make an indentation in the top of each roll to hold the filling.

Filling: Microwave cream cheese until soft enough to stir into a smooth pasty consistency. Add remaining ingredients to the cream cheese & stir until smooth. Fill each roll on the cookie sheet with filling. Bake for 30-40 mins in a 300 oven. Bake until golden. Posted by Carolyn @ SS site: Here is a delicious recipe from [www.carb-lite.au.com](http://www.carb-lite.au.com). I made them yesterday & they were so wonderful. I put the rest in the refrigerator. Posted by DebB.

## Danish Pastry

PASTRY  
9 large eggs (8 of them separated) room temp  
1/2 C whole milk ricotta cheese  
4 packets Splenda or 2-3 ml liquid Splenda concentrate  
1 1/2 scoops Bake Mix - that's about 6 TBS - or Plain Protein Powder (any one works)  
1/2 TBS cream of tarter

2-3 tsp. cinnamon  
1 TBS rapid rise yeast  
FILLING  
3 egg yolks  
3 TBS softened cream cheese  
1 1/2 tsp. vanilla  
3-4 ml liquid Splenda concentrate, or 2-3 packets Splenda

Preheat oven to 325°. Lightly spray 2 crown muffin tins with butter flavored PAM. Mix 5 egg yolks only (save other 3 yolks for filling), 1 whole egg, ricotta cheese, Splenda, cinnamon, bake mix, & yeast. Mix until creamy & smooth & set in a warm water bath, for about 10 mins - until you can smell the yeast. While yolk mixture is in water bath, in another bowl, mix 8 egg whites until frothy, then add cream of tartar, beat until very stiff & dry. Fold 1/3 egg whites into the yolk mixture, then gently fold the rest of the yolk mix in, be careful not to deflate meringue (yellow streaks are ok). Spoon into crown muffin tins & spread to fill tin. Prepare filling by mixing all filling ingredients until smooth & creamy. (I can do this with a fork, if I work furiously). Drop a small amount of this mixture into the center of each section of the filled tin (about 1 TBS each). Bake for 35-40 mins. Cool completely on a rack. Store in a plastic lidded 9 x 13 container in 2 layers separated by paper towels. Store in fridge, do not eat until the next day, they get better every day you wait. These are pretty close to a Danish & a real carb bargain at less than 1 carb each if you use liquid Splenda. You can make a glaze using powdered maltitol & SF syrup, sprinkle with sliced almonds, & reheat slightly in a toaster oven. They seem intimidating at first - but are easy. Galatea @ Atkins site. (Deb's note - I don't know what the "bake mix" is she's referring to in this recipe, sorry) Posted by DebB.

### Bowl Biscuit

1 scoop protein powder (I use Designer Whey Natural)  
 1-2 tsp. butter  
 1/4 tsp. baking powder  
 pinch salt  
 1 egg  
 splash cream (maybe 1/8 cup?)

Blend protein powder, salt, baking powder & butter - mash the butter so it is blended throughout. Beat the egg with cream and then blend with other stuff. Microwave for 2 minutes. I liked them and hope some of you do also. I sliced one in half, made a chicken "gravy" (chicken juices, cream & spices) and used it with sliced chicken. It was pretty tasty. DH & I called it dinner with a mixed green salad. Think it could also be used for a sandwich, but haven't tried it yet. It might be a little dry for some, but easily remedied with a pat of butter, s.f. honey, or something else you like. Posted by gettinthere.

### Salami Scrambles

1 tablespoon extra-virgin olive oil, 1 turn of the pan in a slow stream  
 1/4 to 1/3 pound salami, deli sliced or whole mini, Genoa, dry or sopressata, chopped  
 1 clove garlic, chopped  
 2 to 3 scallions, chopped, 1/4 onion may be substituted  
 1 plum tomato or 1 vine tomato, seeded and chopped or 3 tablespoons chopped sun-dried tomato -- your preference or, depending on what you have on hand  
 8 large eggs  
 4 ounces your choice of: Boursin garlic and herb cheese, crumbled, alouette garlic and herb cheese (4 rounded spoonfuls), crumbled feta cheese, crumbled herb goat cheese – again, whatever your preference and whichever you have on hand  
 Salt and pepper  
 Chopped parsley leaves, for garnish  
 Chopped or torn basil leaves, for garnish, optional

Heat a medium nonstick skillet over medium to medium high heat. Add extra-virgin olive oil and salami. Cook salami until it renders some fat and starts to turn a deep burgundy color, 2 minutes. Add garlic and stir 30 seconds, then add scallions or onions and cook 1 or 2 more minutes. Add tomatoes and cook another minute. Scramble eggs with cheese, a little salt and a generous amount of pepper. Add eggs to pan and scramble it all up together. Serve scrambles with parsley and/or basil garnish. This was really good and fast. I used the Rondele herb cheese. Next time I make this, I'm trying the feta. Recipe courtesy Rachael Ray. Difficulty: Easy. Prep Time: 15 minutes. Cook Time: 15 minutes. Yield: 4 servings. Posted by matantej.

### Burger Breakfast Scramble

1/2 pound ground beef  
 2 tablespoons onion -- minced fine  
 3 ounces cream cheese  
 3 large eggs  
 1 tablespoon water  
 salt and pepper to taste

Brown beef in skillet with onions. Add cream cheese, cook over low heat until melted. Beat eggs with water, salt & pepper & pour into skillet with beef & cheese. Scramble to desired doneness. Posted by Clovermuncher.

### Taco Scrambled Eggs

I had some left over taco meat from last night's taco salad (hamburger with Deb's taco seasoning mix). I scrambled two eggs, then added some taco meat and some Mexican blend cheese. It was yummy and quick, providing you already had the taco meat on hand. If I had more time it would be even better with some chopped tomato added before eating. Posted by atcchick. Note by matantej: sour cream would be good too.

## Huevos Rancheros

1 large daikon radish  
 2 tablespoons butter  
 salt & pepper, to taste  
 1/2 onion, diced  
 1/2 teaspoon paprika  
 1 tablespoon EVOO (extra virgin olive oil)  
 1/2 pound fresh mushrooms, sliced  
 (or 1 can sliced mushrooms)  
 1/2 onion, diced  
 1 small can diced green chilies  
 1 tablespoon EVOO  
 4-6 eggs  
 grated cheese of choice  
 Vance's Enchilada Sauce (see J9's cookbook compilation) OR 1 small can enchilada sauce  
 Sour Cream

Make "Vance's Enchilada Sauce" ahead of time & freeze it. Then when you want a fabulous sauce for your enchiladas or Huevos Rancheros, thaw a pint jar, place in small saucepan & heat slowly. IF using canned sauce, place in small saucepan & heat slowly while you fix the rest. Grate the daikon radish, using large grate. In large skillet over medium-high heat, melt butter. Add grated daikon, onion, salt, pepper & paprika. Cook until tender, stirring occasionally. Mine didn't get "browned & crunchy" like hash-brown potatoes, but they do get tender & tasty. In second skillet over medium-high heat, add olive oil. If using fresh mushrooms, add mushrooms to skillet & saute until they release their liquid. Add onions & saute about 3 mins. Add green chiles. If using canned mushrooms, saute onion first, then add mushrooms & green chilies. Heat yet another skillet (I know - a lot of dirty stuff!!!), over medium-high heat, then add the eggs. Cook until desired doneness. Now you're ready to assemble on 2 individual plates: a pile of hashbrowns, some grated cheese, the mushroom-onion mixture, the eggs, pour on some enchilada sauce, top with more grated cheese & then a dollop of sour cream. NOTE: This is really good!!! DH really liked it & he's a big "real" Huevos Rancheros fan! Serves: 2. Posted by MsTified.

## Eggs Au Gratin

2 large onions, thinly sliced  
 2 tb butter  
 6 hard boiled eggs sliced  
 3/4 c mayonnaise  
 1/4 c heavy cream  
 3 tb grated parmesan cheese  
 1 tsp mustard  
 1/4 tsp salt  
 1/8 tsp cayenne pepper

In large skillet sauté onions in butter, layer sautéed onions & egg slices in baking dish, a shallow one. Sit together last 6 ingredients & spread over top of onion & eggs. Broil for 3 mins or until brown & bubbly. Posted by PHoffer.

## Egg, Ham, Mushroom "Pie"

3 eggs, beaten w/splash of cream  
 1/2 c diced ham  
 2/3 c grated cheddar cheese  
 2-3 diced fresh mushrooms  
 8-10 drops Tabasco

Heat oven to 375 & butter 9" pie pan. (I used glass.) Layer cheese, mushrooms & ham (in that order) & pour egg mixture over the top. Bake 18-20 mins, add sour cream &/or salsa. I just made this up this morning & it was good! Since I didn't measure anything I will try my best to list it all. Posted by carolannb.

### Baked Eggs and Mushrooms in Ham Crisps

3/4 lb mushrooms, finely chopped  
 1/4 cup finely chopped shallot  
 2 tablespoons unsalted butter  
 1/2 teaspoon salt  
 1/4 teaspoon black pepper  
 2 tablespoons crème fraiche or sour cream  
 1 tablespoon finely chopped fresh tarragon  
 12 slices Black Forest or Virginia Ham (without holes; 10oz)  
 12 large eggs  
 Garnish: fresh tarragon leaves

Preheat oven to 400 F. Cook mushrooms & shallot in butter with salt & pepper in a large, heavy skillet over moderately high heat, stirring, until mushrooms are tender & liquid they give off is evaporated, about 10 mins. Remove from heat & stir in crème fraiche & tarragon. Assemble & Bake: Fit 1 slice of ham into 12 lightly oiled muffin cups (ends will stick up & hang over edges of cups). Divide mushrooms among cups & crack 1 egg into each. Bake in middle of oven until whites are cooked but yolks are still runny, about 15 minutes. Season eggs with salt & pepper & remove (with ham) from muffin cups carefully, using 2 spoons or small spatulas. Cooks' Note: \* The eggs in this recipe are not fully cooked, which may be of concern if salmonella is a problem in your area. As prepared in episode 152 of "Queer Eye for the Straight Guy". This is similar to the Easy Egg Cups also posted in this forum. I just saw these made on the show & thought they looked totally yummy! Posted by artgirl67.

### Ham and Cheese Mini Frittatas

3 Tbsp melted butter  
 1/4 lb. deli-sliced Swiss cheese, finely chopped  
 1/4 lb. ham steak or Canadian bacon, finely chopped  
 Splash of milk or half & half (I will use cream)  
 3 Tbsp snipped or chopped chives  
 Salt and pepper, to taste  
 A few drops of hot sauce  
 8 large eggs, well beaten

Preheat oven to 375. Brush a 12 muffin tin liberally with butter. Scatter cheese & ham evenly among the cups. Add milk (cream), chives, salt & pepper, & hot sauce to eggs. Fill cups to just below the rim with egg mixture. Bake until frittatas are golden & puffy, 10-12 mins. Remove with a small spatula & serve. Curves notes: Instead of ham & Swiss, fill frittatas with defrosted chopped frozen broccoli & shredded Cheddar or chopped cooked bacon with shredded smoked Gouda & sautéed mushrooms. I am going to make this right now but will be using Colby cheese & diced deli ham. Found this recipe in the Curves magazine. Mine did not look like the pic but they were good. I did not add chives since I did not have any & I found that 8 eggs made just under 12. I think that I will also use more cheese & ham next time. But my DH & I enjoyed them & that's what counts, right? Posted by carolannb.

### Quiche Lorraine Muffins

1 c. shredded Swiss cheese  
 7 slices bacon, cooked and crumbled  
 6 eggs  
 1 1/2 c. cream  
 salt & pepper  
 grated Parmesan cheese

Preheat oven to 375. Lightly grease a 12-cup muffin pan. Put shredded Swiss in the bottom of each muffin cup. Top with bacon. Mix together the eggs, cream, salt & pepper. Pour over cheese & bacon. (I used a 1/4 cup measure to scoop this out to make sure I got both egg & cream in each one.) Sprinkle tops with Parmesan. Bake 30-35 minutes or until golden brown. Level 1 Pro/Fat Makes 12. I don't know where I got this recipe from. I have searched this site for it and didn't find it, so if this is your recipe, I apologize! Posted by indyemert1.

### Crispy Cheddar Cakes with Bacon

8 slices bacon -fried  
 1 1/2 C sharp cheddar cheese  
 1/2 C sour cream  
 1 sm. yellow bell pepper diced  
 2 scallions diced  
 1/4 C whey powder (or ww flour)  
 1/2 tsp dry mustard  
 salt, pepper to taste  
 pinch of cayenne pepper  
 2 large eggs-separated  
 2 Tb oil-\*used in lieu of reserved fat-more may be needed

Cook bacon till crisp. Pour fat into reserve bowl. Stir cheese, sour cream, bell pepper, cayenne, and egg yolks in large bowl and set aside. Beat egg whites until stiff peaks form. Fold egg whites into reserved batter. Heat 2 TBS reserved fat-or \*oil- in skillet - DO NOT LET SMOKE. Pour 2-3 TBS batter into skillet for each cake. Cook turning once until golden and crispy-8-10 min. \*\*Add more fat if needed. Serve hot with bacon. Posted by momof7.

### Bacon Cheese Puffs

8 oz. cream cheese, softened  
 5 eggs, lightly beaten  
 8 oz. Monterey Jack cheese, shredded  
 1/2 lb. bacon, cooked and crumbled  
 4oz. can diced green chiles, drained  
 1/4 cup butter, melted  
 1/4 cup protein powder (no carb, non flavored)  
 1 teaspoon Baking powder (always keep bp fresh)  
 1/4 teaspoon salt

Preheat oven to 350 degrees. In a large bowl mix together cream cheese & eggs. Gently stir in rest of ingredients. Scoop into muffin pans and bake til lightly golden, 25-30 minutes. Makes one dozen. Makes a nice breakfast muffin and is also great with a salad for brunch. Leftovers can be frozen and reheated. Note: I haven't tried variations yet, however chopped ham and broccoli sounds good. Inspired by September's fantastic Dutch Babies, I've realized many of my favorite recipes can be easily converted to a perfect level one! Here is a quiche-like muffin with bacon, green chiles, and cheese. (Pro/fats, level 1.)Posted by Red DiSH.

### Fabulous Breakfast Casserole

1, 1lb. tube turkey sausage  
 6 eggs  
 1/2c cream  
 1/2c. shredded cheese (I use cheddar or mozzarella)  
 1c. fresh spinach  
 1/2c. chopped, fresh broccoli (raw)  
 1 med. size roma tomato, seeded and chopped  
 1/4c. crumbled feta cheese  
 salt and pepper

Preheat oven 350. Spray a 9x13 baking dish, press turkey sausage out into pan like a crust bake for 10min. Meanwhile mix together eggs and cream, add a little salt and pepper. Remove stems from spinach and chop broccoli into tiny bits, and dice tomato. After sausage crust comes out, layer veggies on top of "crust". Spinach first, then broccoli then tomato. Add shredded cheese and feta on top then pour egg mixture over all. Bake for 45min. -1hr. Check for doneness after 45 min. You may tent it with foil if it is not done in the middle yet is getting brown. The eggs puff up very nicely and my whole family loves this dish. I make one for my kids without the veggies. I made this up one morning when I was desperate for something different. Posted by chefDeb.

### Blue Plate Special

1 Tbsp olive oil  
 1 Tbsp butter  
 1 lb lean ground beef  
 1 small onion finely chopped  
 1 10 oz pkg frozen chopped spinach, cooked & drained (or 2 bunches fresh spinach, cooked, chopped & drained)  
 1/2 tsp dried basil  
 1/4 tsp dried marjoram  
 1 tsp salt  
 1/4 tsp pepper  
 4 eggs

In a heavy 11-12" skillet heat the oil and butter over medium heat. Swirl to evenly coat the bottom of the pan. Add the meat and cook 5-7 minutes or until browned. Add the onion and cook until tender, about 3-5 minutes. Stir in the spinach, basil, marjoram, salt and pepper. Beat the eggs and add to the meat mixture, stirring over medium heat about 3 minutes until the eggs are set. Serve! Posted by wired\_foxterror. MsTified: This is one of my favorites. Instead of the ground beef though, I prefer using ground sausage for a little "kick"! And I also add mushrooms to mine.

### Quick Egg Frittata

4 eggs  
 1 Tbsp. water  
 salt and pepper  
 1 Tbsp. butter (cut into small pieces)  
 1/4 cup green peppers  
 1/4 cup onions  
 1/2 cup shredded cheddar cheese

Use a microwavable dish (I use a glass pie dish) add eggs, water, and some salt/pepper. Whisk until it's blended, then add green peppers or any other vegetable you want, butter, and cheese. Microwave about 6 minutes. I cut mine like pie wedges and serve with salsa or crumbled bacon on top. I have also made this with ham, onion, broccoli and cheese. I just throw whatever I have in the fridge in and nuke it. Posted by maggs2001SS.

### Zucchini Frittata

2 cups thinly sliced zucchini  
 1 clove crushed garlic  
 4 scallions sliced including tops  
 3 Tbsp chopped fresh cilantro  
 2-3 Tbsp butter  
 8 beaten eggs  
 3/4 cups grated parmesan cheese  
 1/4 sp salt  
 1/4 tsp pepper

In a 10" skillet sauté the zucchini, garlic, scallions & cilantro in the butter over medium heat. Stir the vegetables lightly for 3-5 minutes. Remove the skillet from the heat and add the eggs, cheese, salt & pepper. Pour mixture into a greased square 9" pan. Bake in preheated 350 oven for 20-25 minutes until a knife inserted in the center comes out clean. Slice in squares and serve at once. This also makes a nice hot appetizer. Posted by wired\_foxterror.

### Company Omelet

4 tomatoes, 1/4" slices  
 1/2 lb. mushrooms, 1/4" slices  
 1 (7oz.) can Ortega chilies, whole or diced  
 1/2 lb. mozzarella or jack cheese, grated or sliced  
 salt  
 pepper  
 12 lg. eggs, well beaten

Preheat oven to 275. Using a 9 x 13" glass pan, add each ingredient single layered with nothing overlapping. Begin with tomatoes, then mushrooms. Add chilies that have been washed, rinsed, seeded and patted dry. Add cheese; pour eggs over omelet. Sprinkle with salt and pepper. Bake until golden brown. Can bake up to 1 1/2 hrs. (If not eating for Christmas, I usually up the temp. and cook it for 40min. or till done.) Yield: 6 servings, usually more. Can be made the night before and ref. baked in the morning. My mom makes this every Christmas morning, and I have continued the tradition in my family. You don't have to eat it just for Christmas though. Mouthwatering delicious!! Posted by zookeeper.

### Michael's Famous Omelette

2 eggs  
 1 tsp. cream  
 1 mini yellow bell pepper  
 1 diced green onion  
 About 1 oz of cream cheese  
 1 slice of cheese

Beat eggs and cream and pour into prepared pan, when almost set, place dobs of cream cheese on one side of the egg, add the rest of ingredients and flip closed. Warm through. This was so good, I highly recommend it. This is my little brother's famous omelet. He made this for me today and it was fabulous. Posted by JCNmyheart.

### Omelet in a Bag

Have each person write their name on a quart-size freezer zip-lock bag with permanent marker. Crack 2 large or extra-large eggs into the bag (no more than 2). Shake to combine. Put out a variety of ingredients such as cheeses, ham, onion, green pepper, tomato, salsa, etc. Each person adds prepared ingredients of choice to their bag. Make sure to get the air out of the bag and zip it up. Shake. Place the bags into rolling, boiling water for exactly 13 minutes. You can usually cook 6-8 omelets in a large pot. If you need to cook more than this, make another pot of boiling water. Open bags and the omelet will roll out easily. Be prepared for everyone to be amazed! Do you have trouble flipping an omelet without it falling apart? I know I do!! This method of cooking an omelet may be our answer. I saw this demonstrated on our local morning show on TV, and it's really slick! I haven't tried it yet....but my DIL did, and she said it worked great! This would be fun to do with the family. And....no pan to wash! Posted by Cindi.

## APPETISERS

### Individual BLT's

Cook salami in microwave about 2 min. Top one piece with blue cheese dressing (we used Marie's), small piece of lettuce and tomato and finish off with another piece of salami. These could be appetizers, snack, lunch or dinner. These were created by Momof7 and they are incredibly good! Posted by carolannb.

### Baby BLT

1 pound bacon, cooked and crumbled  
 1/2 cup mayonnaise  
 1/4 cup green onions, chopped  
 2 tablespoons chopped fresh parsley  
 24 cherry tomatoes

Place bacon in a large, deep skillet. Cook over medium high heat for 6 to 8 minutes, or until evenly brown. Once cooled, crumble and set aside. In a bowl, stir together the mayonnaise, bacon, green onions, and parsley until well blended. Set aside. Cut a small slice from the top of each tomato. Using a melon baller or small spoon, scoop out the inside of each tomato and discard. Fill each tomato with the bacon mixture, and refrigerate for 1 hour. Serve chilled. They may be a little time consuming, but worth it to the last bite! Prep Time: approx. 20 Minutes. Cook Time: Approx. 10 Minutes. Ready in: Approx. 1 Hour 30 Minutes. Makes 24 pieces (24 servings). Posted by chelle03.

### Dilly Chicken Rolls

8 ounces sliced chicken  
 16 ounces cream cheese, softened  
 1/4 cup dill relish  
 2 teaspoons Worcestershire sauce  
 1 teaspoon lemon juice (fresh)

Whip cream cheese with relish, Worcestershire and lemon juice. Divide cheese mixture evenly to spread out over one long edge of each slice of chicken. Roll the chicken up around the cheese and then slice each long roll in half, cross-wise. Makes 16 individual appetizers. Posted by Clovermuncher.

### Red Pepper Tartlets

2 cups grated old cheddar  
 1/2 cup softened butter  
 1/4 tsp cayenne  
 1 cup soft whole wheat flour  
 2/3 cup mild or hot red pepper jelly

Beat together cheese, butter and cayenne with an electric mixer or in a food processor. Stir in the flour just until the mixture forms a dough. Shape into 36 balls. Press into mini muffin tins to form tart shells. Spoon 1 tsp of red pepper jelly into each shell. Bake at 400F for 10 minutes. I made these with homemade red pepper jelly (not sf) for everyone else. For myself I used a small square (about 1 tsp) of cream cheese plus about 1/2 tsp chopped garlic (from the jar) and a sprinkle of parmesan cheese instead of filling with the jelly. They turned out nicely, very tasty. I tried this recipe on the weekend. It would be level two with the soft whole wheat flour and sugar free red pepper jelly (if there is such a thing?) Posted by LynH.

### Devilled Eggs

1 doz. hard boiled eggs  
 1 tsp. prepared mustard  
 1 stick melted butter  
 mayo (depends on desired consistency)  
 salt and pepper to taste  
 Paprika or topping of choice (olives (level 2), parsley, crumbled bacon)

Slice eggs lengthwise & remove yolks. Mash yolks real fine (I use the food processor). Add mustard & melted butter to yolks. Add salt & pepper. Whip until very smooth. Add a couple of big spoonfuls of mayo & mix. At this point I put yolk mixture into the fridge for about 30 mins to allow the butter to solidify again. Add more mayo to desired consistency. Put spoonful of yolk mixture into egg halves. Top with paprika or topping of choice. I like to use crumbled bacon or sliced olives (NB: olives would be Level 2). Posted by Fricke.

### Devilled Eggs

Place 6 eggs in pan of water, add 1 tsp. vinegar, bring to boil, boil very gently 5 min. Turn off burner, cover pan with lid & let sit for 10 min. Next, run cold water into pan for a few min, then peel eggs & cut lengthwise. Separate yellows into mixing bowl. Mash with fork into fine grain consistency. Add mayo till mixture holds together. Add 1 tsp Splenda, 1 tsp vinegar & mix. I sometimes add a little sweet pickle relish &/or bacon bits. It gives lots of filling to place into the whites. To really be bad, my favorite (it makes my kids scream, oh, noooooo....) Mix the mashed up yellows with catsup. This is my all time fav. which my mother always made. Posted by coloradonan05.

### Puny's Deviled Eggs

6 large hard-cooked eggs, peeled  
 2 tablespoons homemade OR Hellman's mayonnaise  
 2 tablespoons sour cream  
 1 teaspoon Dijon mustard  
 1 green onion, minced  
 1 teaspoon fresh lemon juice (I accidentally used lime juice - good!)  
 1/4 teaspoon salt  
 1/8 teaspoon freshly ground black pepper  
 Dash of Tabasco Green Pepper Sauce  
 2 tablespoons chopped fresh chives (I omitted, because my chives were too big)

Slice eggs in half lengthwise & carefully remove the yolks. In a small bowl, use a fork to mash the egg yolks with mayonnaise, sour cream, mustard, green onion, lemon juice, salt, pepper, & Tabasco. Spoon mixture back into egg halves. You can also spoon the egg yolk mixture into a sandwich-size ziploc bag, cut a small opening in 1 corner of the bag, & pipe the filling into the egg white halves. Refrigerate until ready to serve. Garnish with chopped chives, & serve on a devilled egg plate. Jan Karon's (author of the Mitford series) note: "My sister, Brenda, knew a dear lady who refused to acknowledge the devil in her house, & always called these 'stuffed eggs.' A good idea, if you ask me!" Adapted from the Mitford Cookbook & Kitchen Reader. Posted by iwillrejoice.

### Mexican Devilled Eggs

12 large eggs hard boiled and peeled  
 1/2 tsp salt  
 1/4 c mayonnaise  
 1 jalapeno pepper seeded and finely chopped  
 1 tb capers, finely chopped  
 1 red chili, ground  
 1 tb prepared mustard  
 1 tb fresh cilantro, snipped

Cut eggs in half length wise, slop out the yolks & mash with fork. Mix mashed yolks with ingredients above, except for ground chili & cilantro. Fill egg halves. Sprinkle ground chilli & cilantro over stuffed eggs for garnish. Posted by PHoffer.

### Devilled Eggs Curry

6 hard-cooked eggs  
 2 tablespoons mayonnaise  
 1/2 teaspoon chopped chives  
 1/8 teaspoon curry powder  
 1/8 teaspoon salt  
 1/4 teaspoon pepper

Cut eggs in half lengthwise & remove yolks to a small bowl. Add rest of ingredients to yolks. Mash with a fork until well-blended. Return yolk mixture to egg whites. 6 servings. These are simple & so good. I got the recipe from the original Dr. Atkin's Diet Revolution - the original version of his diet that came out in the '70's. I don't follow that diet anymore, but these eggs are still good! And perfectly Somersized. Posted by iwillrejoice.

### Devils on Horseback

Bacon  
 Scallops (large size)  
 Mayonnaise  
 Dijon or spicy mustard

Wrap 1/2 strip raw bacon around a raw scallop. Secure with a toothpick. Broil on both sides until bacon is cooked thoroughly, using metal tongs to turn them over. The scallop will be lightly browned. Serve with dipping sauce, made by mixing mayo with Dijon or spicy mustard to taste. Using large scallops, it took 12 mins per side, about 6 inches from the heating element. This is really easy, & good! Every so often, Albertson's has a 4-5 lb. bag of the large scallops on sale, so I get a sack to keep on hand in the freezer. This is an easy way to use them. Posted by iwillrejoice.

### Mushrooms Stuffed with Herbed Goat Cheese

24 medium to large cremini mushrooms  
 1 cup goat cheese  
 1/4 cup chopped fresh basil  
 1/4 cup chopped fresh rosemary  
 3 tablespoons olive oil  
 1/4 cup finely chopped shallot  
 1/2 teaspoon crushed red pepper flakes

Preheat the oven to 375° F. Clean mushrooms. Remove, finely chop & set aside the stems. Sauté shallot in 1 tablespoon olive oil until softened. With a pastry brush, coat both the insides & outsides of the mushroom caps with olive oil. Place cavity-side-up on a baking sheet & place in the broiler until slightly softened & mushrooms have a little bit of color — about 5 mins. Allow to cool. While mushrooms are cooling, mix goat cheese with the shallot, stems, basil, rosemary & crushed red pepper flakes. Divide this mixture among mushrooms, filling the caps generously. Bake mushrooms in middle of oven for 20 mins, or until heated through. Serve immediately. Makes 24 hors d'oeuvres. Cremini mushrooms are baby portobellos so they look like regular white mushrooms, but they have the brownish color of a portabello. I'm sure regular white mushrooms can be substituted. Courtesy of Queer Eye for the Straight Guy. I thought these looked like a yummy variation. Posted by artgirl67.

### Ranch Shrooms

5 pkgs button mushrooms  
 1 pkgs H.V.Ranch Dip mix, or SS ranch mix  
 1lb. butter

Melt butter in crockpot, add ranch mix, stir. Add mushrooms, stir again. Cover. Cook on high for 2-3hrs. These are so good everyone loves them. I tried to freeze them & that even works. They are just a little bit squishier. I was getting my haircut & heard the beauticians talking about this recipe, it is awesome! Posted by tmp.

### Cheese Stuffed 'Shrooms

16 - 20 large fresh mushrooms, cleaned and stems removed  
 8 oz. cream cheese, softened  
 2 cloves garlic, minced  
 1/4 cup green onion, chopped  
 1/4 cup fresh parsley, chopped  
 1/2 tsp. Worcestershire sauce  
 Salt and pepper to taste  
 1 cup Parmesan Cheese, grated

Combine cream cheese, garlic, green onion, parsley, Worcestershire sauce and salt and pepper and mix well. Fill each mushroom and sprinkle with Parmesan cheese. Bake at 350 degrees for about 20 minutes. Serve warm. Pro/Fats Level 1. Posted by AmyFarkle.

### Stuffed Jalapenos

22 peppers  
 1 8 ounce brick of cream cheese, room temp  
 1 pound of sausage  
 1 cup shredded parmesan or pecorino romano

Cut 22 jalapenos or small sweet peppers in half lengthwise & place in sprayed 9x14 pan. Use another pan if you need to. Preheat oven to 425. Cook & crumble 1 lb of any type of sausage -, Italian, breakfast, chorizo, chicken, etc. Cool slightly. Cream the cream cheese & fold in parmesan & sausage. Drop by tablespoons into pepper halves. Bake 20-30 mins until just slightly browning. Serve hot. These are delicious. My Mom & dh's Mom were munching these down & dh & I couldn't believe they were eating jalapenos. Posted by domsmum.

### Salmon & Cream Cheese Stuffed Cucumbers

4 pickling cucumbers  
 1 8oz container cream cheese, softened  
 1 8oz container sour cream  
 1 3oz package smoked salmon, chopped into small pieces  
 1 shallot, diced  
 1/2 lemon, juiced  
 1 bunch fresh dill, chopped  
 Pinch salt and fresh ground pepper

Cut off ends of cucumber and slice into 1-inch rounds. Scoop out the seeds and inner flesh from the top 2/3's of each cucumber slice, but not all the way through. I used a strawberry huller. You could also use a melon baller. Set aside. In a bowl, combine cream cheese and sour cream. Mix in salmon, shallots, lemon juice, salt and pepper, combining thoroughly. Generously fill each cucumber section. You can also pipe the cream cheese filling into the cucumbers with a pastry bag. Refrigerate until ready to serve. Posted by Chelle14.

### Tuna Stuffed Cherry Tomatoes

1 pint cherry tomatoes  
 8 oz. cream cheese, softened  
 1 6-oz. can solid white tuna, drained  
 2 Tbsp. minced onion  
 1/4 tsp. seasoned salt  
 Fresh ground pepper  
 Paprika

Gently slice off the very top of each tomato, scoop out pulp. Combine cream cheese, tuna, onion, salt & pepper & mix well. Place small amount of mixture in each tomato shell, sprinkle with paprika. Posted by matantej.

### Artichoke and Tuna

2 marinated artichoke crowns (I get mine from Trader Joe's, but I've seen in grocers) - pat crowns dry with paper towel.

Tuna, mixed with mayo to your liking (oftentimes I'll put some cayenne or red pepper to spice it up)

Put a spoonful of tuna on each crown and voila! The crowns are great cuz they are large enough and they're saucer shaped, but fairly thick, so you can top them well. I eat this for lunch, too. Posted by karma. norma22 suggestion: I'm thinking why not tuna melts ?! How about adding some cheese on top and putting them under the broiler until it melts.

### Roasted Shrimp

2 pounds medium or large shrimp  
 1 1/2 teaspoon garlic powder  
 1 teaspoon cumin  
 1 1/2 teaspoon salt  
 3/4 teaspoon ground red pepper  
 3 tablespoon lime juice

Make a pasty marinade with the garlic powder, cumin, salt, pepper and lime juice by combining all. Add shrimp (with the shells on) and marinate of one hour. Transfer shrimp to a broiling pan or skewer on bamboo sticks. Broil about 5 minutes on one side, and 5 minutes on the other. The shells may char, but the meat will be fine. Posted by wired\_foxterror.

### Bacon Water Chestnut Rolls

1 (8oz.) can Whole Water chestnuts drained  
 1/2 Lb. Bacon  
 Sauce:  
 1/4 cup Mayonnaise  
 1/2 cup brown sugar twin  
 1/4 cup Sugar Free Ketchup  
 1/4 cup Red Hot sauce  
 \* can add a little more ketchup & hot sauce if you like .

Preheat oven to 350. Wrap each chestnut with a bacon strip. Place the rolls seam side down in a baking dish (I put a cooling rack in a cookie sheet or baking dish & set the rolls on top of the rack). Bake 20-30 minutes and then turn over and bake another 25-30 minutes or until bacon is crisp and cooked through. \*\* Meanwhile, in a medium size sauce pan combine mayo, brown sugar twin, red hot sauce & ketchup. Heat the sauce till combined and warm, serve on the side as a dip. You may also pour over and bake on the rolls, I find it less messy to just serve as a dip. When done drain the dish of fat, if need be. Insert toothpicks in rolls and plate. This are pretty good, the original recipe called for chili sauce , but of course that has sugar in it. I just had a party and did two pounds of bacon and 4 cans of water chestnuts. The guys liked them a lot. Got this recipe off line at one of my favorite sites and just SSed the sauce, adjust ingredients in sauce to your liking. Posted by JKK.

### Zucchini Appetizer

Cut zucchini into French fry like shapes. Wrap with uncooked bacon strip. Bake in oven at 400 for about 20 minutes or until bacon is crispy. You can use a toothpick to secure, you don't have to. The zucchini is tender inside and really is flavored by the crisp bacon! I saw this on a cooking show and no adjustments were needed. This is a great appetizer, and sometimes my lunch! Less expensive than scallops or shrimp, and just as good! Posted by Corey Hickey.

### **Fiesta Cheesecake Appetizer**

2 8-oz pkgs softened cream cheese  
 1.25 oz DebB's \*Lawry's Taco Seasoning\* (See under Miscellaneous)  
 3 eggs  
 2 cups shredded marble jack cheese ( do your own if possible to avoid added starch)  
 1 4-oz can diced green chiles  
 1 cup sour cream  
 1 cup salsa ( I use Pace Picante chunky mild)

Blend cream cheese & taco seasoning with mixer or food processor to fluffy, add eggs one at a time & blend after each addition. Scrape bowl & add cheese & chiles. Blend well. Pour mixture into a greased 9 inch springform pan. Bake 350 deg. for 40 min or until knife inserted in middle comes out clean. Remove from oven & spread sour cream over top to edges. Return to oven & bake 5 more min. Remove from oven & cool 15 min. Refrigerate 3 to 8 hrs. Before serving, remove outer ring from springform pan & spread salsa over top. Serve with fresh veggies or pork rinds or cheese chips. Serves 20 if cut into 20 wedges. This recipe is out of my Kitchen Aid cookbook & adjusted as needed for SSing. Nice to have legal options that are so yummy! Posted by SinginSOMERSong.

### **Marinated Cheeses**

1/2 c. olive oil  
 1/2 c. white wine vinegar  
 2 oz. jar of diced pimento  
 3 T. diced fresh parsley  
 3T. Minced green onion  
 3 cloves of minced garlic  
 1/2 tsp. of salt and pepper  
 3/4 tsp of dried whole basil

Mix all ingredients in a container that seals tight. Seal container and shake. Set aside. Take out an 8oz. block of cream cheese and an 8 oz block of cheddar. With the cream cheese I let it sit in the freezer for a while so it will be easier to cut into slices. Cut the cheese into slices and alternate the cheddar and cream cheese in a baking dish. Pour the marinade over the cheese and let sit in the fridge for 8 hours or over night. Take out of the fridge when ready and transfer cheese to a shallow serving platter and then spoon leftover marinade over the cheese. You can garnish with sprigs of fresh parsley if you would like. Viola! You have a wonderful treat for friends. Posted by SinginSOMERSong.

### **Nippy Blue Cheese Ball**

6 oz cream cheese softened  
 3 tb heavy cream  
 1 tb mayonnaise  
 1/2 tsp Worcestershire sauce  
 1/4 crumbled blue cheese

Combine first four ingredients and stir well. Fold in blue cheese. Posted by PHoffer.

### **Baked Cheese Spread**

2 Cups mayonnaise  
 2 Cups grated Colby Cheese  
 2 Cups chopped onion  
 Dash hot red pepper sauce  
 Dash Worcestershire sauce

Preheat oven 350 degrees. Mix all ingredients together and place in a baking dish. Bake until golden brown on top, about 30 minutes, Serve with veggies and/or pork rinds. Posted by PHoffer.

### Sante Fe Sunset Dip

3 oz sun-dried tomatoes, (not in oil)  
 2 jars ( 7 oz) roasted red peppers, drain  
 2 cloves garlic, chopped fine  
 1 1/2 tsp ground cumin, or to taste  
 1 tsp fresh lemon juice, or to taste  
 1/4 cup chopped fresh cilantro  
 1/4 cup chopped green onion  
 4 oz cream cheese, softened  
 salt and pepper to taste  
 Tabasco sauce to taste

Soak the tomatoes in hot water for about 5 minutes, drain well but reserve 3 TB of the soaking liquid. In a food processor, puree the peppers, tomatoes, garlic, cumin, lemon juice, cilantro and green onions until smooth and well blended. Add cream cheese. Puree mixture adding enough of the soaking liquid to thin the dip to desired consistency. Blend until smooth. Salt, pepper and hot sauce to taste. Adjust seasonings, Chill 24 hours. Posted by PHoffer.

### Perky Horseradish Dip

3 oz cream cheese, room temp.  
 1 cup sour cream  
 1/2 cup chopped dill pickle  
 2 tsp. onion flakes  
 1 TB horseradish

Mix all together and serve with veggies. Posted by PHoffer.

### Ham & Sour Cream Sandwich Spread

1/2 lb cooked ham, chopped  
 2 small dill pickles  
 1 1/2 cups cheddar cheese, shredded  
 3 hard cooked eggs, chopped  
 1/2 cup sour cream  
 1 tb Dijon mustard  
 1/4 tsp Worcestershire sauce  
 dash Tabasco

Place in blender ham, pickles, cheese and eggs. Blend until smooth. Add sour cream, mustard, Worcestershire sauce, and Tabasco. Blend until smooth, Use as a spread for celery or as dip for veggies. Posted by PHoffer.

### Corned Beef Cheese Spread

1 8 oz pkg cream cheese  
 2 T cream  
 1 T Worcestershire sauce  
 1/2 t garlic powder  
 1/4 t hot sauce  
 1 12 oz can corned beef  
 1 T dried parsley

Blend softened cream cheese with cream until mix is smooth. Flake unchilled corned beef with fork & blend into cheese mixture. Mix in rest of ingredients. Good with veggies or cheese crackers. I like to spread on lettuce leaf & roll up. Posted by beebie1.

### Dried Beef and Cream Cheese Ball

2 8 oz. packages of cream cheese, softened  
 1 small jar of dried beef (looks like deli sliced beef, but dried and in a clear jar)  
 about 2-3 green onions  
 accent seasoning

Put all beef in processor & pulse till you have small pieces (maybe rice sized), remove half of beef & save on a small plate. Add green onions to processor & pulse till beef & onion mix is tiny tiny. Mix onion/beef with cream cheese & accent to taste (maybe 1/4 tsp.), it's easiest to use your hands at this point, mix well & form into a ball. Roll ball on reserved beef to coat the ball & chill. I just saw beebie1's recipe for corned beef cheese spread & it reminded me of this cheese ball my mom makes. It's not a fancy, complicated recipe, but it's awfully tasty with either crackers or veggies. One of my favorite things she makes for her holiday buffet. Posted by twyllite.

### Jalapeno Pepper Jelly

4 large green peppers  
 14 medium jalapeno peppers  
 1/2 cup fresh lemon juice  
 1 cup cider vinegar  
 6 cups sugar substitute  
 6 ozs liquid pectin  
 green food coloring

Seed and grind the peppers in the food processor. Combine with lemon juice, vinegar and sugar substitute in a heavy 4 qt saucepan. Bring to a rolling boil and boil, stirring constantly, for about 15 minutes. Add the pectin and boil for 3 to 5 minutes more. Remove from the heat and add the green food coloring a few drops at a time to make the jelly a bright green. Cool slightly, stirring occasionally, and spoon into sterilized jars. Seal immediately and store in a cool dark place. Refrigerate after opening. Posted by wired\_foxterror.

### Red Pepper Jam

6 large sweet red peppers  
 2 Tbsp salt  
 1 cup cider vinegar  
 2 cups sugar substitute  
 red food coloring

Seed peppers & grind coarsely in food processor. Put peppers in a large bowl, add salt, cover and let stand overnight. Drain off about half of the liquid, put the peppers into a heavy saucepan and add the vinegar & sugar substitute. Bring to a boil, reduce heat and simmer for about 1 hour, stirring occasionally. Remove from heat and add the red food coloring a few drops at a time to make the jam a bright red. Cool slightly, stirring occasionally, and spoon into sterilized jars. Store in a cool, dark place and refrigerate after opening. Posted by wired\_foxterror.

### Roasted Pepper and Artichoke Spread

1cup Parmesan cheese  
 1/2 cup mayo  
 8oz cream cheese, softened  
 garlic  
 14oz can artichoke hearts, drained and finely chopped  
 1/3 cup finely chopped roasted bell peppers  
 crackers, bread, vegetables

Combine parmesan, mayo, cream cheese, and garlic in food processor, blend till smooth. Place in slow cooker. Add artichokes and peppers. Stir well. Cover, cook on low 1 hour. Stir again. Serve on crackers, bread, or vegetables. I got this from a Frugal Friends I belong to, looks interesting. Posted by leener3boys.

### Zucchini Spread

3 cups zucchini shredded  
 2 cloves garlic, minced  
 2 Tbsp. olive oil  
 2 Tbsp. lemon juice  
 4 Tbsp. fresh cilantro chopped  
 8 oz. cream cheese softened  
 salt and pepper to taste

Combine all ingredients in a food processor and blend well. Chill for at least 1 hour before serving. Serve with cheese crackers, or fresh vegetables. This looks good and thought I would share. Posted by matantej.

### Artichoke Pate

1 15-oz (425 g) can artichoke hearts or bottoms, drained  
 4 oz (110 g) cream cheese at room temperature  
 1/4 cup (60 ml) freshly grated Parmesan cheese  
 2 Tbs (30 ml) lemon juice  
 1-2 cloves garlic, finely chopped  
 Salt and freshly ground pepper to taste  
 Cayenne pepper to taste (optional)  
 2 Tbs (30 ml) chopped fresh parsley  
 2 Tbs (30 ml) chopped fresh chives  
 2 Tbs (30 ml) chopped black olives  
 2 Tbs (30 ml) diced pimiento or fresh red bell pepper

Combine the artichokes, cream cheese, Parmesan, lemon juice, garlic, salt, pepper, and optional cayenne in an electric food processor and process until smooth. Stir in the parsley, chives, olives, pimiento, and spoon into a serving bowl. Chill for at least 2 hours before serving. Serve with raw vegetables. This is a very easy appetizer! Posted by wired\_foxterror.

### Roasted Red Pepper and Garlic Dip with Fennel Crudites

4 medium fennel bulbs (sometimes called anise; about 3 pounds total)  
 For dip:  
 1 red bell pepper  
 1 small head garlic  
 1/2 teaspoon cumin seeds  
 1/2 teaspoon caraway seeds  
 1/2 cup sour cream  
 1 tablespoon olive oil  
 3/4 teaspoon salt, or to taste  
 a pinch cayenne, or to taste

Trim fennel stalks flush with bulbs & discard any tough outer layers. Cut bulbs lengthwise into 1/8-inch-thick slices &, if desired, halve slices lengthwise. Transfer fennel to a bowl of ice & cold water. Chill fennel at least 30 mins, or until crisp - up to 3 hrs. Preheat oven to 450°F. While fennel is chilling, make dip: Quarter bell pepper lengthwise & discard stems, seeds & ribs. In a shallow baking pan arrange quarters skin side up. Separate garlic cloves, leaving skins intact, & wrap together in foil. Add garlic to pan with bell pepper & bake in upper third of oven 20 mins. When cool enough to handle, peel pepper & transfer to a blender. Remove garlic from foil & squeeze pulp into blender. In a small heavy skillet dry-roast cumin & caraway seeds over moderate heat, stirring, until fragrant & a few shades darker, about 1 minute, being careful not to burn them. In a cleaned electric coffee/spice grinder grind seeds to a powder & add to pepper mixture with remaining dip ingredients. Purée mixture until smooth. Dip may be made 5 days ahead & chilled, covered. Drain fennel in a colander & pat dry. Serve dip with fennel. Serves 8. I just came across this recipe on Epicurious.com & it looks perfectly somersized already. Using fennel "chips" to dip is one I've never thought of! I was thinking of dipping with Provolone chips. Posted by Elcarim.

### Roasted Garlic & Broccoli Cheese Spread

2 2/3 tablespoons Roasted garlic  
 1/2 pound Broccoli florets and stems  
 8 ounces Cream cheese  
 2 teaspoons Chives

Remove skin or squeeze soft garlic from roasted cloves and set aside. Cook broccoli in a steamer for 3 to 4 minutes, or until bright green. Set aside and allow to cool. Combine broccoli, garlic, cream cheese and chives in a food processor. Process until mixture is smooth. Remove from food processor and chill for 2 1/2 hours. Roasted garlic adds terrific flavor to this spread without any added fat. This is a good dip for a party served with crackers or fresh veggies. Serving Size : 10. SOURCE: The Garlic Cookbook by David DiResta Posted by Nanarb58.

### Bunya Caulda

Bunya:  
 2 sticks butter  
 2 bulbs garlic (i used my garlic press for it all)  
 4 cans of anchovies - undrained  
 2 qts cream

Melt butter. Add garlic and simmer slowly until the garlic is soft. Add anchovies. Cook until the anchovies dissolve (this takes a while and keep on stirring so it doesn't burn, very important). After dissolved add cream slowly. Simmer until thick and tasty. That's all. We use all fresh veggies to dip into this, non-ss'ers use Italian bread to dip. Cabbage is really awesome in this, as is mushrooms, peppers, chinese cabbage and celery. This recipe also freezes well. It is all to taste also, some people only use 2 cans of anchovies and more garlic, but how I posted is to my taste. I know a lot of people will "turn their nose" cause of the anchovies, but this is a really, really good recipe!! This is an old Italian dish that is very popular at the holidays in my area. I have grown up with this stuff, or else I may have never tried it cause of the anchovies in it. This recipe takes time so it is not a recipe you can make in a hurry!! If it burns it is not good. Posted by cubbegal.

### Caramelized Onion Dip

1 large yellow onion  
 1/4 cup vegetable oil  
 1/4 cup butter  
 1/4 tsp. cayenne pepper  
 1 tsp. salt  
 1/2 tsp. ground pepper  
 4 oz. (115 g) cream cheese, room temperature (buy the box, not the tub)  
 1/2 cup sour cream  
 1/2 cup mayonnaise

Cut onion in half and slice thinly. Heat oil and butter in large frying pan over medium heat. Add onion, cayenne, salt and pepper and saute for 10 minutes. Reduce heat to medium low and cook, stirring occasionally for 20 minutes more, until onions are browned and caramelized. Cool. Beat cheese, sour cream and mayonnaise until smooth. Add onions and mix well. This dip also tastes terrific on a hamburger! I found this in the Best of Bridge series. Great thing is, I didn't have to change a thing. It was already somersized. Posted by Cybelle.

### Artichoke Dip

1 can artichoke hearts, chopped and drained  
 1 clove garlic, minced  
 1 cup mayo  
 1 cup grated parmesan cheese

Mix and bake at 350 for 25 minutes. Let cool for about 5 minutes then dig in!! Posted by janland.

### Spinach & Artichoke Dip

1 package of chopped spinach drained well	½ cup of mozzarella cheese
1 jar of artichokes (I prefer the quartered ones in the oil, but drain about ¾ of the oil before using)	½ of cream cheese
½ cup of parmesan cheese	¼ cup of mayo
	1 clove of garlic minced

Combine all the ingredients and bake at 350 degrees for 20 minutes. I really don't have an exact recipe for this, I just kind of throw everything together, but this is my best shot. I used to serve this recipe with tortilla chips or in a bread bowl. Now I either spoon it over grilled chicken or eat it as a snack with celery. Posted by Cinderella1124.

### Spinach & Artichoke Dip

1 cup thawed, chopped frozen spinach	1/3 cup grated Parmesan cheese
1 1/2 cups thawed, chopped frozen artichoke hearts	1/2 tea red pepper flakes
6 oz cream cheese	1/4 tea salt
1/4 cup mayo	1/4 tea garlic powder

Boil spinach and artichokes in 1 cup of water until tender...drain well. Discard liquid. Heat cream cheese in microwave for 1 minute or until hot and soft. Stir in rest of ingredients and serve hot. Here is a great recipe from Alton Brown on the Food Network. I think it is really good. You may just want to bake the ingredients when they are all combined. That is my favorite way to do it. Also, I like to make this dish a day ahead and let the flavors meld before I bake it. Posted by discide.

### Spinach Dip with Veggie Dippers

1 package frozen chopped spinach, cooked & very well drained  
 1 cup sour cream  
 1/2 cup mayonnaise  
 1/2 cup fresh minced parsley  
 1/2 cup minced scallions, whites only  
 1/2 tsp beau monde seasoning  
 1/2 tsp dried dill weed  
 salt & pepper to taste

In a bowl mix together sour cream, mayonnaise, parsley, scallions and spices. Add the spinach and stir thoroughly. Taste for seasoning. Cover and refrigerate overnight. I put the spinach dip in the center of a hollowed head of red cabbage, and serve with a variety of vegetable "dippers" - endive, celery, cucumber, snow peas, cauliflower, zucchini. Posted by wired\_foxterror.

### Creamy Spinach Dip

1 8-ounce package of cream cheese (cube it)  
 2 TBSP grated Parmesan cheese  
 2 TSP finely chopped onion  
 1/2 TSP thyme  
 1/2 of 10-ounce box frozen chopped spinach, thawed and drained (save the other 5 oz for another time)  
 1/4 cup whipping cream  
 2 TBSP diced pimento  
 1/4 TSP garlic salt  
 1 TSP Worcestershire sauce

Combine cream cheese & whipping cream in greased Little Dipper (e.g. Rival's mini-crock pot). Cover & heat until cheese is melted, 30-60 mins. Add remaining ingredients. Cover & heat 30 mins. Serve with raw vegetables. NOTE: I got this from the manual that came with the mini-crock pot, but this could easily be made on the stove. NOTE FOR VEGETARIANS: I excluded the Worcestershire (it is made with anchovies & thus not vegetarian). Also, most parmesans are made with animal rennet as the "enzyme" on the ingredients list. Posted by Emerald.

### Spicy Vegetable Dip

8 oz. cream cheese, softened	2 Tbsp. green onions, chopped
8 oz. sour cream	1 jalapeno pepper, seeded and diced
1 clove garlic, minced	1/2 tsp. Tabasco sauce
1/2 cup sharp cheddar cheese, grated	1 tsp. ground cumin

Combine all ingredients together in a small bowl. Chill for several hours before serving with raw vegetables or crackers. From Arcamax.com, posted by matantej.

### Jalapeno Dip

4 boneless, skinless chicken breasts  
 3 teaspoons garlic powder or to taste  
 1 teaspoon salt  
 1 teaspoon pepper  
 2 tablespoons olive oil  
 2 8-ounce packages cream cheese, softened  
 1/2 cup cream  
 1/2 cup mayonnaise  
 1/2 cup minced red bell pepper  
 4 tablespoons minced jalapeno pepper  
 2 tablespoons lemon juice  
 1 1/2 teaspoons salt  
 1 1/2 teaspoons Tabasco sauce

Preheat oven to 350 degrees. Season chicken breasts with garlic powder, salt and pepper. Sauté chicken in olive oil in 12-inch skillet over medium heat for 5 minutes. Cut breasts into thirds and continue cooking until chicken is cooked through but not overcooked. Transfer chicken pieces to cutting board and finely chop. Combine remaining ingredients in medium bowl; mix well. Add chicken; stir until completely blended. Transfer to greased 8-inch-square ovenproof pan. Bake until mixture is hot and bubbly, about 20 minutes. Haven't tried it yet, but it sounds yummy. Would be good with jicama to dip! Posted by Deb K.

### Shroom Dip

1 cup daisy Sour Cream  
 1/2 cup Hellmans Real mayo  
 3/4 tsp. SS shitake five spice mushroom rub  
 1 Tbsp. green pepper, finely chopped  
 1 Tbsp. red pepper, finely chopped  
 3 slices crispy cooked bacon, crumbled

Mix all of the above ingredients together until well blended. Place in a lidded container in fridge. Chill for at least 3 hours before serving or until well chilled. Serve with your choice of veggies. Now if you really like this dip you may want to try it as an ice cream, posted under Desserts, level 1 as Ice Cream for The Brave. However, I for one would stick to the dip! Thanks Twig for the inspiration behind the creation of this dip! Posted by Pat Polito.

### Another "Shroom" Dip

1 cup sour cream  
 1/2 cup mayo  
 1/2 teaspoon of the Citrus Champignon mushroom rub (I think you could use whichever rub you prefer)

Mix all together & refrigerate it for at least 1/2 hour to let everything meld. This was just awesome with red bell pepper strips & with sugar snap peas! Yum!! After reading Pat's recipe, (posted as Shroom Dip) I was off to the kitchen. I discovered that I didn't have any bacon, so I improvised. This is my version. I'm so glad to have yet another great use for these fabulous rubs. :) And thanks to Pat & to Twiggy for the idea. Posted by September.

### Creamy Tarragon Dip

1 8-oz. package cream cheese, softened  
 1/2 cup sour cream  
 1 clove garlic, minced  
 1 Tbsp. fresh tarragon, chopped  
 1/4 cup green onions, chopped  
 1 tsp. fresh lemon juice

Combine all ingredients in a blender or food processor until smooth. Serve with fresh raw vegetables, crackers or toasted bread pieces. Tarragon adds a nice flavor to the traditional cream cheese and sour cream base. Posted by matantej.

### Beau Monde Dip

equal parts of mayo and sour cream  
 dill weed - I don't measure, just shake  
 beau monde (from spice island) - more shaking

I put this on everything from eggs to chicken wings/hamburger to salads, very simple. My kids (well, they are all grown now) love it with fresh cucumbers and other veggies. Posted by Looster.

### Hummus

2 cups cooked chick-peas  
 1/4 cup bean liquid  
 1/4 cup lemon juice  
 2 cloves garlic, finely minced  
 1 tsp. salt (reduce if beans are well salted)  
 \*\*3 T tahini  
 2 T chopped parsley  
 \*\*2 T olive oil (optional)

Puree chick-peas in a processor or blender, adding the liquid for a smooth, creamy puree. Transfer to a shallow serving bowl and beat in lemon juice, garlic, and salt; then gradually add tahini to form a thick light paste. Let stand for about 30 minutes so flavour has a chance to develop. Sprinkle with parsley and, if desired, drizzle oil over surface just before serving. Serves 4. Provide raw vegetables for dipping. I looked up tahini in FAQ and it says that while it is funky, it is only a minor imbalance and can be used sparingly (making this recipe Almost Level 1). The recipe says olive oil is only optional so I think that this will taste great without it. I haven't tried this but sure looks good. I found this in American Wholefoods Cuisine. Posted by Pippa.

### Garbanzo Bean-Cumin Hummus

2 t. ground cumin  
 1 (15 ounce) can garbanzo beans, drained, liquid reserved  
 2 T. fresh lemon juice  
 1 clove garlic, peeled (I use more)  
 3/4 t. salt  
 Pepper to taste

Stir cumin in a small dry skillet over medium-low heat until fragrant, about 30 seconds. Combine beans, 4 T. reserved bean liquid, lemon juice, garlic, cumin, salt and pepper in processor. Puree until smooth, adding more bean liquid by tablespoonfuls for desired consistency, You basically want a paste-type consistency. Add additional salt and pepper in necessary (I don't usually need more). It makes a great toast, english muffin or bagel topper for a carb breakfast. Posted by Cathy.

## Hummus

1 can of drained garbanzo beans  
 1 8 oz container of fat free plain yogurt  
 1 t mustard  
 1-2 cloves of garlic

Puree all ingredients. Posted by Twiggy88.

## Easy Hummus-Like Dip

2 (15-ounce) cans chick peas (garbanzo beans) drained  
 1 small jar, 6 ounces, roasted red peppers, drained well and coarsely chopped  
 1/2 lemon, juiced  
 2 cloves garlic, cracked away from peel  
 4 stems fresh rosemary, leaves stripped from stems  
 Coarse salt and freshly ground black pepper  
 2 tablespoons extra-virgin olive oil, eyeball it as you drizzle it into recipe

Combine chick peas, roasted red pepper, lemon juice, garlic, rosemary, salt and pepper in a food processor. Turn the processor on and stream in 2 tablespoons extra-virgin olive oil. \*\*I'm not a big fan of rr peppers, but it's not overpowering in this dip and gives it a really pretty orange color. This is a hummus-like dip from Rachael Ray on foodnetwork.com. It's great! If you take out the olive oil, you can have it with legal pita chips or crackers, but I think the olive oil is vital. I eat it with grape tomatoes & celery. Posted by Laela.

## Shrimp Wrapped in Pancetta (or Prosciutto)

12 jumbo shrimp  
 2 tablespoons olive oil  
 12 slices of Pancetta large enough to wrap around the shrimp

Clean, shell and de-vein the shrimp. In a large pan, sauté the shrimp in the olive oil until they're pink and cooked through - roughly 3 minutes. When the shrimp are cool enough to handle, wrap each in a slice of Pancetta. Arrange the shrimp on a baking sheet and place in the broiler until the pancetta gets crispy - about 3 minutes. Serve immediately. Makes 12 hors d'oeuvres. NOTE: Prosciutto can be substituted for the Pancetta. Courtesy of Queer Eye for the Straight Guy as prepared in episode 117. Posted by artgirl67.

## Grilled Shrimp with Thousand Island Dressing

1-2 pounds raw, peeled, deveined shrimp with tails on  
 bacon  
 legal Thousand Island Dressing (I use DebB's recipe)

Marinate the shrimp in a generous amount of dressing. Refrigerate. After shrimp has marinated up to 24 hrs, remove them and allow the excess dressing to drip off. Wrap with 1/3 slice bacon, secure with toothpick and grill until bacon is done. I also do this on my contact grill (w/o the toothpick),but the outdoor way always tastes the best. This recipe is very simple! Posted by 2kewltia.

## Caribbean Shrimp

1 pound uncooked jumbo shrimp	2 teaspoons chopped dried rosemary
4 teaspoons extra virgin olive oil	1/2 teaspoon freshly ground black pepper
2 teaspoons olive oil	1/2 teaspoon cayenne pepper
2 tablespoons garlic, finely minced	Sea Salt

Combine all ingredients, marinate at room temperature for an hour. Heat skillet on medium heat. Cook shrimp in skillet for three mins each side. Serve immediately. This is a very spicy dish & one of our favorites! I have served this as is as an appetizer, & I have also served this over steamed spinach as an entree. Posted by Chelle14.

### Seviche of Red Snapper

3 lb red snapper fillet(s)	2 ripe tomatoes peeled & chopped
salt & pepper to taste	12 green olives pitted & sliced
juice of 8 lemons & 1 lime	1 small chile pepper seeded & finely chopped
1 small onion, very thinly sliced	3 cups olive oil
2 Tbsp finely chopped fresh coriander	

Dice fish & combine in a bowl with salt, pepper & citrus juices. Marinate for 12 hours & add remaining ingredients. Chill & serve. Serves 10-12 as hors d'oeuvre. Note: the citrus juices cook the fish. Posted by wired\_foxterror.

### Hot Crab Fondue

1 TB unsalted butter  
 2 TB shallot, minced  
 3 TB dry white wine  
 1 Cup heavy cream  
 8 oz cream cheese, cut into pieces, room temp.  
 4 oz white cheddar cheese, shredded  
 1/2 lb crab meat  
 juice of one lemon  
 2 tsp. Dijon mustard  
 1 tsp Worcestershire sauce  
 1/2 tsp Old Bay seasoning  
 2 Cups Broccoli florets, blanched and cooled

In a pot over medium heat sweat shallots in butter briefly, add wine, cream, cream cheese and cheddar cheese. Stir until cheese is melted and mixture is smooth. Stir in remaining ingredients, serve while hot and bubbly with broccoli. Posted by PHoffer.

### Tuna Mousse

1 can imported olive oil packed tuna drained  
 1 TB plus 1 tsp unsalted butter room temp  
 1 TB heavy cream  
 2 tsp balsamic vinegar  
 2 tsp soy sauce  
 2 tsp fresh lemon juice  
 sea salt and fresh black pepper

Put tuna in food processor and pulse to break it up, while machine is running add the butter, heavy cream, vinegar and soy sauce and blend until smooth. Stop machine and scrape down sides, add lemon juice and pulse again. Season with salt and pepper. Check seasonings and you are good to go. I thought this was something a little different from that everyday tuna salad!!! Posted by PHoffer.

### Double-Salmon Dip

2 8-ounce containers whipped cream cheese	inch pieces
3 tablespoons whole milk (heavy cream)	2 tablespoons chopped fresh chives
4 ounces thinly sliced smoked salmon, cut into 1/2-	1 2-ounce jar red salmon caviar

Using a rubber spatula, mash whipped cream cheese & milk in medium bowl to blend. Fold in salmon & 1 tablespoon chives. Season with pepper to taste. Gently fold in caviar. Cover & refrigerate 2 hrs to blend flavors. (Can be made 1 day ahead. Keep refrigerated.) Sprinkle dip with remaining 1 tablespoon chives. Serve dip chilled. Makes about 3 cups. This recipe is so quick & easy to make, it is delicious! Use the whipped cream cheese sold in tubs — it will give this dip a smooth, light texture —not the regular cream cheese in blocks. From Bon Appétit, March 2001. (I skipped the caviar & substituted heavy cream for the milk.) Posted by Nanarb58.

**Crabmeat Appetizer**

4 oz. crabmeat	1/2 Tbsp. sf honey
1/2 cup sf catsup	8 oz. cream cheese
1 Tbsp. horseradish	Jicama, peeled & sliced

Rinse the crab, & pick over for shells &/or cartilage. Mix together the crabmeat, sf catsup, horseradish, & sf honey. Spoon over cream cheese. Serve on jicama slices. Tried this today, & thought it was good! It's sure easy enough. Adapted from Colorado Cache Cookbook. Posted by iwillrejoice.

**Crabmeat Dip**

1 can or 6 oz crab meat drained  
 1 package 8 oz cream cheese, softened  
 1/2 cup legal brand thousand island dressing  
 2 tb lemon juice  
 1 green onion, chopped

In medium bowl thoroughly combine all ingredients, chill. Posted by PHoffer.

**Hot Crab Dip**

3 (8 oz.) pkg. cream cheese  
 1/4 to 1/2 c. half cream and half water  
 2 cans crabmeat, drained  
 1/2 c. green onions  
 1 tsp. horseradish  
 2 tsp. Worcestershire sauce

Cook all ingredients in crock-pot. Cover and cook (about 30 minutes until cheese melts using high setting). Turn to low and cook 3 to 4 hours. Add more half n half if too thick. Serve warm or cold. Posted by Twiggy88.

**Half Time Hoagie Dip**

1/2 lb sliced salami, chopped  
 1/2 lb deli ham, chopped  
 1/2 lb american cheese slices, chopped  
 3/4 cup tomato, chopped  
 1/3 cup onion, chopped  
 1/2-1 tsp dried oregano  
 1/2 cup mayonnaise

Mix well and chill. Posted by PHoffer.

**Hot Pizza Dip**

1 8 Oz package cream cheese, softened	1 cup parmesan cheese
1/2 tsp dried oregano	1 cup pizza sauce
1/2 tsp dried parsley	2 tb chopped green bell pepper
1/4 tsp dried basil	2 oz pepperoni sausage, chopped
1 cup shredded mozzarella cheese	

In a small bowl, mix together the cream cheese, oregano, and basil. Spread mixture in the bottom of a 9" pie plate or shallow microwave dish. Sprinkle 1/2 cup of mozzarella and the 1/2 cup of Parmesan cheese on top of cream cheese mixture. Spread the pizza sauce over all. Sprinkle with remaining cheese, then top with green pepper, and pepperoni. Cover and microwave for 3 to 5 minutes, serve hot. Posted by PHoffer.

### Hot Pizza Dip

1 8 oz. package cream cheese softened  
 1/2 c sour cream  
 1/4 tsp dried basil, crushed  
 1/4 tsp garlic powder  
 1/2 c pizza sauce  
 1/4 c pepperoni, chopped  
 1/4 c onions, chopped  
 1/4 c green peppers, chopped  
 1 c mozzarella cheese, shredded

Preheat oven to 350 degrees, mix together the cream cheese, sour cream, basil and garlic powder. Spread the mixture into a 9 inch pie plate. Pour the pizza sauce on top of the cheese mixture. Top with the pepperoni, onions and green peppers. Bake for 10 minutes remove and sprinkle with the mozzarella cheese and cook for 5 more minutes or until cheese is melted. Serve with veggies, tastes fabulous with zucchini. Note\* you could probably use some oregano with the basil if you want. Posted by PHoffer.

### The Best Part of Pizza

In a baking dish cover the bottom with a legal tomato and basil sauce. Layer shredded mozzarella on top of the sauce. Layer pepperoni on top of the cheese. Place the baking dish in the oven at 350 degrees and leave in until the cheese is all melted. It will taste just like you took it off the top of a pepperoni pizza. Eat it with parmesan chips or celery sticks. I got this idea while picking the cheese and pepperoni (the best part of pizza) off my husband's pizza. Posted by cuzican72.

### Cheese Dip

8 ounces cream cheese, softened  
 16 ounces sour cream  
 1/4 - 1/2 recipe (maybe 2-3 teaspoons) Taco Seasoning mix (see below)  
 Picante sauce (or salsa), to taste  
 Shredded cheese (I used Cheddar)

Mix together the softened cream cheese, sour cream, & a few teaspoons of the Taco Seasoning mix (to taste). Spread on serving dish. Pour Picante sauce over (to taste), & sprinkle with shredded cheese. Serve with legal chips or dippers. I've been making dip lately, to go with my new, delicious Veggie Chips. (Thanks, Suzannel!) This was last night's experiment. Adapted from Heavenly Dishes. I used this Taco Seasoning mix, adapted from one posted by "Joy" on a mailing list I read.

### Taco Bell's Taco Seasoning Clone

2 teaspoons chili powder  
 1 1/2 teaspoons dried minced onion  
 1/2 teaspoon salt  
 1 teaspoon paprika  
 3/4 tablespoon SS chicken bouillon powder (or 3/4 teaspoon crushed chicken bouillon cube, which is what original recipe called for)  
 1/4 teaspoon cayenne pepper  
 Dash onion powder (be generous)

Mix it up. I used a few teaspoons of this mix to make the Cheese Dip, then I used the rest to make taco meat. To make taco meat, brown a pound of ground beef. Add the seasoning & 3/4 cup water. Bring to a boil. Reduce heat. Simmer, uncovered, 10 minutes, stirring occasionally. Make taco salads, or just top with shredded Cheddar & sour cream, & eat. Posted by iwillrejoice.

### Bacon Cheese Dip

1 cup Monterey Jack cheese, shredded	1/4 cup green onions, chopped
1 cup cheddar cheese, shredded	3 oz. real bacon bits
2 cloves garlic, minced	1 cup sour cream

Combine cheeses, garlic, onions, bacon bits and sour cream, mix well and place mixture in bread shell (greased dish). Bake at 350 degrees for 45 minutes. Serve with veggies and cheese chips. Posted by matantej.

### Cream Cheese Taco Dip

8 oz. cream cheese, softened	1 package taco seasoning
1/2 cup heavy cream	2 cups cheddar cheese, grated
16 oz. sour cream	

Add heavy cream to cream cheese and mix well until smooth. Add sour cream, taco seasonings and cheddar cheese, mix well. Chill. Posted by PHoffer.

### Taco Dip

1 lb cooked ground beef (optional)	Grated sharp cheddar cheese
8 oz softened cream cheese	olives for garnish (Level 2 addition)
salsa-I use the fire roasted salsa from Costco	

Layer in a pie pan in the following order: cream cheese, salsa, ground beef-if using, cheddar cheese, olives. Bake at 425 for about 15 min. Just to get everything hot and bubbly. Use pork rinds to dip. \*If you use the ground beef you can actually use this for your main course. Posted by momof7.

### Best Dip Around

1 lb hamburger fried and drained  
1 lb mexican velveeta cubed  
1 jar salsa mild

Mix all together on low heat to melt the cheese and serve with veggies. This is a favorite at our get togethers, It is always the first thing to disappear off the table! Posted by PHoffer.

### Cheesy-Beefy Dip

3/4 of one large loaf Velveeta ~OR~ 1 small loaf Velveeta & 1 small loaf Mexican style Velveeta (the one w/spices & peppers in it)	1 small can, drained, chopped green chiles
1 or 2 cans Shredded Roast Beef, drained a bit, not dry, leave a bit of the juice	1 small white onion, chopped/diced & sautéed till soft & translucent
	one 2 to 4 qt slow cooker

Cube Velveeta & place in slow-cooker, add beef, green chiles & onions. Stir to combine, turn heat to low (or medium if yours has that setting, this works best, high will burn the cheese at the edges)& stir every 10 mins or so, until cheese is completely melted & meat is heated thru. You can add more beef, or chiles or Velveeta to make it the consistency of your preference, I've listed what works best for my family's tastes. This takes different amounts of time depending on your slow-cooker; mine takes about 40-45 mins on low, 25-30 mins on med, my mom's cooker takes about 50 mins on low. Serve with your choice of veggies or pork rinds & for those who aren't SS'ing, big rolls. You can keep it on low in the slow cooker for a while also, if you're having a party. This is a bit versatile as I sometimes add a wee bit (teaspoon size) of chopped canned jalapenos if my hubby wants it spicier, or I'll use 2 small loaves of Mexican style Velveeta. You can add hot sauce to it also, if you like. When I have my 'hot-mouth' (spice fiends) friends over, I make it all up, divide it into 2 dishes, 1 hot & 1 regular; to the hot I add red pepper flakes, a good fat pinch of cayenne pepper & a dash of green or red Tabasco for them. My family loves it when I make this dip; it's a super bowl, Nascar Sunday staple at my house, normally it's served with big rolls, kinda like bbq beef sandwich rolls. But I enjoy it with crudités & on pork rinds. Posted by LoveSweets.

### **Salsa di Parmigiano**

8 ounces Parmesan cheese, broken into 1" chunks  
8 ounces Asiago cheese, broken into 1" chunks  
1 tablespoon chopped garlic  
1 tablespoon freshly ground black pepper  
2 tablespoons chopped basil  
2 tablespoons chopped scallions  
1/2 tablespoon pepper flakes  
3/4 cups extra-virgin olive oil

Place all of the ingredients in the bowl of a food processor. Pulse for about 10 seconds, to break the cheese into small granules. (Use a rubber spatula to scrape down and recombine between every couple of pulses.) Transfer the salsa to a sealed container and refrigerate for up to a week. Bring to room temperature before serving. Yield: 2+ Cups. This is addictive and goes fast at parties! Serve it with cut up veggies (and bread for those not using) or over fresh sliced tomatoes. (Level one) Posted by sparkles.

### **"Ugly Sauce"**

First I chop some onion and green peppers very fine and sauté them in a little butter till they are tender. Then I add the meat (hamburger) and cook. After that I add regular Velveeta cheese and a can of Rotel Tomatoes with Green Chilis. When all the cheese is melted I put it into my slow cooker to keep warm. My family loves to put the sauce on taco chips and top with salsa. I use it as a dip for veggies or cheese crackers. If by chance I have any leftovers, I freeze them in a container that I can microwave at a later date. (But there are never any leftovers!) I make this all the time and have for years. My family loves it. Posted by cmumom.

### **Roasted Asparagus with Prosciutto Ham**

Roast asparagus by drizzling a little Extra Virgin Olive Oil over veggie. Roast until al dente, 350 degree oven for 20 minutes. Take out of oven and wrap with the ham and serve. Simple and very good. Posted by PHoffer.

## SALADS

### Overnight Layer Salad

1 large head of lettuce ( I used the bag of salad)  
 1/4 cup of chopped onions  
 1/4 cup of chopped celery  
 6 oz water chestnuts sliced  
 1 cup peas frozen (I know peas are carbs but the little bit in this salad doesn't bother me, they can be taken out no problem or replace with sugar snap peas)  
 2 cups mayo  
 2 packets of Splenda

Layer these ingredients in the order above and top with the mayo and then sprinkle the Splenda. Cover with foil and put in the fridge for a couple of hours or overnight. Then when ready to serve take out and top with these ingredients:

2 cups shredded cheese of your choice - I use Cheddar  
 3/4 cup bacon crumbled  
 4 tomato wedges  
 3 hardboiled eggs sliced.

This is a 7 layer salad we use at our house during the holidays. I changed it up a bit for SS. I am new at this WOE and I can't hardly stand to eat a lot of salads so this helps me a lot!! Posted by cctwins4.

### Tomatoes Toccata

8 firm ripe tomatoes peeled  
 1/2 cup chopped cilantro  
 1 clove garlic minced  
 1 teaspoon salt  
 1 teaspoon sugar substitute  
 1/4 teaspoon pepper  
 1/4 cup olive oil  
 2 tablespoons red wine vinegar  
 2 teaspoons Dijon mustard

Cut the stem ends from the tomatoes. Then cut vertical 1/2" slices partially through the tomatoes and stuff about 1 tablespoon cilantro between the slices. Place the tomatoes in a shallow dish. Combine the rest of the ingredients and mix well. Pour over the tomatoes, cover and refrigerate. (These can be made a day or 2 ahead of time, just let sit for about 20 minutes before serving). This is something I used to make a lot when I had a tomato garden. They look great, they travel well to take to dinner parties, and work well for a salad course or a buffet. Posted by wired\_foxterror.

### Tomatoes with Oregano & Lime

1 1/4 lbs assorted colored tomatoes-you can use just red but these are so pretty  
 3 TSP olive oil  
 2 TBS fresh oregano  
 Juice from 1 lime-@ 2 TBS-you can use more if your taste desires.  
 Coarse salt and pepper to taste

Cut tomatoes into wedges. Arrange on platter in single layer. Season with salt and pepper. Drizzle with oil and lime juice. Sprinkle with oregano. Posted by momof7.

### Tomato Salad

Take small tomatoes (cherry) probably can use grape too - slice in half (in a bowl), slice up (in slices) some Vidalia onion, add cheese from cheese blocks (I like sharp cheddar) then pour a little olive oil and balsamic vinegar. Let sit for a bit. Then eat - or pick. Best to make large bowl and keep in fridge, then stir up and scoop in own individual bowl. I like how the flavors blend. Posted by Blueeyed Somersizer

### Tomato Salad/Salsa

"Cube" tomatoes, place in bowl. Add soy sauce and vinegar (probably equal amounts, I would start with 1T each), salt and pepper. We like to add some chopped green onion to this. If you eat this with fish, it is nice to dip the fish into it as a sauce as well. If you like your food hot, you can add some hot peppers or pepper sauce, I suppose. We have really tiny peppers here that people have just soaking in this salad. I don't like it, so I don't know what the American equivalent would be. Posted by marie172.

### Green Bean Salad with Cherry Tomatoes and Mozzarella

1 1/2 lb. fresh green beans  
 1 cup small grape cherry tomatoes  
 1/2 cup fresh mozzarella, cubed  
 4 basil leaves  
 2 Tbsp. red wine vinegar  
 1/4 cup extra virgin olive oil  
 1/4 tsp. somersweet  
 salt & freshly ground pepper to taste

Trim both ends of the green beans. Fill large pot with water and bring to a boil. Add the string beans to the pot of boiling water, cover the pot until the water boils again, then cook uncovered till tender about 10 mins. Drain the beans in a colander and quickly drop them into a bowl of ice water. Chill thoroughly, then drain and dry them well. Toss the green beans with the cherry tomatoes, mozzarella cubes, and basil. To dress the salad, mix together the red wine vinegar, olive oil & somersweet. Shake well then pour over salad, season to taste with salt & freshly ground pepper to taste. Toss well and serve. Posted by Pat Polito.

### Summer Green Bean Salad

2 slices Bacon  
 1 can French-style or Cut Green Beans -- drained (next time I'll use 2 cans. really watery)  
 1 teaspoon Salt  
 1/3 cup Onion -- finely chopped  
 1 teaspoon Dill weed  
 1/2 cup Water  
 1/4 cup Vinegar  
 1 tablespoon Sugar (use sweetener)  
 1/2 teaspoon Salt  
 1/4 teaspoon fresh ground pepper  
 2 tablespoons Olive Oil

In a small skillet, cook bacon until crisp and brown; drain, crumble and place in a medium bowl. Add beans, 1 teaspoon salt, onion and dill weed; toss gently. In a small bowl, combine remaining ingredients; whisk until well blended. Pour dressing over bean mixture; toss gently to coat. Cover and refrigerate about 2 hours before serving. (Better overnight.) Yield: 6 Servings. This was pretty good. A little vinegary after a couple of hours. Better the next day. It seemed to lose that bite that vinegar has. Posted by matantej.

## Spinach Salad with Blue Cheese and Bacon

1 tablespoon fresh lemon juice	1 cup thinly sliced fresh mushrooms
3/4 teaspoon dijon mustard	3 slices bacon, cooked, crumbled
3 tablespoons olive oil	1/2 cup thinly sliced red onion
1/2 pound fresh spinach (6 c. packed) washed, stems discarded	1/2 cup crumbled blue cheese (or feta)

In a small bowl whisk together the lemon juice, the mustard, and salt and pepper to taste, add the oil in a stream, whisking, and whisk the dressing until it is emulsified. In a bowl combine the spinach, the mushrooms, the bacon, the onion, the blue cheese, and the dressing and toss the salad until it is combined well. Serves 2. From [www.razzledazzlerecipes.com](http://www.razzledazzlerecipes.com). This sounds really good. Posted by matantej.

## Spinach Salad

Dressing:

1/2 cup Canola Oil  
3 Tablespoons Red Wine Vinegar  
5 Tablespoons Splenda (or whatever sweetener you like)  
1/4 teaspoon dry mustard  
1/2 teaspoon salt

Shake together and toss with the following:

1 bag prepared spinach  
1/2 cup Blue Cheese Crumbles  
1/4 to 1/2 cup Bacon Bits  
1/2 cup Chopped Red Onion  
1/2 cup sugar free Craisins (optional)  
1/2 cup Toasted Almonds (optional)

This makes enough for two dinner size salads. If you want a more substantial meal, add a couple of chicken breast on top. I know that craisins and almonds are not level 1, but you could leave them out, it is still a great salad. I use them with no problem. They are more of a level 2, but if you are feeding non-somersizers, they would probably like them in it. I make this at least once a week for a meal. Posted by jimmac86.

## Warm Spinach, Mushroom, and Goat Cheese Salad

6 bacon slices, chopped  
1 large red bell pepper, cut lengthwise into thin strips  
12 ounces crimini (baby bella) mushrooms, coarsely chopped  
1 10-ounce bag spinach leaves  
1/2 medium-size red onion, cut into paper-thin slices  
2/3 cup olive oil  
1/3 cup white wine vinegar  
2 tablespoons Splenda  
4 ounces chilled soft fresh goat cheese, crumbled (about 1 cup)

Cook bacon in large skillet over medium heat until brown and crisp. Using slotted spoon, transfer bacon to paper towels to drain. Add bell pepper to drippings in skillet; sauté 2 minutes. Using slotted spoon, transfer bell pepper to large bowl. Add mushrooms to same skillet and sauté until tender and beginning to brown, about 4 minutes. Add mushrooms to bowl with bell pepper and reserve skillet. Add spinach and onion to same bowl. Add oil, vinegar, and Splenda to reserved skillet; bring to boil, whisking until sugar dissolves. Season dressing with salt and pepper. Toss salad with enough warm dressing from skillet to coat. Divide salad among 4 plates. Sprinkle with goat cheese. Makes 4 servings. I haven't made this yet, but it sounds extremely yummy! I got it in my mailbox this morning from Epicurious.com and thought it was perfect for "us"! :-)) The only thing I had to change was Splenda for the sugar. Posted by Deb K.

### Jicama Salad with Jalapeno Dressing

6 cups mixed salad greens	1/4 cup sour cream
1 jicama, diced	Juice of 1 lime
1/2 Vidalia onion, sliced	1 jalapeno pepper, diced
4 roma tomatoes or fresh garden tomatoes, diced	2 cloves garlic, minced
1/3 cup mayonnaise	1/2 tsp. cumin

Combine salad greens, jicama, onion, and tomatoes in a large bowl and set aside. In a blender, combine mayonnaise, sour cream, lime juice, jalapeno pepper, garlic and cumin blend until smooth. Just before serving pour dressing over salad. Toss and serve. Posted by matantej.

### Jicama & Sweet Red Pepper Salad

1 Jicama (1/2 lb), peeled & coarsely grated  
 1 red bell pepper, seeded & cut in strips  
 2 scallions, thinly sliced  
 2 teaspoons chopped fresh cilantro  
 Juice of 1 lime  
 1 teaspoon Splenda or 1/4 tsp SomerSweet  
 1/2 teaspoon salt  
 1/2 teaspoon hot pepper sauce  
 1 Tablespoon oil

Combine jicama, bell pepper, scallions and cilantro in salad bowl. Whisk together lime juice, Splenda, salt & hot pepper sauce in small bowl; gradually whisk in oil until blended. Drizzle dressing over salad; toss to coat. Cover & refrigerate at least 1 hour or up to 4 hours before serving to allow flavors to blend. I have not tried this yet myself. I forgot to buy a Jicama today when I when shopping. Posted by sapphire24.

### Leyla's Fennel and Artichoke Salad

2 fennels  
 4 artichokes  
 1 lemon  
 10 button mushrooms  
 approx. 1 C oil  
 approx. 2 Tb. vinegar  
 pinch of salt  
 approx. 1 Tb. pepper  
 parsley

Wash and cut fennel in half, then slice them. Wash artichokes, cut out the prickly part of them, then cut them in 4 parts, put them in lemony water. Prepare mushrooms, washing, cleaning and putting them in lemony water too. Mix oil, vinegar, salt, pepper and minced parsley, then put it down. Put fennel slices in the middle of a plate, then artichokes around them and thinly sliced mushrooms over fennels. Sprinkle with oil-vinegar mixture and Enjoy!!! This is an easy and delicious salad. Posted by Mavie Blanka.

### Chinese Celery Salad

1 bunch celery	2 tbsps soy sauce
Salad dressing:	1 tbsps sugar sub
Pinch of salt	1 tbsps sesame oil

Discard the root & leaves of the celery & cut into small diamond-shaped pieces by rolling each stalk half a turn every time you make a diagonal cut through. Blanch celery in boiling water for 1 minute. Drain & place on a plate. Mix the salad dressing ingredients together then pour over the celery. Chill before serving. Posted by inreno.

## Celery Root & Fennel Salad

### SALAD:

1 large fennel bulb with fronds, ¼ lb (sometimes called anise)  
 4 cups parsley sprigs (flat or curly, or a combination)  
 1 medium celery root, 1 lb, peeled & shredded into 1/8 in. thick matchsticks (large holes in cheese grater will work)

### DRESSING:

2 ½ to 3 T fresh lemon juice  
 2 T minced shallots  
 ½ tsp salt  
 ¼ tsp pepper  
 ¾ tsp sugar (use substitute)  
 1/3 C olive oil

Tear enough fennel fronds into small sprigs to measure 1 ½ C. Trim Fennel stalks & discard. Quarter fennel bulb lengthwise into paper thin slices with mandolin or other manual slicer. Toss sliced fennel with fronds, parsley and celery root in large bowl. Wisk together dressing ingredients in small bowl then toss with salad. Note: this improves with age. Great 2nd & 3rd days, if it lasts that long. I got this recipe from Central Market (a wonderful grocery only in a few places in Texas). They had this prepared and were giving samples. It was soooo good. Nice to have another recipe in which to use the celery root. Posted by tuttifruitti.

## Celery Root Salad

1 1-1/2 lb celery root, peeled & cut into 1/3" dice  
 1 lemon half  
 1 large tomato seeded and chopped  
 1 bunch fresh arugula chopped  
 1/4 lb thickly sliced prosciutto chopped  
 1/2 Tbsp Dijon mustard  
 1 Tbsp fresh lemon juice  
 3 Tbsp olive oil

Bring medium pot of water to a boil. Squeeze in juice of 1/2 lemon. Add celery root and boil until tender (about 2 mins). Drain and transfer celery root to medium bowl. Add chopped tomato, arugula and prosciutto. Place Dijon mustard in small bowl. Whisk in 2 Tbsp lemon juice, then 6 Tbsp olive oil. Salt & pepper to taste. Stir dressing into celery root salad. I like this on its own, or with artichokes! Posted by wired\_foxterror.

## Celery Root Potato Salad

2 celery roots peeled and cubed  
 mayo  
 a squeeze of lime juice  
 finely diced red pepper  
 finely sliced green onion (shallots)  
 fresh ground pepper

Cook celery roots for about 15 mins. (check after 10) till just tender. Rinse with cold water. Mix with rest of ingredients. Chill for 2 hours. I didn't say how much of stuff, it really is up to your own taste. I will definitely be making this again! Made this on the weekend and it turned out really good! Even DH who can be quite a negative person when it comes to doing something that's not "real" really liked it a lot! Thought I'd share it with you. Serves 4. Posted by pattwas.

### German Potato Salad

Cauliflower, cooked but still firm  
 6 slices bacon, diced  
 1 c. chopped onion  
 2/3 c Splenda  
 2 T Thick n Thin, Not Starch (optional)  
 2 tsp salt (I omit because I use more bacon)  
 1/2 tsp celery seed  
 Pepper to taste  
 1 c water  
 1/2 c vinegar

Cut up cauliflower in bite size pieces & put in bowl. Fry bacon until medium brown & drain on paper towel. Sauté onion in bacon fat until golden or translucent. Blend in ThicknThin, if you want a thicker dressing. Cook 1 min. Add vinegar, water & Splenda, bring back to simmer. Pour over cauliflower & add bacon. Garnish with parsley, green onion tops or chives. Serve warm or cold. This was really good. I can't say how much cauliflower as I kept adding until it had a good coating of dressing. I also use more bacon & it is a meal in itself. Posted by beebie1.

### Cauliflower Salad

1 medium-size head iceberg lettuce--chopped  
 1 medium-size head cauliflower (2 1/2 lbs) bite-size pieces  
 1 1/2 cups mayo  
 1 medium-size red onion--chopped  
 1 lb. bacon, crisply fried and crumbled  
 1 cup grated Parmesan cheese  
 2 tsp. sugar (use sweetener)

In large bowl, layer lettuce, then cauliflower. Spread with mayo and then in this order, top with onion, bacon, cheese, and sugar. Cover with plastic wrap and refrigerate at least 4 hrs. or overnight. Immediately before serving, toss salad together to coat all ingredients evenly. Serve chilled. Yield: 8 Servings. Posted by matantej.

### Curried Cauliflower Salad

1 medium -large head Cauliflower (broken into florets bite size pieces)  
 1 Cup Diced Red Onion  
 2/3 Cup Diced Red Bell Pepper  
 2/3 Cup Diced Green Bell Pepper  
 2/3 Cup Diced Daikon Radish ( a medium dice)  
 2/3 Cup Diced Cucumber( peeled and seeded)  
 1 8 oz .Can Whole Water Chestnuts ,Quartered  
 \*2/3 Cup Sliced Large Pimento-stuffed Green Olives  
 1/2 Cup Mayonnaise  
 \* 1 Tablespoon Curry Powder  
 1/2 Teaspoon Dried Oregano  
 1/2 Teaspoon Turmeric  
 1 Tablespoon Extra Virgin Olive Oil  
 Salt & Pepper to taste

Steam cauliflower till just fork tender. Spread on lined baking sheet to cool, set aside. Once cooled, put into large bowl. Heat olive oil in large skillet; sauté onion & bell pepper briefly to soften; 1 -2 mins, then add half of the curry powder, turmeric, & oregano. Sauté for about one more minute; then add water chestnuts & daikon radishes, stir to coat, remove from heat. Add to cooled cauliflower, add cucumbers & remaining curry powder, turmeric, oregano, & mayonnaise; toss to coat. Stir in sliced olives & refrigerate. \* On the boards it said that as long as the olives had 0 carbs, we could have them. I believe they recommended Goya Brand. \* You could also use different types of curry powder, half regular curry & half red curry. This is a recipe that I have had for years, I recently modified it by taking out the corn & adding a few other ingredients. Posted by JKK.

### Creamy Broccoli Salad

1-1/2 cups mayonnaise  
 1/2 cup sour cream  
 1/4 cup sugar (use splenda or ss)  
 1 bunch broccoli, cut into small florets  
 1/2 head cauliflower, cut into small florets  
 1/4 cup finely chopped red onion  
 1 cup (4 oz.) shredded sharp cheddar cheese  
 1 container (3 oz.) real bacon bits

In large bowl combine mayonnaise, sour cream and sugar. Mix well. Add broccoli, cauliflower, onion, cheese and bacon bits, mix well. Cover and chill for at least 4 hrs. before serving. Better if made a few days in advance and allowed to marinate in the refrig. Posted by GARNET2002.

### SS Broccoli Bacon Salad

4 cups broccoli flowerets (I make mine small)  
 1/4 to 1/3 c finely diced red onion  
 4 tablespoons real bacon bits  
 3 T white vinegar  
 1 c mayonnaise  
 sugar equivalent to 1/3 c sugar (I use 6 Splenda pkts, but 8 pkts equals 1/3 c)

Mix everything together in a medium sized bowl but the broccoli. When dressing is well mixed, add broccoli and toss to coat. Refrigerate 1 - 2 hours to let flavors blend. A great way to get your vegetables! Yummm! I love broccoli/bacon/raisin salad but the raisins keep this from being Level One. So, I left out the raisins and it still tastes great. Posted by DominoCat. Notes from texanabroad: We make a version of this recipe all the time but found we had to cut the sugar back to 2 TBLSP. We also add crumbled bacon and shredded cheddar.

### Broccoli Bacon Salad

2 Heads broccoli  
 1 lb bacon, cooked and crumbled  
 1 red onion diced  
 1/2 Cup Splenda  
 1/4 C cider vinegar  
 1 C mayo

Cook bacon, drain and chop. Cut up broccoli (uncooked) into small florets. Dice onion. In large bowl combine broccoli, bacon, onion. In small bowl whisk together Splenda, mayo, vinegar. Pour over salad and let marinate few hours. This was awesome! My mom made it on Easter.

### BLT Salad

1/2 pound bacon slices  
 3 green onions chopped-use entire thing  
 1 garlic clove, minced  
 1/4 cup Splenda (or use Brown Sugar Twin but why would you because this tastes yucky!)  
 1/4 cup cider vinegar  
 1 teaspoon chopped fresh parsley  
 1/4 teaspoon salt  
 1/2 teaspoon pepper  
 \*I also added 3 TB of the leftover bacon grease

Warm this up in your microwave. Serve with spinach salad & diced tomatoes. Posted by momof7.

### Roasted Eggplant Salad

1/4 lb large pearl onions  
 1 - 1 lb eggplant  
 2 red peppers  
 1/4 lb very ripe tomatoes  
 1 clove minced garlic  
 1 Tbsp minced parsley  
 2 Tbsp olive oil  
 1 Tbsp red wine vinegar  
 1/4 tsp Dijon mustard  
 Salt  
 Freshly ground pepper  
 Pinch sugar substitute

Peel onions. Cut eggplant in half lengthwise & remove stem. Place the onions, eggplant halves (skin side up) & peppers in an ungreased roasting pan in a 370 oven. Roast 17 minutes, turn the peppers & onions, & continue roasting 17 more minutes. Peel & seed the peppers. Peel the eggplant, removing some of the seeds. If the outer skin of the onion is papery, remove it. Chop the peppers, eggplant, onion & tomatoes into about 1/2 inch pieces. Combine gently in a bowl with the garlic & parsley. In a small bowl whisk together the remaining ingredients. Mix gently into the vegetables. Chill & serve. You can prepare the vegetables & the dressing in advance, but I do not recommend mixing them together more than an hour before serving. Posted by wired\_foxterror.

### Cucumber Salad

I don't know exact measurements. It is vinegar, water, sweetener, salt & pepper. Probably, 2T vinegar, 1T water, 1/2t sugar equivalent, S&P to taste. You can fiddle with it until you like it. You slice up some cucumbers & let soak in this. You could also add sliced onions to it. I don't care for it real sweet, & since being on SS, I like the vinegar taste stronger. My mother used to make this cucumber salad that was real easy. Although I have never tried using this "dressing" on a lettuce salad, you could always try it. Posted by marie172.

### Easy Dill Cucumber Sour Cream Salad

2 cucumbers  
 balsamic vinegar  
 sour cream  
 dill

Makes about 4 servings, depending on size of cucumbers. If regular cukes, not English, I peel and quarter them, and slice off a bit of the seed centre. Slice them up. Put in bowl and sprinkle with vinegar (any kind will do). Add some sour cream to coat. Add some dill. I like lots of dill. That's it! I think it is best to put the sour cream on just before serving. Everyone seems to like this a lot. Posted by matzo.

### Spicy Cucumber Salad

4 cucumbers  
 2 tsp. soy sauce  
 2 Tbsp. white vinegar  
 2 Tbsp. sugar (sweetener)  
 4 tsp. sesame seed oil  
 1 tsp. hot sauce  
 Salt and pepper

Peel cucumbers & cut them lengthwise. Scrape out seeds with small spoon leaving hollow shells. Cut cucumbers cross-wise into 1/4-inch strips. Combine soy sauce, vinegar, sugar, sesame seed oil, hot sauce & salt & pepper in a small bowl & mix well. Add cucumber & toss to coat each slice. Chill before serving. Posted by matantej.

### Spicy Thai Cucumber Salad

2 pounds cucumbers, peeled and thinly sliced	1/4 cup chopped shallots or purple onion
1/2 cup rice wine vinegar	1 fresh hot chili pepper, finely chopped
1/2 cup sugar (use sweetener)	1/4 cup dry roasted peanuts, crushed (level 2)
1/2 cup water	1/4 cup fresh cilantro, chopped
1 tsp. salt	

Place sliced cucumber on a platter. Meanwhile combine vinegar, sugar, water and salt in a small saucepan and heat until sugar and salt are dissolved. Remove from heat and allow to cool. Place shallots and chili pepper in vinegar mixture and stir. Pour mixture over cucumbers just before serving and sprinkle with peanuts and fresh cilantro. Don't be concerned about the strong smell when heating the vinegar. You just have to get through this part of the recipe and then everything will be fine. Posted by matantej.

### Zesty Cumin Coleslaw

1 cup shredded green cabbage  
 1 cup shredded red cabbage  
 1/2 cup jicama, julienned  
 2 Tbsp. lime juice  
 2 Tbsp. olive oil  
 1 tsp. Somersweet  
 1/2 tsp. cumin  
 1/4 tsp. nutmeg

Toss all ingredients in a bowl and refrigerate. Mix several times more before serving so all the coleslaw is coated. Posted by Kisa 1.

### Creamy Coleslaw with Blue Cheese

1/2 cup mayo  
 1/2 cup sour cream  
 2 TBL white wine vinegar  
 1 TBL water  
 1 TBL sugar (Splenda, Somersweet, etc)  
 1/3 cup crumble blue cheese of choice, or more to taste.  
 1/4 teas. grd. black pepper  
 6 to 7 cups of shredded cabbage

Mix first 7 ingredients and pour over cabbage. Serve immediately or refrigerate for up to 24 hours. Best when sits awhile. I was reading the Indianapolis Star this morning and ran across an interesting recipe for coleslaw. I have not tried this yet, but sounds interesting. Posted by dheilman50.

### Waldorf Cole Slaw

1/2 cup sour cream	12 ounces white cabbage, shredded
1/3 cup heavy mayonnaise	4 ounces red cabbage, shredded
1/3 cup sugar substitute (recommended: Splenda)	1 teaspoon kosher salt
1/2 cup shelled walnuts, coarsely chopped	1/8 teaspoon freshly ground black pepper
2 tablespoons red wine vinegar	1/4 teaspoon ground nutmeg

In a large bowl, mix all ingredients, tossing to combine. Chill for 2 hours before serving. Recipe by George Stella at Food Network. \*Deb's note: I made this exactly as written. I used a knife to slice it very thin (as I thought the shredding disk on the food processor would make the shreds too small). This really does remind us of Waldorf Salad, with the dressing and the nuts. This is SO good! \*Ü\* Please note that making it as written, with the walnuts would be Level 2. I haven't tried it without the nuts, but by omitting them, it would be Level 1.

### Pantry Coleslaw

1 1/2 cups plus 2 tablespoons mayonnaise  
 6 tablespoons plus 1 teaspoon sugar (use artificial sweetener equivalent)  
 3 tablespoons plus 1/2 teaspoon wine vinegar (optional but it really is good)  
 1/2 to 3/4 cup oil  
 1/3 teaspoon each of garlic, onion, mustard and celery powders  
 Dash of black pepper  
 1 tablespoon plus 2 teaspoons of lemon juice (optional)  
 1 tablespoon plus 2 teaspoons cream  
 1/2 teaspoon salt  
 2 heads cabbage, very finely shredded

Blend together mayonnaise, sugar, vinegar, and oil. Add spice powders, pepper, lemon juice, half and half and salt. Stir until smooth. Pour over coleslaw in a large bowl and toss until cabbage is well coated. Dressing keeps well, covered tightly in the refrigerator for several days. Makes 1 quart dressing. I got this on another site and it is wonderful. Posted by momof7.

### Magic Pizza Crust/Pizza Salad

"Pizza" Salad

2 plum tomatoes, seeded and coarsely chopped.

1/2 cup olive oil

2 garlic cloves, sliced

3 TBLS. balsamic vinegar

1/2 TSP salt

1/4 TSP black pepper

1/2 TSP Somersweet, Splenda

1/4 cup loosely packed fresh basil leaves.

SALAD

3 medium size tomatoes (about 1 lb.) cored and coarsely chopped

1/2 LB. fresh mozzarella cheese, diced

1/2 cup loosely packed basil leaves

6 cups green leaf lettuce pieces

1/2 of a 3.5 ounce pkg sliced pepperoni (about 28 slices)

Dressing: Mix tomato, oil and garlic in small skillet or saucepan. Cook over medium high heat 5 minutes, breaking apart tomato with spoon. Transfer to blender. Add vinegar, salt, pepper, sugar substitute and basil. Pulse to blend. Set dressing aside. SALAD: Combine tomatoes, mozzarella, basil, lettuce and pepperoni in a large bowl. Break apart the Magic Pizza Crust into pieces, and add to bowl of salad. Toss to combine. Add dressing. I have not made the Magic Pizza Crust, but intend to. I was looking through old recipes and thought if you could "break up" into pieces this crust the following recipe should work. Posted by Liz01219.

### Salami Salad

1 pound salami, cut into 1/4 inch pieces

6 tomatoes, diced or use cherry tomatoes

1/2 cup fresh basil leaves

1/2 lb mozzarella cut into 1/2 inch pieces

salt and pepper

olive oil for drizzling

vinegar for drizzling

In large bowl, combine salami, tomatoes, basil and mozzarella. Season to taste with salt and pepper. Drizzle with olive oil and vinegar and toss well. This is a fast and easy recipe and is very good. Great for cook outs. Posted by PHoffer.

### Shrimp "B LT" Salad

2/3 cup mayo  
 1/2 tsp. Dijon Mustard  
 1/2 tsp. Old Bay Seasoning  
 1/4 tsp. liquid hot-pepper sauce  
 1/4 tsp. salt  
 1 TBLS. lemon juice  
 1 lb. peeled, fully cooked shrimp, large, x'large your choice  
 1 lb. tomatoes, chopped  
 6 slices bacon, cooked, crumbled  
 3 scallions, chopped  
 1 head Boston lettuce, separated into leaves.

Stir together mayo, mustard, old bay, hot pepper sauce, salt and lemon juice in a large bowl. Add shrimp, tomato, bacon and scallion, toss to mix. Cover and refrigerate for 1 hr. Spread 6 leaves of lettuce on platter. Tear remainder; spread on top along with shrimp. Posted by Liz01219.

### Shrimp Salad

1 lb cooked shrimp, chopped or minced	1 tsp celery salt
1/2 cup to 1 cup mayonnaise	2 ribs celery chopped
1 tsp onion salt	couple dashes hot sauce

Mix all together and spread on veggies or pork rinds. Posted by PHoffer.

### Shrimp and Broccoli with Cucumber Dressing

1 cucumber, cut non-seed parts lengthwise in thin sticks about 2 1/2 inches long  
 3 tablespoons rice wine  
 3 tablespoons rice vinegar  
 1/4 teaspoon cayenne pepper  
 Dash soy sauce  
 8 Shrimp  
 1 cup Broccoli  
 1/2 cup mushrooms, sliced

In a bowl, stir together rice wine, rice vinegar, cayenne pepper & a small dash of soy sauce. Add cucumbers & mix well. Marinate for one hour. In four small bowls, arrange two cooked shrimp, one or two broccoli florettes & mushrooms. Delicately & artfully arrange (or just toss) the cucumber mixture on top along with some of the liquid. Serve & enjoy! I love this! This reminds me of a dish you would get at a Japanese restaurant. It's tasty, light, & colorful! It makes 4 small servings (great for guests), but you could make one big one. Posted by Chelle14.

### Shrimp Slaw

1 medium head green cabbage, finely chopped	1/3 cup bottled Italian salad dressing
1 small onion, finely chopped	1/4 teaspoon onion salt
2 cups shelled cooked bay shrimp	1/2 teaspoon garlic salt
3/4 cup mayonnaise (not salad dressing)	1/2 teaspoon black pepper

In large bowl, place cabbage, onion & shrimp. In small bowl, combine mayonnaise, Italian dressing, salts & pepper. Add to cabbage & shrimp. Refrigerate one hour to blend flavors, but it's best if left overnight. Makes 8-10 servings. I got several responses to Sandra Ponders' request for Shrimp Slaw. This version sent in by Marjorie Day is from Hillmans Seafood & Fish House in Dickinson, Texas. I tried this slaw, it is really good, of course I like shrimp. Posted by kentucky\_gal.

### Surf and Turf Salad

2 large cloves garlic, minced  
 1-inch fresh ginger root, peeled and minced or grated  
 3 tablespoons tamari (dark, aged soy sauce)  
 1 teaspoon ground coriander  
 2 teaspoons ground cumin  
 1 teaspoon turmeric  
 1/2 teaspoon ground cayenne pepper  
 1 tablespoon grill seasoning (recommended: McCormick Montreal Seasoning)  
 1 lemon, zested  
 2 tablespoons extra-virgin olive oil, plus some for drizzling  
 1 1/2 to 2 pounds flank steak  
 1 bunch scallions  
 16 medium shrimp, peeled, including tails, and deveined  
 Salt and pepper  
 1 teaspoon red pepper flakes  
 2 romaine hearts, chopped  
 1/4 pound baby spinach leaves  
 1/2 red onion, chopped  
 1/4 cup flat-leaf parsley (a couple of handfuls) chopped  
 Dressing:  
 1 lemon, juiced  
 2 tablespoons tomato paste  
 2 teaspoons Worcestershire sauce  
 3 tablespoons extra-virgin olive oil, eyeball it  
 Salt and pepper

Preheat tabletop grill, grill pan, or outdoor grill to high. Combine first 10 ingredients in a shallow dish. Coat flank steak in mixture & reserve 10 to 15 mins. Trim ends & 1 inch of tops off of the scallions. Drizzle extra-virgin olive oil over both the scallions & the shrimp & season with salt, pepper, & red pepper flakes. Grill scallions & shrimp 2 mins each side. Then remove & reserve. Place meat on grill pan & cook 3 to 4 mins on each side. Remove meat & let juices settle, about 5 mins. Combine greens & onions & parsley leaves on a large platter or individual plates. Cut scallions into 1-inch pieces, scatter over greens, & then evenly distribute the grilled shrimp over the greens. Mix the lemon juice, tomato paste, & Worcestershire in a small bowl & whisk in the extra-virgin olive oil. Season the dressing with salt & pepper & drizzle it back & forth over the arranged greens & scallions & shrimp. Slice the steak very thinly against the grain on an angle with a sharp knife & arrange it over the salad. Difficulty: Easy. Prep Time: 15 mins. Cook Time: 12 mins. Yield: 4 servings. Recipe courtesy Rachael Ray. Yummy!! This is really good! Took me longer than 30 mins but I have a little dinky kitchen & I have no room to work. Posted by matantej.

### Riviera Beach Conch Salad

8 conch diced up  
 3 medium yellow onions diced  
 3 tomatoes diced  
 3 green peppers diced  
 1 1/2 teaspoon worcestershire sauce  
 1/4 cup fresh lime juice  
 1/4 cup cider vinegar  
 1 teaspoon salt  
 1/8 teaspoon black pepper  
 6 tablespoons olive oil  
 tabasco sauce to taste

Combine all ingredients in a salad bowl & chill several hours before serving. NB: The acid in the citrus juice cooks the conch. I have made this for years, adapted from my squeeze's "conch" roots. Posted by wired\_foxterror.

### Tuna salad

Tuna  
 chopped, hard boiled eggs  
 celery  
 onion  
 dill pickle  
 lots of spices (to taste)  
 mayo  
 pickle juice

I buy Albacore Tuna packed in spring water. I drain it, put in a bowl and add rest of ingredients. Mix well and enjoy! Posted by DebB.

### Chef Salad

In a large salad bowl I use a mixture of romaine, iceberg and red leaf lettuce. Next I add julienne sliced roast beef, turkey, swiss cheese and ham. Top with 2 hard boiled egg halves, grape tomatoes and cucumber slices. Top with your favorite somersize dressing. Posted by Pat Polito.

### Italian Chef Salad

2 hearts romaine lettuce, chopped  
 1/4 pound hot ham, sliced  
 1/4 pound Genoa salami, sliced  
 1/4 pound deli provolone cheese, chopped  
 Hot pepper rings, a couple of fork fulls (she sliced pepperocini)  
 Cracked green olives, 1/2 cup ( she sliced up olives)  
 1 tomato, chopped  
 2 ribs celery, chopped  
 A few leaves basil, torn  
 Red wine vinegar, 2 tablespoons, eyeball it  
 Extra-virgin olive oil, for drizzling  
 Salt and pepper

Combine all ingredients and dress with red wine vinegar, then extra-virgin olive oil, salt and pepper, all to your taste. Mmmmm! I watched Rachel Ray make this salad last night and I added the ingredients to my shopping list. She says she has it a couple times every week. It sure looked GOOD and so simple too! My few notes are in (...) If you can find a green olive with 0g of carbohydrates, then it's legal for L1. If not - omit it. Posted by DebB.

### Chicken Salad

I just whipped this up for lunch and it was so yummy I wanted to share. I took leftover grilled chicken and chopped it into bite size pieces. Then I added 2 roma tomatoes-chopped, 6 slices of cucumber-chopped, 1 slice red onion-chopped, and 1/3 cup mayo. I also added a little salt and pepper to taste. Let it sit in the fridge for about 1/2 hour before eating. (I learned this because I chilled the leftovers and went back for a bite about 1/2 an hour later and YUM it tasted better! Posted by courtness.

### Restaurant Chicken Salad

2 cups dark meat	1/4 teaspoon black pepper
1/3 cup chopped celery	1/3 cup sf sweet pickle relish
1/4 teaspoon salt	2/3 cup of mayonnaise
1/8 teaspoon SomerSweet (1/2 teaspoon sugar)	

Combine all ingredients and chill. Posted by mjlibbey.

### Fried Chicken Salad

Slice your fried chicken breast on a mound of romaine lettuce. Top with Bruschetta tomatoes (see my recipe below), and cucumbers. I then top with suzanne's ranch dressing!

Bruschetta:

8 roma tomatoes (italian plum), peeled, seeded and chopped

1/4cup of extra virgin olive oil

8 garlic cloves, smashed

salt & pepper to taste

To peel the tomatoes, I dip in boiling for 1 minute, then immediately into cold water. Drain. The peel will come off easily. Mix the tomatoes with the olive oil and garlic and marinate for a few hours. I also add basil to my taste. I store the bruschetta in a jar in the fridge to use in other salads and recipes. This is a great salad to make with leftover fried chicken! Posted by Pat Polito.

### Chinese Chicken Salad

dressing:

2 cups mayo

1/2 cup rice vinager

7 tsp Grey Poupon mustard

1 tsp spicy Grey Poupon mustard

1 1/2 cup sugar (equivalent sugar free sweetner)

1 tsp sesame oil

I just throw all this in a jar and shake, then pour over thinly sliced napa cabbage and cubed cooked chicken sometimes I throw in chopped celery and chopped green onions. I like to cook my chicken in coconut milk. I have a large baking pan I layer the frozen chicken breasts and pour a couple cans of coconut milk over and bake until chicken is done (350 degrees) about 45 to 60 minutes. (NB: Using coconut milk would be level 2.) PS: this makes GOOD devilled eggs. I mash up the cooked yolks and pour in enough dressing to mix with the yolks and put into the egg halves. We love these. Sometimes I make the dressing just to make these devilled eggs, especially in the summer!!! Posted by glassart.

## CONDIMENTS, DRESSINGS & DIPS

### Carb Dressing

1 cup nf yogurt	1/4 teaspoon garlic powder
1/2 teaspoon parsley	1/4 teaspoon onion powder
1/2 teaspoon dill	1/8 teaspoon salt
1/2 teaspoon chives	1/8 teaspoon pepper

It is really great. I found this in my personal archives of recipes. I have never tried it, and I have copied it the way the original poster wrote it. Posted by marie172.

### Homemade Mayonnaise

1 c Salad oil  
 1 Egg or 2 Egg yolks  
 2 tb Lemon juice or 2 tb Vinegar  
 Salt and pepper  
 Paprika

Beat egg or egg yolks with a rotary beater until slightly thick; add 1 teaspoon oil at a time, beating well after each addition, until 1/3 cup has been added. Add a few drops lemon or vinegar. The mixture should be quite thick & perfectly smooth. If it isn't, you added the oil too quick or didn't beat it enough. Continue to add the oil & acid alternately until it's used up. Add seasonings to taste. Store covered in the refrigerator. Found this on the web. Haven't tried it because I love Hellmann's. Posted by FrozH2O.

### Mayonnaise

2 egg yolks  
 2 tablespoons vinegar or lemon juice  
 2 tablespoons water  
 1 teaspoon sugar substitute or equivalent  
 1 teaspoon dry mustard  
 1/2 teaspoon salt  
 Dash pepper  
 1 cup cooking oil

In small saucepan, stir together egg yolks, vinegar, water, sugar, mustard, salt and pepper until thoroughly blended. Cook over very low heat, stirring constantly, until mixture bubbles in 1 or 2 places. Remove from heat. Let stand 4 minutes. Pour into blender container. Cover and blend at high speed. While blending, very slowly add oil. Blend until thick and smooth. Occasionally, turn off blender and scrape down sides of container with rubber spatula, if necessary. Cover and chill if not using immediately. (Yields approx. 1 1/4 cups.) I took this from the egg council website. It has a lot of egg recipes. Many of them are adaptable to somersizing. Posted by FrozH2O.

### I LOVE GARLIC Mayo

1 cup Hellmann's/Best Food's Mayo  
 2 cloves garlic (pressed)  
 salt & Pepper to taste

Put mayo in a bowl, press garlic into mayo, add salt & pepper. Mix all ingredients well. You can make this ahead of time for a stronger garlic flavor or use it right away (still tastes of garlic). This was so delish. This is so versatile, you could use it to dip anything in it. Last night I used it to dip my Brussels sprouts and over-cooked pork chops in. I have also spread this on fish and then grilled it. Easy - Level One. Posted by Cosmo Curves

### The Best Blue Cheese Dressing

3 ounces blue cheese, crumbled (about 3/4 cup)	1 Tablespoon white wine vinegar
5 Tablespoons cream	1/8 teaspoon garlic powder
5 Tablespoons sour cream	1/2 teaspoon salt
3 Tablespoons mayonnaise	1/4 teaspoon black pepper

With a fork, mash the blue cheese and cream together until the mixture resembles cottage cheese. Mix in remaining ingredients. Serve over lettuce wedges. Arrange cucumber and tomato slices around lettuce. I also put a couple of green olives and some croutons on each salad. I've also put some celery sticks to the side for dipping. I got this recipe from Cook's Illustrated The Quick Recipe and adapted it for somersizing. I make this dressing a lot. It's great for company or just over iceberg when you feel like a quick salad. Posted by domsmom.

### Bleu Cheese Dressing

For blue cheese dressing I use 1 cup mayo, 1/2 cup cream and 1/2 cup crumbled blue cheese and salt and pepper to taste. It is good with hot wings! Posted by countrymama.

### Blue Cheese Dressing

1/3 c mayonnaise - Hellmans  
1/3 c sour cream daisy brand  
approx 4 to 6 oz. blue cheese-crumbled

Tastes just like restaurant style, yummy!! You can adjust these measurements to your taste. Blend all together and give it time to let the flavors all come together, very good. Posted by PHoffer.

### LaVella's Blue Cheese Dressing

2/3 Cup Sour Cream  
1/3 Cup Mayo (I like the Best Foods Canola)  
Blue Cheese Crumbled (I use half a small wedge)to taste.  
Horseradish (I use about 1 Tbsp) to taste.

That's it! Today I put some fresh dill chopped very fine and it really kicks it up and gives it a fresh flavor. Try dipping Sliced Celery and Bell Peppers in it! YUM! Posted by tammie4773.

### Easy, Fast 1000 Island Dressing

For the 1000 Island- I love this on any salad in the summer that has seafood in it especially crab and shrimp. So I just mix mayo (about 1 cup), Heinz sugar free catsup (about 1/4 -1/3 cup) and Mt Olive sugar free relish (about 1/4-1/3 cup) together and it's so quick. I really don't measure, I just eyeball it. But now I'm also making chipotle mayo, cilantro mayo, basil (or pesto) mayo and the options are limitless. It is so quick and tasty to put some on any kind of meat or fish. Posted by almostskinny.

### Southwest Dressing

1 1/2 C. mayo  
2/3 C. picante salsa  
2 limes - juice  
1/2 t. cumin  
1/2 t. chili powder  
1/2 bunch cilantro, chopped

Combine ingredients night before serving, refrigerate. This is a wonderful creamy dressing with a southwest flavor. Not too spicy. Excellent over spring salad mix. Posted by sockim123.

### Roasted Red Pepper Dressing

2 large red bell peppers, whole (you can use the jarred roasted ones, but watch the ingredients)  
 1/2 c. olive oil (I like the dark oil for more flavor, but its your preference)  
 1/4 c. red wine vinegar  
 2 large cloves of garlic, roughly chopped  
 1 tsp. onion powder (optional)  
 1/4 tsp. curry powder (optional)  
 1/4 tsp salt (or to taste)  
 dash of black pepper (or to taste)

If you are using fresh red bell pepper you will need to roast them. I usually do this on the grill outside by placing them on the hottest area of the grill and turning them until the skin is charred. If you are doing this inside you can use your oven on broil...just keep an eye on them so they don't char all the way through. Once the peppers are roasted let them cool and peel off the outer skin (it should just fall off, cool slightly. Cut the skinned pepper in half and clean out seeds inside. Then chunk pepper and place into blender. Add garlic into blender. Add onion powder, curry, salt and pepper. Cover blender and pulse until almost smooth and slightly pasty. Then add vinegar and blend until well mixed. Place mixture on lowest setting of blender and slowly drizzle in olive oil as it continues to blend to emulsify the dressing. Keep in glass curette (which I used to use for the funky Italian dressing mixes) and use as needed. I have made this for years, but never measured it out until last night when I thought how great it would be to put here. Posted by sharonm516.

### Traditional Green Goddess

1 c mayonnaise  
 1 clove garlic, minced  
 3 anchovies, chopped (could probably use anchovy paste)  
 1/4 c finely chopped chives or green onions with tops  
 1/4 c fresh parsley  
 1 T lemon juice  
 1 T tarragon vinegar  
 1/2 t salt  
 pepper to taste  
 1/2 c sour cream

Put all in a blender or food processor except the sour cream and blend until smooth or just whisk if you like bits of onion and garlic. Fold in sour cream. Makes 2 cups. I got this recipe from The New York Times Cookbook, Craig Claiborne. Posted by 2b4mb.

### Caesar Dressing

1 clove garlic minced  
 1/3 c. olive oil  
 2 tsp. anchovy paste  
 1 tsp. Worcestershire  
 1/4 tsp. salt  
 1/4 tsp. dry mustard  
 fresh ground pepper  
 3 Tbl. mayo  
 2 Tbl. lemon juice  
 1/3 c. parmesan

Mix well. Posted by Rinky.

### Somersize Ranch Dressing

1 cup sour cream  
 1/2 cup of mayo  
 1 tsp parsley  
 1/4 tsp garlic powder  
 1/4 tsp onion powder  
 1/2 tsp dill weed (fresh is best)  
 salt and pepper to taste

Mix together and refrigerate for at least 30 min. I make it a double batch as I go thru it very fast. My hubby is a big ranch fan so I have tried several different ones. None come close except Cheri's ranch dressing. I got it from the old boards. It really tastes like Hidden Valley. sweetthing Posted - 29 June 2004. Posted by JCNmyheart.

### Ranch Dressing

1 c. sour cream  
 1/2 c. mayo  
 1-1/2 tsp. dried chives  
 1-1/2 tsp. dried parsley  
 3/4 tsp. dried dill weed  
 3/4 tsp. garlic powder  
 3/4 tsp. onion powder  
 1/4 + 1/8 tsp. salt  
 1/4 tsp. pepper

Just mix everything together. \* Be careful not to make the 3/4 tsp. of dill weed, heaping tsps. It's very easy for this very strong ingredient to overpower the other flavors. Posted by ChubChub.

### Cucumber Ranch Dressing

1 c sour cream  
 1/2 c mayonnaise  
 white pepper  
 onion powder  
 dill weed  
 pinch of dried parsley  
 dill weed  
 cucumber, seeded & finely minced

I didn't put amounts of seasonings as I do it to taste. I also added the cucumber to taste. Put in refrigerator overnight to get flavors enhanced. I love this for a "dip" or for a dressing on salads. It is really tasty with cheese chips or pork rinds (they are both salty & I don't add salt to the dip/dressing. Posted by beebee1.

### Zesty Italian Dressing

Extra virgin olive oil  
 Balsamic vinegar  
 Tones Italian season (we get it at Sam's in the HUGE jug)

Quantities depend on how much you want to make. 5 parts oil to 1 part vinegar and season. Use more if you want it stronger, use less the next time if you used too much! Posted by bigdad.

### Zesty Italian Herb Dressing

1 1/2 cups oil	1/2 teaspoon dried oregano
1/2 cup wine vinegar	1/2 cup grated Parmesan cheese
2 cloves garlic, crushed	fresh ground pepper to taste
1/2 teaspoon dried basil	

Combine ingredients in a quart jar and shake well. Refrigerate overnight before serving. Use with mixed salad greens. Makes 2 cups. Posted by FrozH2O.

### Italian Dressing

3 oz canola oil  
 1 oz white vinegar  
 1 tsp chopped garlic (fresh)  
 1/2 tsp dried onion chips  
 1/4 tsp dried red pepper chips  
 pinch oregano  
 pinch tarragon  
 pepper to taste

Let flavours marinate for an hour or so, overnight is better. Makes a great meat tenderizer. Hope you like it. If you want to sweeten it up a little add a 1/4 tsp of splenda. Shake well! Makes a 4 oz serving. This is a recipe that I came up with. Posted by wnt2bslim.

### "Northern Italian" Style Dressing

I whip EVOO (extra virgin olive oil), and a great balsamic vinegar, and then add a tbs dijon mustard, a big garlic clove smashed or finely chopped, a couple swigs of SS Ketchup (I really like it) and she has a recipe for it, if one doesn't want to buy it, and sometimes a dash or two of Somersweet and I just shake it in a container and keep in fridge. It is one of the best. The key in my opinion, is the ketchup and a good balsamic. Sometimes I mix a good balsamic with some lemon juice or Trader Joes' apple cider vinegar or even Barengo's red wine vinegar. That cuts the balsamic if one wants it less sweet. Posted by dianeb44.

### Good Seasons Italian Dressing Clone

1/4 cup vinegar  
 3 T water  
 1/2 cup oil  
 ----  
 1 tablespoon Mrs. Dash  
 1 tablespoon Lawry's Garlic Salt  
 1/4 teaspoon dried parsley flakes  
 1/4 teaspoon garlic powder  
 1/8 teaspoon onion powder  
 1/8 teaspoon oregano  
 1/4 teaspoon basil  
 1/4 teaspoon paprika  
 1/4 teaspoon celery seeds  
 1 1/2 teaspoons sugar  
 1/8 teaspoon pepper  
 2 teaspoons dry pectin

Combine well the ingredients below the line (dry) in a ziploc bag. You can multiply the quantities to produce any amount you wish and store the dry portion in the cupboard until needed. To mix up a batch, mix the water, oil, and vinegar in a Good Season's cruet or a blender. If using a blender, you can also add a few fresh cloves of garlic to taste. Add 2 T of dry herb and salt mixture to each batch. Submitted by: CM. Posted by DebB.

### **Creamy Salad Dressing**

I made a creamy dressing that has a kick and is simple. Take about 1 tblsp of mayo and a dash of Newman's own vinegar and olive oil dressing. Mix together and pour over a salad. It gives it a real cool kick. Posted by kaeribia.

### **Jimmac's French Dressing**

1 cup mayo  
 2 Tblsp Tomato Paste  
 3 Tblsp Cider Vinegar  
 2 Packets of Splenda  
 2 Tblsp Paprika  
 Pepper  
 Dried Parsley Flakes  
 Heavy Cream to thin

Mix all ingredients together and thin with cream to the consistency you want. These measurements are just guesses. I do not measure with this, just mix and taste. I use this to wet my lettuce for taco salads before adding all my fixings. It has a nice sweet-n-sour taste. Posted by jimmac86.

### **Red Colored Salad Dressing**

1 c. oil  
 1 c. catsup (legal)  
 1/4 c. sugar substitute  
 1/4 c. vinegar  
 1/4 c. water  
 1 t. garlic powder  
 1/2 t. black pepper  
 1 t. salt

Mix all ingredients in a quart bottle or blender. Shake well and refrigerate. This is a salad dressing we enjoy from a local restaurant, very easy to SS. It is very yummy. Posted by cubbiegal.

### **Olive Garden House Dressing**

8 oz. Paul Newman's Vinegar/oil dressing  
 1 clove garlic, peeled, halved  
 1/2 teas. dried oregano  
 1/2 teas. dried basil  
 1 tables. sugar (use substitute)

Mix all ingredients and chill 24 hrs before serving. Posted by GARNET2002.

### **Bacon Dressing - Hot**

1/2 pound bacon slices  
 3 green onions chopped-use entire thing  
 1 garlic clove, minced  
 1/4 cup Splenda (or use Brown Sugar Twin but why would you because this tastes yucky!)  
 1/4 cup cider vinegar  
 1 teaspoon chopped fresh parsley  
 1/4 teaspoon salt  
 1/2 teaspoon pepper

Serve with spinach salad or whatever because it is so yummy! Posted by momof7.

### Tangy Coleslaw Dressing

1 1/2 cups plus 2 tablespoons mayonnaise  
 6 tablespoons plus 1 teaspoon sugar (use artificial sweetener equivalent)  
 3 tablespoons plus 1/2 teaspoon wine vinegar (optional)  
 1/2 to 3/4 cup oil  
 1/3 teaspoon each of garlic, onion, mustard and celery powers  
 Dash of black pepper  
 1 tablespoon plus 2 teaspoons of lemon juice (optional)  
 1 tablespoon plus 2 teaspoons cream  
 1/2 teaspoon salt

Blend together mayonnaise, sugar, vinegar, and oil. Add spice powders, pepper, lemon juice, half and half and salt. Stir until smooth. Dressing keeps well, covered tightly in the refrigerator for several days. Makes 1 quart dressing. Posted by momof7.

### Hemp Seed Oil Vinaigrette

2 Tbsp hemp seed oil  
 2 Tbsp vinegar  
 1 tsp crushed garlic  
 1 tsp oregano

Blend all ingredients and pour over salad or whatever. Oh my, this oil is so goood. It tastes like sesame seeds. If you miss nuts, try this oil. The one I used is called "Manitoba Harvest Hemp Seed Oil". See this site for store locator (USA & Canada): <http://www.manitobaharvest.com/index.asp>. Hemp seed oil is one of the world's richest sources of polyunsaturated fats, including both of the essential fatty acids (Omega 3 and Omega 6) and GLA (gamma Linolenic acid). It's a salad oil (not to be heated above 350F). Posted by Twiggy88.

### Enchilada Sauce

1 15 oz. can of tomato sauce  
 1 tsp. chili powder  
 1/2 tsp. cumin  
 1/2 tsp. onion powder  
 1/2 tsp. garlic powder  
 1/2 tsp. salt  
 dash of pepper

Mix all ingredients in a saucepan and simmer. This is the one I have used in the past, pretty good too. Sorry I don't know who originally posted this. Posted by kidsmom.

### Heinz-like Ketchup

12 oz. tomato paste  
 12 oz. water  
 6 oz. vinegar  
 Legal Sweetener (The original recipe called for 10 Equal tablets or 5 packets)  
 1 teaspoon onion powder  
 1 tablespoon salt  
 (optional) pinch of cloves, cumin, other spices you might like

Dissolve Equal tablets in water then add remaining ingredients. Blend until combined. If you've been wanting something like Open Pit or Heinz BBQ sauce, this ain't it, but it's good. From Chuck Dudek. I haven't tried this recipe but it looks good. Posted by SizzLynn3.

### Somersize Ketchup

2 cps apple cider vinegar  
 1 cinnamon stick  
 1 tsp whole black peppercorns  
 1/4 tsp whole allspice  
 1(28 oz)can tomato sauce  
 1 (12 oz) can tomato paste  
 3 Tbsp Somersweet (Splenda)  
 1/4 tsp Worcestershire Sauce  
 1 tsp lemon juice  
 Salt & Pepper to taste

Combine vinegar, cinnamon, peppercorns & allspice in small saucepan. Bring ingredients to a boil over medium heat. Boil for 2 minutes. Remove from heat. Cover pan and allow mixture to steep for 1 hour. Pour mixture through a fine sieve into a large stainless steel mixing bowl. Discard the cinnamon, allspice and peppercorns. Add tomato sauce, tomato paste, Somersweet, Worcestershire sauce, and lemon juice to seasoned mixture. Stir until smooth. Season with salt and pepper. Store in the refrigerator. I bought her condiments and just cleaned out the bottles and jars and fill them up with what I made. Posted by Aggilipe.

### Secret Sauce

3/4 c. mayonnaise  
 1 Tbsp. tomato paste  
 2 Tbsp. dill relish  
 1 tsp. worcestershire  
 1 tsp. vinegar  
 1 packet Splenda  
 1 tsp. minced onion  
 1/2 tsp. salt  
 1/2 tsp. mustard (French's classic yellow)  
 1/2 tsp. celery seed  
 1/2 tsp. garlic powder  
 1/4 tsp. black pepper  
 1/4 tsp. lemon juice (I squeezed a lemon for this)

Mix mayo & tomato paste together first, then add in all the rest. This is an awesome recipe for Secret Sauce, it's loaded with flavor. I absolutely love it on my cheeseburgers, and it tastes even better the next day. I used karma's great 1000 Island recipe as a starting point, then added some of the ingredients listed in Suzanne's purchased sauce. I experimented with amounts, and came up with this. Posted by ChubChub.

### BBQ Sauce

3 pkgs splenda	2 Tbs. Worcestershire sauce
1 Tbs. ground paprika	1 1/2 cups tomato sauce
1 tsp. salt	1/2 cup sugar free ketchup
1 tsp. dry mustard	1/4 cup water
1/2 tsp. chili powder	3 Tbs. sugar free maple syrup
1/4 cup distilled white vinegar	2 cloves garlic, minced
1/4 tsp. cayenne pepper (more if you like hot)	Liquid smoke (optional)

Mix ingredients thoroughly. Brush on meat. This BBQ Sauce is delish and can be used on any meat. For use on the grill, in the oven or the slow cooker. I double the recipe and store in pint jar. It will keep quite a while in the fridge as the vinegar preserves the mixture. Posted by LilLooLoo.

### Pizza Sauce

8oz can tomato sauce  
 7-1/2oz undrained tomatoes, cut up  
 1/4c chopped onion  
 2 tsp dried basil, crushed  
 1 tsp dried oregano, crushed  
 1 tsp minced garlic  
 dash pepper

Place all ingredients in saucepan. Bring to boil; reduce heat. Cover and let simmer for 10 minutes, or until onion is tender. This used to have 1t. of sugar in it, but we really don't miss it, so we just omitted it. This recipe can also be doubled very easily. Use it on sautéed chicken breast, with a sprinkle of mozzarella and parmesan. Very good! I blend the tomatoes because my kids hate chunks, and I use less onions, because ours are pretty strong. If you grow your own tomatoes, you could just puree a few peeled ones to make up the 1 cup of tomatoes. This is our favorite pizza sauce recipe. While it is cooking, your house smells like a pizzeria! Posted by marie172.

### Marinara Sauce

1/2 Cup extra virgin olive oil  
 2 small onions finely chopped  
 2 garlic cloves finely chopped  
 2 stalks of celery, finely chopped  
 1/2 tsp sea salt  
 2/3 tsp freshly ground black pepper  
 2- 32 oz can crushed tomatoes  
 2 dried bay leaves

In large casserole pot, heat the oil over a high heat. Add onions garlic and sauté until onions are translucent, about 10 minutes. Add celery and 1/2 tsp salt and pepper. Sauté until all veggies are soft. Add the tomatoes and bay leaves and simmer uncovered over low heat until sauce becomes thick, about 1 hour. Remove and discard bay leaf, season the sauce with more salt and pepper to taste. This sauce can be made one day ahead. Posted by PHoffer.

### Spaghetti Sauce

1 28 oz can ground tomatoes  
 1 19 oz can Hunt's tomato sauce  
 1 small can tomato paste  
 1 medium onion  
 1 tbsp minced garlic  
 1 tsp oregano  
 1 tsp basil  
 1/2 tsp thyme  
 1 tsp salt  
 1/2 tsp pepper  
 1 or 2 bay leaves  
 pinch of sweetener (optional - I don't add it)

Cook onion in oil if using for pro/fats or in a bit of water if using for carbo in microwave approx. 3 minutes on high. Add all other ingredients and cook on high for 10 minutes to heat through then at least 1 hour on low. As with all tomato dishes, the longer you cook it, the better it tastes. That's all there is to it. If I'm eating this with spaghetti squash (unbelievably awesome) I will add some cheddar cheese to the recipe as it is cooking. I make my own spaghetti sauce and I love it. Posted by Deedee2times.

### Pat's Pasta Sauce

1/4 cup red wine (burgundy)  
 35 oz. can Italian Plum tomatoes (I use San Marzano), lightly crushed in their liquid  
 8 cloves garlic, peeled  
 approximately 8-10 fresh basil leaves, torn in small pieces  
 crushed hot pepper (optional)  
 salt to taste  
 28 Oz. can Tomato Sauce (I use Hunts)  
 1/4 cup pasta water (water used to boil your SS whole wheat pasta )  
 about 1 Tbsp. of oregano ( I don't measure, so this is approximately the amount, add according to your taste)

In a large stock pot, add the 1/4 cup of wine and heat over medium heat. Whack the garlic with the flat side of a knife, add to the wine and cook for approximately 2 minutes. Carefully add the tomatoes and their liquid and bring to a boil. You may add the crushed pepper if you wish. Lower the heat and let simmer, breaking up the tomatoes with a whisk until the sauce is chunky and thick, add your tomato sauce and cook on simmer until thick, about 20 minutes. Add the pasta water ( a little at a time) to thin if you want a more liquid sauce. Stir in the basil and oregano about 5 minutes before your sauce is finished. Taste the sauce and season with salt & red pepper if necessary. This is the recipe I use for a legal marinara sauce served over my SS whole wheat pasta. Posted by Pat Polito.

### Alfredo Sauce with Bacon

1/2 pound bacon  
 2 cloves garlic, minced  
 1 pint (2 cups) light cream  
 1/2 tablespoon ThickenThin not/Starch  
 1/3 cup grated Parmesan cheese (I use the kind in the green can)  
 1/4 cup coarsely chopped parsley

Cook the bacon, crumble, & set aside. (Or, cut the bacon into 1/2" squares before you fry it, & you won't have to crumble it after.) Add garlic to bacon drippings, & fry for 2-3 minutes on medium heat (don't let the garlic burn!). Add light cream, & reduce heat to medium-low. When cream is heated, sprinkle ThickenThin over the cream, & whisk to combine, & until thickened. When sauce is near desired consistency, add Parmesan cheese. Stir to melt cheese, about 2 minutes. Remove sauce from heat. Add bacon & parsley. Serve over zucchini noodles. This is my adaptation of a recipe I found on rec.food.recipes about a zillion years ago. It's rich, & delicious over zucchini noodles. You might want to double the recipe! Posted by iwillrejoice.

### Parmesan/Romano Sauce

7 oz. parmesan or romano cheese (I like to shred it myself so that it is fresh)  
 4 heaping TBSP sour cream  
 1 cup heavy cream  
 approx. 1 TBSP garlic and pepper seasoning (I use more or less depending on your taste, start out with a little less then add more to taste.)

In a sauce pan add the heavy cream. Get it to simmering and then add the sour cream and seasoning. Turn heat down to low. Add about 1/3 of the cheese. Let it melt down before adding more. Repeat this till it is all melted. Usually it appears to have some fine bits of cheese that is not melted but it is done. Let it cool a little to thicken some. Cook this really slow on low heat or it will scorch and keep it stirred. If you are like me and tired of plain veggie or veggies with cheese, you must try this sauce. I love it. I made it for a chicken primavera without the noodles but I like it on my roast veggies too. Try sautéed onion, squash, mushrooms and zucchini. Place them in a baking dish, pour sauce over top. Add a little mozzarella cheese and bake till cheese is melted and brown. Posted by curvygirl.

### September's Easy Cheese Sauce

1/4 stick of butter  
 1 cup heavy cream  
 1 1/2 cups cheddar cheese, shredded  
 dash of Cayenne  
 dash of garlic powder  
 salt  
 pepper

In a medium saucepan, over medium heat, melt the butter. Stirring continuously, add the cream. Continue cooking the cream until it is reduced by about half. (This takes about 3-5 minutes)/. Do not stop stirring or it will burn! Once the cream is reduced, add the cheese, a handful at a time, stirring and blending it in completely with each addition. Add the spices and cook for a couple minutes longer. This sauce is fabulous over vegetables, as well as over chicken grilled with the Southwest rub. Posted by September.

### Basil Pesto

4-5 cloves of garlic, minced  
 1/2 tsp. white or black pepper  
 1/4 tsp. ground nutmeg  
 1 1/2 C shredded parmesan cheese  
 3 bunches (about 6 cups) basil  
 1 C good extra virgin olive oil  
 Kosher or sea salt to taste

Add 1 bunch of basil, (leaves snipped off) to cuisianart processor. Process. Add next bunch and Process. Add next bunch and process till a 'basil paste' forms. Add minced garlic. Add salt and pepper and nutmeg. Add parmesan cheese and process till combined. Now add olive oil in a steady stream through feed tube. Dollop pesto into ice cube trays and freeze. Pop one out and add to a piece of grilled chicken, steak, eggs or really just about anything. Posted by gopmom2.

### Sweet and Sour Sauce

2 Tblsp. canola oil  
 1 medium onion chopped  
 1 green pepper chopped  
 15 oz. can tomato sauce  
 14 1/2 ounce can chicken broth  
 1/4 c. splenda  
 1/4 c. white vinegar  
 1/4 c. ketchup

Prepare the sauce by heating the oil in a large skillet over medium heat. Add onion and green pepper and sauté until tender. Stir in the rest of the ingredients and stir till sauce simmers, then turn down on low and simmer for 10 min. Most any meat can be used with this sauce. Posted by Nan48601.

### Really Really Thick Sour Cream

Melt 1/2 tsp gelatin in a little bit of hot water. Stir together 1 cup cream, 1 tablespoon lemon juice, and the gelatin. Let sit in a covered glass container for 12 hrs then refrigerate for another 6 hrs. I turned mine upside down and it remained in the container. It has a creamy consistency (not gelatinous). Posted by Twiggy88.

### Tartar Sauce

1 cup Mayo  
 1/4 cup diced onion  
 1/4 cup dill relish  
 1 Tbsp. lemon juice

Combine all ingredients and refrigerate until needed. Posted by Twiggy88.

### Super Easy Lemon Sauce for Fish or Vegies

Mix 2 tablespoons sour cream with 1 1/2 teaspoons fresh lemon juice and 1/2 teaspoon salt. That's it! It adds zing to fish. This is delicious if you like a strong lemon flavor. I tried it cold, but it might be good hot also. Posted by BlondeTaz.

### Shortcut Sauce

1/4 cup (1/2 stick) butter  
 2 egg yolks  
 2 teas. lemon juice  
 1/2 teas. dried tarragon  
 1/8 teas. salt

In a small micro. safe bowl, heat the butter at 90% power for 40 sec. or until melted. In a small bowl beat the egg yolks, lemon juice, tarragon, and salt until thick. Slowly pour the melted butter, whisking constantly until well combined. Micro. uncovered at 40% power for 60 seconds stirring the sauce every 20 seconds. Pour over grilled favorites, veggies, eggs, seafood dishes. I found this recipe, haven't had a chance to try it yet. Posted by GARNET2002.

### Quick Delish Sauce for Meats, Fish, or Veggies

Butter  
 whipping cream  
 cream cheese  
 any kind of wine/vermouth  
 onion powder  
 salt and pepper  
 (a bit of water if it gets too thick)

I'm not a measurer so I'll give approximations and directions if you need them, but it's so easy. Set your heat on medium high and melt about 2 tablespoons of butter in a small sauce pan. Add one tablespoon of cream cheese and a tablespoon of the wine or vermouth, and stir till all incorporated. Add about 1/2 cup - 1/3 cup of whipping cream, about and a tablespoon of onion powder. Bring to the boil for a few minutes, then reduce heat to medium so it doesn't all boil away too quickly. Add any special flavors (if any) to the sauce i.e. herbs, mushrooms and mushroom juice, a bit of tomato sauce, sundried tomatoes, any thing you think would be good, it's fun to experiment. Let the sauce continue to cook until it's been reduced down to your desired thickness. Add enough salt and pepper to taste (I like a lot of both), pour over your meats and veggies if they aren't already mixed in it. It's like a great sauce you'd get in France. It has infinite ways to change the flavor. And it cooks very quickly - as quickly as any package mix with all the icky stuff in it. I sometimes take my cooked chicken and let it sauté in it while it's thickening. You could do the same with other vegetables, etc. BTW, if you reduced it down too much, feel free to add a bit of water to it and mix well. I'm finding it is this sauce I make which is making my meals taste great. You can add anything you like to it to flavor it specifically for your individual dinners like: herbs, sundried tomatoes, feta cheese, mushrooms from the can with a good shot of the mushroom juice - any flavor you like. I like reduced flavorful sauces that are intense on my meats, fish, etc, and I like the extra poured over the mass of raw veggies on my plate. This looks complicated but it's a quick process. You are basically just melting everything and thickening in a sauce pan. Posted by Erinn.

### Maui Style Huli-Huli Sauce

1 24oz Bottle Huli-Huli Sauce or low sodium soy sauce.  
 3 cloves garlic--smashed.  
 1 piece fresh ginger approx 2-3 inches long, sliced into thin strips.  
 Sweetener to taste

Pour the Huli Sauce into a large bowl and add the smashed garlic, ginger, sweetener. Let sit overnight in the fridge, then strain the liquid back into the bottle. Discard the remains of the garlic and ginger. This makes a WONDERFUL stir-fry sauce or marinade, direct from Lahaina Maui. Posted by Scott on Maui.

### Chili Sauce

3 cups tomato juice,	2 TBsp. dehydrated onion flakes,
3/4 cup cider vinegar,	1/8 tsp. cayenne,
2 TBsp. Worcestershire sauce,	1 bay leaf,
sweetener to equal 3 tsp. of sugar,	1 tsp. salt,
2 tsp. lemon juice,	1/4 tsp. garlic salt,
2 Tbsp. mustard,	1/4 tsp. black pepper.

Combine all ingredients in a saucepan. Cook over medium heat for 45 minutes or until reduced by half. Originally posted by mjlibbey, re-posted by DebB.

### Teriyaki Marinade

1/2 cup oil  
 1 Tbsp. fresh ginger  
 Sweetener to taste (the orig recipe called for 9 tabs Equal)  
 1 cup soy sauce  
 1/4 cup sherry  
 3 cloves garlic

Mix and pour over meat. Let sit for 4-12 hours. Really works well for London Broil. I hope this is legal! From Chuck Dudek. I haven't tried this recipe but it looks good. Posted by SizzLynn3.

### Teriyaki sauce

1 cup soy sauce  
 3/4 C sake  
 1/4c splenda  
 2tbsp splenda

Pour all ingredients in a pan. Stir the mixture well. Put the pan on low heat and simmer for a couple of minutes. Remove from the heat and cool the mixture. Store the sauce in a clean bottle in the fridge. Adjust the amount of sweetener, depending on your preference. Posted by Starlite.

### Cilantro Chutney

2 bunches of cilantro (ends removed but keep thinner stems)	1 clove garlic
1 small red onion	1-2 jalapeno pepper (up to you)
1 tomato	1/4-1/2 cup lemon juice (however tart you like it)
	salt and pepper to taste

Chop the tomato, onion, garlic and jalapeno into large chunks and put them in the bottom of your blender. Add cilantro bunches, salt and pepper and 1/4 of lemon juice. Blend all for 2-3 minutes, should look like a pesto. Taste and adjust seasoning. This chutney is great for a veggie sandwich with tomato, cucumber and red onion also with fish and chicken. Posted by notsoskinnyminny.

### Easiest Cranberry Sauce/Relish

1 12 oz package cranberries  
 1/2 c sugar equivalent (I use Whey Low)  
 1 cup orange juice

Combine sugar & orange juice in a saucepan. Bring to a boil, add cranberries & gently boil 10 to 15 mins. Pour into serving dish & cool overnight in the refrigerator. This recipe can easily be doubled - just be sure to use a larger sauce pan as the berries pop & the red stains!!! A good friend of mine cannot cook anything. I gave her this recipe last year so she could contribute something to the family meal. She made it herself, called me ecstatic as it "came out perfect", then called me in tears the next morning as she had eaten it all!!! I had her make another quick batch, put it in the freezer to cool it down quickly & then put it in the fridge to set til she left for her Mom's. Her family was incredulous that she had brought anything, afraid to try it & amazed that it was so good. They now have turkey for every family holiday including birthdays so she can bring her specialty. Posted by wired\_foxterror.

### Cranberry Sauce

Grind 12 oz. fresh cranberries, 1 1/2 naval oranges (peeled) and 2 red apples (peeled and cored). Add sweetener to taste. I suppose this recipe would fall under the category of "fruit" and should be eaten alone for level one? This is an easy recipe that I got from my mother-in-law. Posted by BevL.

### Horseradish Dill Sauce

1/2 cup Creme Fraiche  
 2 Tblsp horseradish  
 3 Tblsp fresh chopped dill (dried isn't nearly as good as fresh)

Combine all ingredients. Refrigerate and use when ready. It makes an excellent accompaniment to any cooked fish or beef fillets, or you can also use as a dip for veggies. This recipe was included in the container of Bellwether Farms Creme Fraiche and it's wonderful. Posted by Kisa 1.

### Sweet Pickle Relish

4 cups chopped cucumbers (about 4 medium)	9 tablespoons SomerSweet (or more to taste)
2 cups chopped onions	2 cups cider vinegar
1 chopped green pepper	1 tablespoon celery seed
1 chopped sweet red pepper	1 tablespoon mustard seed
1/4 cup salt	

Combine cucumbers, onions, green peppers and red peppers in a large bowl; sprinkle with salt and cover with cold water. Let stand 2 hours. Drain thoroughly; press out excess liquid. Combine SS, vinegar and spices; heat to boiling. Make sure SS is completely dissolved. Add drained veggies and simmer 10 minutes. Pack into hot half-pint jars, leaving 1/4-inch head space. Adjust lids and rings. Process 10 minutes in boiling water bath. Makes 8 half-pints. Original recipe calls for 3 1/2 cups of sugar. Posted by mjlibbey.

### Chunky Sweet Salsa

25 tomatoes	1/2 cup vinegar
2 lg. onions diced	5 or 6 hot peppers
4 bell peppers diced	3/4 cup splenda.
1/2 pod garlic diced	

Peel tomatoes and chop up. I just squeeze mine by hand. Add 1 teaspoon salt, combine everything except vinegar and cook for 20 min's then add vinegar and cook 10 more min's. Put into hot canning jars. This is so good. Posted by patscrub

### Canned Salsa

3 quarts or 12 cups diced tomatoes  
 (about 18 medium or 36 plum)  
 1-1/2 c. chopped onion  
 1 large bell pepper, chopped  
 3 cloves garlic  
 1 T. red pepper flakes  
 2 T. salt  
 1/2 cup brown sugar (or equiv. sugar substitute)  
 1, 12-ounce can tomato paste  
 2 cans whole green chilies, diced. (Don't use pre-diced ones because they turn black & plastic-like once cooked)  
 1 T. cilantro (optional ... I don't use)  
 Optional: Chopped jalapeno peppers. (I've used anywhere from 1 to 5. 2 seems to be about the right amount of "zing" for me. You'll have to just experiment with this. If you don't like hot salsa, omit. It's wonderful without too.)

Chop all and simmer in large pot up to a couple of hours. The original recipe called for only 30 minutes, but we don't like watery salsa and like it quite thick, so I simmer it uncovered for a couple of hours to cook it down. Water bath process (yields 7 pints) for 15 minutes. Posted by acmatters.

### Simple Maple Syrup

1 1/2 c water	3/4 tsp guar gum or xanthan gum
sweetener to equal 3/4 c sugar	pinch salt
maple extract to taste	

Bring water to a boil, then pour into blender. Add remaining ingredients and blend until smooth. Adjust ingredients to taste. Can add some vanilla or butter extracts for added flavor. Posted by JamieAZ.

### Butter Maple Syrup

1/2 stick butter, melted  
 1/2 tsp cinnamon  
 maple extract to taste  
 sweetener to taste

Posted by JamieAZ.

### Ancho Chile Butter

2 cloves garlic, unpeeled  
 1 large ancho chile  
 6 tablespoons (3/4 stick) unsalted butter  
 1/4 teaspoon salt

Place garlic in small skillet over medium-high heat. Toast garlic by heating cloves & turning as they begin to brown. When light brown in color, remove from heat. Peel garlic. In same skillet, heat chile over medium heat until it begins to expand & flesh is soft. It should smell rich but not be charred. Remove from heat. Slit chile open. Remove seeds & any veins. Place chile in small bowl. Pour boiling water over chile to cover, & let soften for 30 mins. Remove from water. In food processor fitted with steel blade, purée chile & garlic. Add butter & salt, & process until combined. Taste for seasoning. Spoon onto piece of waxed paper, & roll up in form of a log. Refrigerate at least 2 hrs. To serve, slice cold butter & place slices on top of food. Serve immediately. Yields 1/2 cup. May be kept up to 3 days in refrigerator. This is not HOT, just rich & good. I really like it melted on steak &/or sautéed yellow squash. This is unusual & very rich in taste. Garlic & the ancho chile are toasted, which is a Mexican technique for releasing their flavors. The chile is then softened, & finally puréed, into a delicious compound butter. Try it on eggs, meat, or veggies. From The Cuisine of California. Posted by iwillejoice.

## BEEF

### London Broil with Tequila and Jalapeños

1 Jalapeño - seeded  
 1 clove garlic  
 1 C Tequila- try to get a med. quality if not better-I know it costs more but the flavor is worth it.  
 1 C teriyaki sauce  
 1/4 C olive oil  
 1/4 C Worcestershire sauce  
 1/4 ts sea salt-reg. salt is fine too  
 1/4 ts fresh ground pepper  
 3 1/2 lb (or whatever size fits your family-I need at least 5 lb) London Broil

In a blender combine all but meat. Process till smooth - the peppers will leave some chunks. Put meat in a non-reactive container and pour marinade over top. Marinate for at least 4 hours - overnight is best. Broil as you normally would or place on white hot grill to seer in juices then continue to grill to your liking. You should flip London broil at least 4 times to keep the juices in. Let rest 10 mins before slicing against the grain but diagonally or wide but thin slices. We have ours with mock mash potatoes and a huge spinach salad.

### Herb Rubbed Tri Tip

1 Tbsp salt  
 1/2 tsp of each of the following:  
 garlic salt  
 celery salt  
 1/4 tsp of each of the following:  
 pepper  
 onion powder  
 paprika  
 dill  
 sage  
 rosemary  
 1 1/2 to 2 pound tri tip

Trim off the fat. Moisten with water. Combine the seasonings. Sprinkle on the meat and rub in. Grill over medium coals 25 to 30 minutes, turning after 15 minutes. Let stand for 10 minutes before carving. After about 20 to 25 minutes I start watching the internal temp with an instant read thermometer. 135 for rare, 145 to 150 for medium. Posted by weesers.

### Steak Diane

Steak (sliced thin across the grain)  
 EV olive oil  
 onion powder  
 garlic powder  
 paprika  
 lemon juice  
 Worcestershire sauce

After slicing roast into thin slices across the grain, place in large skillet and drizzle with olive oil and sprinkle on seasonings. I let these sit for a while to marinate the flavors but it's not mandatory. Fry quickly on both sides until brown, they are so thin that they cook very fast. When they are done, add lemon juice and Worcestershire sauce to hot pan and stir up drippings from meat and spices. This will bubble up - move steaks around to coat. Posted by Summersfyes.

### Beef with Soy Mustard Glaze

1/4 cup soy sauce  
 2 tablespoons Dijon mustard  
 1 tablespoon lemon juice (I actually used lime juice)  
 4 cloves garlic, peeled  
 1 teaspoon minced (or grated) fresh ginger root  
 1/2 teaspoon dried thyme  
 1/2 teaspoon black pepper  
 1/2 teaspoon chopped fresh rosemary leaves (optional) (or about 1/6 teaspoon dried rosemary - what I used)  
 6 rib-eye steaks (8 ounces each)

Combine soy sauce, mustard, lemon juice, garlic, ginger, thyme, pepper, & rosemary in blender container. Cover & whirl until smooth. Brush both sides of steaks with mixture. Grill or broil 4 minutes. Turn over & brush with remaining sauce mixture. Cook 4 minutes longer (for medium-rare), or to desired doneness. Makes 6 servings. This is quick & easy, & REALLY good! Posted by iwillrejoice.

### Filet Mignon with Balsamic Syrup and Goat Cheese

1 1/2 cups balsamic vinegar  
 3 tablespoons sugar (Somersweet equivalent)  
 2 tablespoons butter  
 6 (5 to 6-ounce) filet mignon steaks (each about 1-inch thick)  
 Salt and freshly ground black pepper  
 2 ounces soft fresh goat cheese

Boil the balsamic vinegar and sugar in a heavy small saucepan over medium-high heat until reduced to 1/3 cup, stirring occasionally, about 18 minutes. Meanwhile, preheat the broiler. Melt the butter in a heavy large skillet over medium-high heat. Sprinkle the steaks with salt and pepper. Cook the steaks to desired doneness, about 3 minutes per side for medium-rare. Transfer the steaks to a baking sheet. Crumble the cheese over the steaks and broil just until the cheese melts, about 1 minute. Sprinkle with pepper. Transfer the steaks to plates. Drizzle the balsamic sauce around the steaks and serve. Recipe courtesy Giada De Laurentiis. Difficulty: Easy, Prep Time: 10 minutes, Cook Time: 18 minutes. Yield: 6 servings. Posted by LoveSweets.

### Rib Eye Steaks with Bearnaise Butter

1/4 cup dry white wine  
 1 tablespoon minced shallot  
 1/4 teaspoon dried tarragon  
 5 tablespoons butter, room temperature  
 1 tablespoon minced fresh tarragon  
 Olive oil  
 2 12-ounce rib-eye steaks (each about 1 to 1 1/4 inches thick)

Boil wine, shallots and dried tarragon in small saucepan until liquid evaporates, about 2 minutes. Cool completely. Mix butter and fresh tarragon into shallot mixture. Season with salt and pepper. Form butter mixture into log; wrap in plastic and chill until firm. (Can be made 3 days ahead. Keep chilled.) Cut butter into 1/3-inch-thick slices. Bring to room temperature before continuing. Brush large nonstick skillet with oil; heat over medium-high heat. Sprinkle steaks with salt and pepper; add to skillet. Cook to desired doneness, about 5 minutes per side for medium-rare. Overlap butter slices atop steaks and serve all melty. Serves 2. Big rib-eyes can be cut in half to serve four. Steaks: quick and easy. Posted by sparkles.

## Steak with Compound Butters

### Shallot-Gorgonzola Butter

6 tablespoons (3/4 stick) butter, room temperature  
 3 1/2 tablespoons crumbled Gorgonzola cheese (about 1 1/2 ounces)  
 3 tablespoons minced shallots  
 2 teaspoons chopped fresh chives  
 4 8- to 10-ounce rib-eye steaks (each about 3/4 inch thick)

Using fork, mix 4 tablespoons butter, cheese, shallots & chives in small bowl until well blended. Season with salt & pepper. Divide into 8 equal pieces; form into balls. Cover & refrigerate until cold. (Can be prepared 1 day ahead. Keep refrigerated.) Melt 1 tablespoon butter in each of 2 heavy large skillet over high heat. Sprinkle steaks with salt & pepper. Add 2 steaks to each skillet & cook to desired doneness, about 3 mins per side for medium-rare. Transfer steaks to plates. Top each with 2 balls of shallot-Gorgonzola butter & serve. Serves 4.

### 3 Chili Butter

2 dried guajillo chiles, stemmed, seeded, thinly sliced  
 2 dried ancho chiles, stemmed, seeded, thinly sliced  
 1/2 cup (1 stick) butter  
 3 shallots, chopped  
 2 whole chipotle chiles (from can), drained, stemmed, seeded, chopped  
 1 cup water  
 2 tablespoons chopped fresh chives  
 4 8- to 10-ounce rib-eye steaks (each about 3/4 inch thick)

Heat large skillet over medium-high heat. Add guajillo & ancho chile slices. Toast until fragrant & beginning to darken, stirring often, about 30 secs. Add butter, shallots, & chipotle chiles. Stir just until chiles are coated with butter & shallots begin to soften, about 2 mins. Add 1 cup water, simmer until dried chiles are soft & all water has evaporated, about 15 mins. Mix in chives; season with salt. (Can be made 1 day ahead. Cover & chill. Rewarm before using.) Melt 1 tablespoon butter in each of 2 heavy large skillet over high heat. Sprinkle steaks with salt & pepper. Add 2 steaks to each skillet & cook to desired doneness, about 3 mins per side for medium-rare. Transfer steaks to plates. Top each with 2 balls of 3 chilli butter & serve. Makes 4 servings. Posted by sparkles.

## Succulent Sirloin Steak

3 lb. top sirloin steak	2 Tbls. lemon juice
3 Tbls. melted butter	sugar sub. equaling 1 tsp. sugar
2 Tbls. vegetable oil	1/2 tsp. ground ginger
1/4 cup soy sauce	1 clove garlic, minced

Brown steak in melted butter & oil. Remove steak & combine rest of ingredients in saucepan. Simmer uncovered 5 mins. Pour sauce over steak in a 9 X 13 pan. Bake at 350 until tender. I haven't made this one yet, but it sounds yummy. Posted by Sweet Dream.

## Fandango Sirloin Steak

1 boneless top sirloin steak (approx. 1-1/2 lbs. cut 1-inch thick.)	1 Tablespoon salt
1 Tablespoon garlic powder	1 Tablespoon chili powder
1/2 Tablespoon granulated sugar (use substitute)	1/2 Tablespoon coriander seed
1 teaspoon white pepper	1/4 teaspoon cayenne pepper
	olive oil

Cut steak into 4 equal portions. Combine seasonings & lightly press mixture into both sides of steaks. Brush meat generously with olive oil. Cover & refrigerate overnight. Grill steaks on high heat. For medium rare. (3-1/2 mins each side) Adjust timing per preference of rare to well done. This is from direct recipes. Posted by matantej.

### Round Steak with Garlic Wine Sauce

1 1/2 lbs. round steak	2 Tbls. green onions, thinly sliced
1 tsp. salt	1 cup red wine
1/2 tsp pepper	3 Tbls. garlic cloves, crushed
4 Tbls. butter, divided	

Sprinkle a round steak with salt & pepper. Heat a heavy skillet & cook steak until seared & well browned on each side, about 1 to 3 mins each side. Reduce heat, then add 2 tablespoons butter. Cook additional 3 to 5 mins each side. Remove meat from pan & keep warm. Pour off fat, then add thinly sliced green onions & red wine. Bring to boil & whisk in crushed garlic cloves. Boil until liquid is reduced by half. Remove from heat & gently swirl in 2 tablespoons softened butter. Slice meat, against the grain, into thin strips. Arrange slices on a hot platter, & pour sauce on top. This recipe came from Meals.com & is another great way to flavor steak. Posted by Sweet Dream.

### Bistek

2lbs steak, sliced thinly, in bite size pieces	salt to taste
2T lemon juice	1c thinly sliced onion rings
3T soy sauce	1/4c oil
1/2t black pepper	1/2c water

Marinate meat in lemon juice, soy sauce, pepper and salt. Cook the rings of onion in oil until transparent. Transfer to a serving dish, leaving oil in skillet. Add meat to skillet (reserving the marinade) and cook over high heat, stirring often, until tender. Transfer meat to serving dish. Add marinade and water to skillet. Simmer until reduced and pour over meat and onions. I had this the other day in a restaurant, and they also added some red peppers (sweet ones). The first time I tried this in the US, I felt the lemon was too strong. In the Philippines, they use a different fruit that is a cross between a lemon and a lime, called calamansi, which I prefer. Posted by marie172.

### Flank Steak

whole green chiles  
4oz cream cheese  
salsa verde (I'll use Trader Joe's)  
flank steak

Stuff cream cheese into chiles. Take flank steak and score it on one side. Roll meat around stuffed chiles on the non-scored side. Put in crock pot and cover with salsa verde. Cook on low approx. 8 hrs or 4 hrs on high. I probably will add garlic and some spices to the cream cheese. As I was standing in line at Walmart for what seemed like a lifetime, I found this recipe in a crock pot cookbook. This sounded really good, I haven't tried it though. The picture did look tasty. Posted by madmony.

### Tangy Crockpot Flank Steak

1 1/2 lbs. flank steak -- cut in half	1 1/4 tsps. chili powder
1 Tbls. vegetable oil	1 tsp. garlic powder
1 large onion -- sliced	sugar sub. equaling 1/2 teaspoon sugar (or just omit if you want)
1/3 cup water	1/2 tsp. salt
4 ozs. chopped green chiles	1/8 tsp. pepper
2 Tbls. vinegar	

In a skillet, brown steak in oil; transfer to a slow cooker. In the same skillet, saute onion for 1 minute. Gradually add water, stirring to loosen browned bits from pan. Add remaining ingredients; bring to a boil. Pour over flank steak. Cover and cook on low for 7 to 8 hours or until the meat is tender. Slice the meat; serve with onion and pan juices. Mmmm, yummy! I got this recipe from Just Crockpot Recipes. It gives the flank a delicious flavor and is one of my favorite steak recipes. Posted by Sweet Dream.

### Slow Cooked Swiss Steak

3 to 4 lb. round steak  
1 can stewing tomatoes  
1 1/2 sliced onions

Cut steak into serving size pieces; tenderize. Lightly brown meat in medium skillet with small amount of oil. Layer steak, onions & tomatoes in slow cooker. Cook 6 to 7 hrs on low or 3 to 3 1/2 hrs on high. Posted by Twiggy88.

### Beef Osso Bucco with Gnocchi

Chuck Roast	red bell pepper
olive oil to grease a dutch oven/roasting pan	1 tablespoon Italian Seasoning
pearl onions, peeled	1 cup beef stock
4 cloves of garlic, minced (can use jarred)	1 (28 ounces) can whole peeled tomatoes, cut in half (use juice)
celery stalks, cut into large bite size pieces	sea salt and pepper to taste
mushrooms, sliced	
green beans	

Combine all ingredients in a Dutch Oven/roasting pan. Roast in a preheated 350\* oven for around 2 1/2 to 3 hours. Depending on the size of the chuck roast. Place frozen gnocchi in the juice of the roast 10 to 15 mins before removing from oven (be gentle with them when serving). NOTE: I don't have amounts for the veggies. Use as many as you like. I made this last weekend hoping to have some for lunch the next day. They ate it all! PS: Many have had trouble making ricotta gnocchi. A few have had success. So, it's up to you to include them or not.

### Ricotta Gnocchi

15 oz. container whole milk ricotta cheese	1/2 cup Kraft grated Parmesan cheese (green can)
1 whole egg	1/4 teaspoon sea salt (optional)
1/8 teaspoon nutmeg	More parmesan for coating

The night before, put a paper towel in a bowl. Take the ricotta out of the container in one lump and set it bottom side down onto the paper towel. Cover with plastic wrap and refrigerate. When ready to make, remove paper towel, beat ricotta with a wooden spoon until soft and light. Add in egg, nutmeg and salt (if using), beat together. Add parmesan cheese and keep beating until well combined (don't over do). Using two teaspoons or tablespoons (depending on how big you want the gnocchi) scoop up batter in one spoon and place the other one on top, making an almond shape. Remove the top spoon and scrape off excess. Place gnocchi on a plate that has been covered with the extra parmesan cheese. Roll the gnocchi gently in the cheese to cover. Freeze on a cookie sheet. When solid place in freezer baggie. Gently drop the gnocchi into a pot of simmering water (may salt water if desired). It will sink to the bottom. When it rises and floats, cook for 3 (teaspoons) to 5 (tablespoons) minutes. Remove with a slotted spoon. Drain on paper towel. Serve immediately. Posted by mjlibbey.

### Beef Bar-B-Q's

32 oz. bottle of legal SF catsup (the whole bottle)	3 teas. brown sugar substitute or SF maple syrup (may need some extra sweetener if using the syrup)
1 onion chopped fine	2 cups beef broth from the roast
1 teas. garlic powder	1/2 teas. dry mustard
2 teas. chili powder	2 to 3 lb. beef roast
1/4 cup of white vinegar	salt and black pepper
1/2 cup Worcestershire sauce	
1 teas. liquid smoke	

I cook the roast in a pressure cooker about 1 hr. to get it really falling apart (so it would shred). Take out & put in a big kettle & shred up with fork. Add all the ingredients to meat & let it boil down until it resembles sloppy joes. You may have to add a little water while everything's mixing up, & then let it boil down, or use the broth if you had a lot from pressuring it. When it does boil down nicely it's done. I have made these with pork roast too. This is a recipe I used to make years ago & it was delicious. My sister-in-law gave me this recipe. Posted by GARNET2002. Note: the amount of Worcestershire sauce in the recipe may make it Almost Level 1 or Level 2.

## How to Cook a Beef Round Tip Roast

What I do is really simple. Night prior to cooking, rub kosher salt (may use sea salt) into roast. Let sit in fridge overnight. Rinse off roast thoroughly & dry. Preheat oven to 250 F. Rub in garlic powder, onion powder & pepper. Put roast in pan & add 1 inch of water to bottom of pan. Around the roast, you can add whatever veggie you like: cauliflower, zucchini, etc. These veggies absorb all the flavour from the roast, mmmm. Tent the pan with tin foil - take 2 sheets of tin foil, match shiny sides together & fold one side down twice. Open tin foil & it will look like a large piece. Wrap the foil loosely over pan while scrunching tin foil to sides of pan. This has a steaming effect & the roast will literally fall apart when it's done. Let the roast cook for approx. 1 hr per pound. Posted by wnt2bslim.

## Beef Roast

Beef or pork roast (frozen or thawed).  
BBQ Sauce

If frozen throw roast in your crockpot before you go to bed with maybe a 1/2 cup of water, turn it on low and don't touch it until dinner time. Shred it and mix with BBQ sauce. Serve it over green beans or zucchini noodles. If it is pork also can be served over sf coleslaw. If it is thawed put it in the crockpot first thing in the morning until dinner time. I know it's not very creative but it is so good. You will be really impressed with this complicated recipe. Posted by carolannb.

## Peking Pot Roast

3 to 5 lb. beef roast (round, chuck or rump)  
5 or 6 cloves garlic  
8 oz cider vinegar  
8 oz water  
1 small onion  
1 & 1/2 cups strong coffee (instant works too)  
1 tsp. guar or xanthan gum  
salt and pepper

At least 24 to 36 hrs before you actually cook your roast, stick holes in the meat with thin blade knife, cut garlic into slices & insert a garlic slice in each hole. Put the roast in large bowl, & pour the vinegar & the water over it. Put in fridge & let it sit there for a day or so. Turn the roast over every now & then so the whole thing marinates. On the morning you want to serve your roast, pour off the marinade & put the roast in slow cooker. Thinly slice the onion & put on top of the roast. Pour the coffee over the roast. Put on the lid & set the cooker on Low. Leave it alone for 8 hours for small roast or 10 hours for larger one. When you're ready to eat, remove the roast from the cooker carefully because it is really tender now. Scoop out 2 cups of the liquid & some of the onions & put them in a blender with the guar. Blend for a few seconds, then pour into a saucepan set over high heat. Boil this sauce hard for about 5 minutes to reduce. Salt & pepper to taste. Slice the roast & serve with the sauce. \*\*\*note - do not use a tender cut of beef. This recipe will tenderize the toughest cut, a tender cut will almost dissolve. This recipe sounds crazy but taste great. Its really not as much work as it sounds. Posted by LilLooLoo.

## Pot Roast

1 medium onion, sliced  
3 teaspoons dry instant beef bouillon granules (or 3 tablespoons of Suzanne's, I guess)  
3 pound rump roast  
Garlic powder to taste

Sauté onion in a well greased skillet. Lay 2 large pieces of aluminum foil crisscross in heavy covered casserole so bottom & sides are fully covered. Place 1 1/2 teaspoons dry bouillon granules & 1/2 of the sautéed onions on the foil. Sprinkle meat with garlic powder & place meat on foil. Sprinkle remaining bouillon & onions on top of meat, wrap foil tightly around meat, & cover the casserole. Bake for 2 hours at 300 degrees, then lower to 275 degrees for 1 hour. Cool slightly before slicing. This is good, & really easy! I find this shrinks quite a bit, but the taste is delicious, & it's falling-apart tender. Posted by iwillrejoice.

## My Favorite Pot Roast

1 4-5lb. chuck roast	2 tbsp chardonnay (optional)
2 stalks celery	splash of Worcestershire sauce
1 red onion	pinch of bay leaf
2 cloves garlic	1 tbsp italian seasoning
1 can veg. broth	2 tbsp tomato paste.
1 can beef broth	
1 15oz can diced tomatoes in sauce	

Brown roast on all sides in olive oil. Remove. Sauté chopped celery, onion, & minced garlic until almost translucent. Add in tomato paste & sauté 1 min more, coating all the veggies. Add in can of tomatoes & wine (if using). Stir in italian seasoning & bay leaf & salt & pepper to taste. Pour in half of each can of the veg & beef broth. Shake in 3 dashes of Worcestershire sauce. Slide roast back in pan, & make sure liquid comes up halfway around the roast. Place lid on the pot, & braise in the oven at 350F for about 3 ½ -4hrs. Check occasionally to see if more broth needs to be added. This is a combination of Suzanne's pot roast & beef stew from fast & easy. This is the best pot roast I've ever had, it literally falls apart trying to put it on a platter to serve! Posted by manda318.

## Pot Roast

I prefer pot roast cooked on top of the stove. You have more control of how to cook the meat. I dry off the meat, salt and pepper, put olive oil in the pan and sear the meat. Then I put the meat on the side while I brown some onion add homemade stock with turnips, green beans, onions, herbs and put the meat back in. Bring to a boil, then turn down to a simmer and let it cook two or three hours. yum yum. Posted by Christine0425.

## Roast with "Potatoes"

Last night I made a regular ol' pot roast. It made lots of broth. After I removed the roast I decided to put diced daikon radish in the broth and cook it to see if it would work. Looked like potatoes, Cooked almost like potatoes. Tasted like the broth. Quite good actually. I feel this is a good substitute to keep in mind. Daikon is available year round and not too expensive here. Posted by FrozH2O.

## Beef Brisket

Make sure you cook it a really long time. I cook it like pot roast - brown in some olive oil in a very heavy pan (I use cast iron) - I usually season with salt, pepper & garlic before putting it in the pot, then add & cook some chopped onion till soft. Then I add in some wine - about 1/2 way up the meat - let it cook a while to let the alcohol cook off. Cover with water or stock, add a bay leaf or 2 if you like & let it simmer all afternoon. When it's fork tender - I pull out the meat - cook down the liquid & add some thick 'n thin thickener to make gravy - or you could let it reduce & add some cream to make a cream gravy. Serve with mashed celery root or mashed cauliflower.

I have also seen recipes where they marinate the meat in a diet cola all night before cooking - I have never tried that. It would be really good with some shredded cooked cabbage too. Bet this would work great in a crock pot - I would brown it first. Let it cook all day. Posted by Medicmom.

## To Make Corned Beef from a Brisket

4-6 lbs beef brisket	1 tsp ground paprika
5 Tbs. salt brine	1 tsp ground bay leaves
2 Tbs. sweet n low brown	1 tsp ground allspice
1 Tbs. ground black pepper	1/2 tsp garlic powder

Prepping: Trim surface of fat from brisket. Mix salt brine and remaining ingredients and spices. Rub mixture into all sides of brisket. Place brisket in plastic bag and tie the end securely. Refrigerate and allow to cure 5 days per inch of meat thickness. (So, 10 days for a 2" thick brisket.) Cooking: Place brisket in Dutch oven. Add water to cover. Bring to boil; reduce heat. Simmer until tender, about 3-4 hours. Salt Brine = 1 cup salt per 2 gallons of hot water (that's 32 parts water - 1 part salt), and a bit of vinegar. Posted by Twiggy88.

## Corned Beef & Cabbage

1 Corned Beef Brisket  
 1 head cabbage  
 Caraway seed (optional)

Place brisket & spice packet that is with it in pressure cooker. Cover with water. Bring to pressure per cooker's instructions. Cook for approximately 40-50 mins, until tender. Quarter head of cabbage. Remove core. Sprinkle with caraway seeds, if desired. Steam until desired tenderness. This method of cooking will result in melt in your mouth corned beef. Since I discovered making corned beef in the pressure cooker, I don't just make in on St. Patrick's Day. Posted by beebie1. Note from DTyler: Substitute a can of chicken broth in the pressure cooker instead of water. Makes a big difference in taste. Really adds flavor to the cabbage. Note from ginger7: this is my Italian mother-in-law's special ingredient - anise seeds instead of caraway. It is truly the best corn beef and cabbage I have ever tasted!

## Brachiole

I just made some this week. I use bottom round, pounded thin and the filling I use varies, but basically it's minced garlic, parsley, and parmesan, sometimes I layer in prosciutto ( the spelling is wrong) then you roll it up tightly and tie with string, salt and pepper it and brown on all sides and add to your sauce. Simmer it in your sauce for about an hour and half. I usually make meat balls and add pork ribs to my sauce and we make a meal of the meats and I have sauce for protein meals.

Here's the sauce:

3 28oz cans crushed tomatoes  
 2 28oz cans tomato sauce  
 about a cup of red wine  
 3t Italian seasoning  
 pepper and salt to taste  
 10 cloves garlic pressed or more  
 2-3# of pork shoulder ribs, the meaty ones  
 meatballs  
 sausage, 4-6 links cut in thirds

Brown the pork and sausage in batches, set aside, drain fat, add tomatoes, sauce, and seasoning and bring to a boil. Add pressed garlic and wine, stir to combine, bring to a simmer and add the meats back in. Simmer for about an hour and half. Meanwhile, make your meat balls and cook in oven for 15 mins, add to sauce and cook 30 mins more. Remove meats and serve with cheese and more sauce.

Meatballs:

2# ground meat  
 2 beaten eggs  
 parsley (I eyeball it, about 2t maybe)  
 salt and pepper to taste  
 5-6 cloves garlic minced  
 parmesan cheese, about a cup and a half

Mix all together. If too wet, add more cheese, if dry, add some warm water. Form into balls and cook in oven for 15 mins, then add to sauce as above. Posted by dmc.

## Brachiole

2 lbs. beef bottom round, cut into 12 slices, each about 1/2 inch thick or look for pre packaged braciole in the butcher section of your supermarket

12 slices imported italian prosciutto

1/4 lb. imported provolone or provola cheese, cut into sticks about 1/2 inch thick

salt & freshly ground pepper

Sauce:

3 Tbsp. extra virgin olive oil

2 small onions, chopped

2 cloves garlic, chopped fine

one 35 oz. can Italian plum tomatoes

1/2 cup dry red wine

3 Tbsp. tomato paste

2 bay leaves

Water as needed

salt & crushed hot red pepper

Lay each braciole flat, top with a slice of prosciutto and provolone stick. Roll the braciole into a compact roll and secure with a toothpick. Season the rolls with salt and pepper. Heat 3 Tbsp. extra virgin olive oil in a large heavy pan over medium heat. Stir in the onions and garlic and cook about 5 mins. Add as many of the bracioles as will fit in a single layer and cook, turning until golden on all sides, approx. 7 mins, if necessary repeat with the remaining bracioles. Meanwhile, empty the tomatoes into a bowl, and squeeze them with your hands, until they are crushed. Return all the bracioles to the pan. Pour the wine into the pan and bring to a boil, cook till most of the wine has evaporated. Stir in the tomatoes, bring to a boil then add the tomato paste and bay leaves and stir until the paste is dissolved. Season lightly with salt and crushed hot pepper. Simmer and cook adding water as necessary to keep the bracioles submerged, until the beef is tender, about 3hrs. Remove the toothpicks before serving. These can be prepared a day or 2 in advance and reheated over low heat until heated through. Posted by Pat Polito.

## Beef Stroganoff

3 cups beef stock

6 sprigs of thyme

1 bay leaf

2 lbs chuck roast cut into 2 inch pieces

kosher salt and fresh ground black pepper

6 TB extra virgin olive oil

1 med onion, chopped

2 TB cognac

5 TB unsalted butter

1 lb mushrooms, sliced

3 cloves garlic, chopped

2 TB sour cream, plus more for garnish

1 TB Dijon mustard

2 TB chopped fresh parsley, more for garnish

Heat beef stock with thyme and bay leaf. Pat the beef dry and season it with salt and pepper. Heat 3 TB oil in a large heavy skillet over high heat. Fry the meat in batches so that browns on all sides. Lower heat to medium and return all the meat to the pot. Add onions and cook until they are soft, about 5 minutes. Pour in the cognac and cook until the alcohol has burned off. Add the beef stock discard the thyme sprigs and bay leaf. Cook, partially covered, over a very low heat for about 1-1 1/2 hours. In large skillet over med heat, melt 3 TB butter in remaining olive oil. Add mushrooms, garlic and remaining 2 thyme sprigs, and cook until the mushrooms are browned and cooked through. Remove from heat and set aside. When meat is done, remove it from heat and fold in mushrooms mixture, sour cream, mustard and parsley. Taste and adjust the seasonings with salt and pepper. Meanwhile if you want to use zucchini noodles for this, go ahead and get that prepared by slicing off green strips of the zucchini and par boil them and you are ready to go. Posted by PHoffer.

### Estafado (Beef Stew)

3 Tbsp olive oil	1 bay leaf
1 large onion finely chopped	1 tsp dried oregano
2 lbs lean stewing beef cut into 1" cubes	1/2 tsp salt
2 cloves garlic crushed	1/8 tsp pepper
3 Tbsp red wine vinegar	1 cup green chile salsa
1/2 cup tomato sauce	2 Tbsp finely minced fresh parsley
1 cup red wine	

In a 10" skillet heat 2 Tbsp oil over medium high heat. Saute the onion for 3-5 minutes, stirring constantly. Remove the onion from the pan with a slotted spoon and set aside. Add the remaining oil to the pan and heat. Place the meat in the pan and brown well, stirring frequently. Return the onion to the pan. Add the remaining ingredients. Bring the mixture to a boil over high heat, reduce heat and simmer covered for 1 1/2 to 2 hours until the meat is fork tender. Turn into a warmed serving dish and garnish with the parsley. Posted by wired\_foxterror.

### Crockpot Stiffado

1 Tbsp. Vegetable Oil
2 lbs. Stewing Beef, cut into 1 inch Cubes
3 Large Onions, peeled and diced
4 Cloves Garlic, minced
1/2 tsp. Ground Cinnamon
1/2 tsp. Ground Allspice
3 Tbsp. Red Wine Vinegar
1 1/2 Cups Tomato Sauce
1 tsp. Somersweet or Splenda (more or less)
1 Bay Leaf
1 Cup Crumbled Feta Cheese

Heat oil in skillet over med-high heat & brown beef--in batches, if necessary. Add more oil if needed. Transfer beef to crockpot with slotted spoon. Reduce heat to medium, add onions to skillet, cooking until soft. Add garlic, cinnamon, allspice & cook for 1 min. Add vinegar, tomato sauce, Somersweet or Splenda, & bay leaf. Stir well to combine. Pour mixture over meat. Cover & cook on Low for 8 to 10 hrs., or High for 4 to 5 hrs., until beef is tender. Add feta cheese, cover again, cook on High for 10 mins. Discard bay leaf & serve. Posted by Leah Marie.

### Level 2 Beef Stew

1.5 lbs. beef stew cubes 1" each	circles)
1/2 cup whole wheat flour	1 cup cauliflower (1/2 of a cauliflower) in small
2 T. canola oil	clusters
1 bay leaf	1 cup fresh or frozen green beans cut into 1 inch
1 T. legal Worcestershire sauce	pieces
1/4 onion chopped roughly	3 cups filtered water
1/4 t. pepper	1/2 tsp. Paprika
2 tsp. salt	1 whole clove of garlic
1 tsp. sugar or sugar substitute	optional secret ingredients - couple drops of
8 skinny carrots quartered or 6 chunky carrots	habanero sauce, couple drops of liquid smoke,&
1 stalk of celery chopped small (1/4 inch semi-	1/4cup of legal pizza sauce.

Turn crockpot on high, add 2 cups of water. Add garlic, onions, carrots, Worcestershire sauce, secret ingredients, salt & pepper to taste. Take salt, pepper, & paprika & add it to flour. Coat beef in flour mixture. Heat a skillet on medium high, once heated, add oil. Immediately add half of the flour-coated beef cubes. Allow to brown on one side, then flip/stir & allow to brown on the opposite side. Put aside, & repeat with other half of the beef. Deglaze the pan with a cup of the water. Heat until boiling, stirring constantly until a gravy is achieved. Pour through strainer into crockpot with the other ingredients already in it. Set crockpot on high for 6 hrs. Go about your day. Add the cauliflower & green beans. Turn crockpot to low, & cook for 1 more hour. Congratulations you have wonderful hearty stew. This is my DH's own Level 2 Beef Stew recipe. Posted by ecohousekeeper.

### Fred Drexel's 1981 Winning Chili Recipe

2 1/2 pounds beef brisket, cut into 1-inch cubes  
 1 pound lean pork, coarsely ground  
 1 large onion, chopped fine  
 2 Tbsp. olive oil  
 Salt & pepper to taste  
 3 cloves garlic, minced  
 2 tablespoons canned diced green chiles  
 8 ounces tomato sauce  
 1 tablespoon SS beef bouillon powder (or 1 beef bouillon cube)  
 2 cups chicken or beef stock  
 3/4 cup water (or more stock)  
 4 tablespoons chili powder  
 2 1/2 tablespoons ground cumin  
 1/8 teaspoon dry mustard  
 1/8 teaspoon brown sugar substitute  
 Pinch of oregano  
 1 tablespoon ThickenThin not/Starch (optional)

In a large Dutch oven, brown the beef, pork, & onions in hot olive oil. Add salt & pepper to taste. Add remaining ingredients, except the ThickenThin. Stir well. Cover & simmer for 3-4 hours, until the meat is tender & the chili is thick & bubbly, stirring occasionally. If desired, sprinkle ThickenThin on chili & stir, until slightly thickened. I used to cook up some pinto beans, & serve this ladled over them, & then topped with chopped Vidalia onions, grated Cheddar, & sour cream. Now I just skip the pintos - it's still good! This is my adaptation of a chili recipe that won the 1981 World Championship Chili Cookoff. This is really good! It's spicy, but not fiery hot. (It doesn't burn your mouth.) I think it's a winner! Posted by iwillrejoice.

### Creamed Dried Beef I

4 oz dry beef, shredded or chopped  
 4 tb butter  
 1/4 cup onion chopped  
 1 1/2 cups heavy cream  
 1/4 cup water  
 1/8 tsp Worcestershire sauce

Sauté beef in butter and onion, add your cream and butter, add Worcestershire sauce. Let reduce down until it thickens. Posted by PHoffer.

### Creamed Dried Beef II

1/4 cup butter  
 4 oz dry beef, sliced or chopped  
 2 tb onion finely chopped  
 1 cup heavy cream  
 1 cup sour cream  
 1 can chopped mushrooms drained  
 1 cup shredded cheddar cheese  
 2 TB chopped parsley or 2 tsp dried  
 salt and pepper to taste

Melt butter, add beef add onion and cook for about 2 minutes. Then add mushrooms, cook a few minutes then add cream and sour cream, and cheddar cheese. When cheeses are all melted, add parsley, salt and pepper. Let cook a couple minutes longer and serve. Posted by PHoffer.

### Crock Pot Beef Short Ribs

2 lbs beef short ribs  
 1/2 cup red wine  
 2 tblsp horseradish  
 2 tsp ground ginger or the minced version out of a jar  
 2 minced garlic cloves  
 salt and pepper  
 1/2 cup beef broth  
 2 cups sliced mushrooms of your choosing  
 1 small onion chopped  
 thick & thin thickener

Put everything except the thick and thin in the crock pot and put it on low for about 7 hours. Take the ribs out of the pot (the meat will be falling off the bones), and add the thick and thin and turn the pot up to high. Let the thick and thin do its job, then serve. I think it would be great with some other veggies too - maybe some turnips or even cauliflower, though they'd be more likely to act as thickeners as they dissolved into the sauce. Delicious though, and I hardly missed the biscuits. I served the ribs in bowls with the sauce and also a green salad. Shared by Stacey - adapted from the Mabel Hoffman crockery cookbook. Posted by DebB.

### Slow-Cooked Ribs

4 medium-sized ribs  
 2 Tbsp. vinegar  
 4 Tbsp. lemon juice  
 2 Tbsp. sweetener  
 1/4 tsp. cayenne pepper  
 1 Tbsp. celery salt  
 1 c. ketchup  
 1 c. water  
 3 Tbsp. Worcestershire sauce  
 1/2 Tbsp. ground mustard

Place ribs in slow cooker. Combine all other ingredients and pour over ribs (add ketchup or water to make thicker or thinner sauce). Cover and cook slow at medium setting for 6 to 8 hours. Ribs turn out tender and delicious. Serves 2. Posted by Twiggy88.

### Beef Short Rib Recipe

Boil your ribs in just enough water to cover them by 1.5 inches. Season with whatever spices you wish. (I am thinking maybe some mushroom rub would be good.). After the ribs are cooked, remove them from the pan and let cool for several minutes. Meanwhile, add some ww pasta to the water and cook as directed on package. Discard bones and remove gristle. Drain noodles and add enough cream (or diluted cream) to coat noodles & beef. Add beef to pan and heat together for a few minutes. at this time you can adjust your seasonings. My mom always made this with the wide egg noodles and very few spices. I believe all she used was salt & pepper - she let the flavor from the marrow do most of the work. This is a level 2 recipe that I grew up with. Posted by 2kewltia.

### BBQ Beef Ribs

I season my ribs with a little chipotle pepper, salt & pepper, wrap in heavy foil & place on baking sheet. Bake at 375° for 1 hour. I usually bake the day before & put in refrigerator. I then put on grill until warmed through & sauce is thick & gooey from the flames & heat. Posted by beebee1.

## BBQ Beef Ribs

I usually marinate my ribs at least 24 hrs. I rinse the slab off (baby backs), pat dry then I pat (and press firmly) quite a bit of Cajun seasoning on both sides. After washing up, I drizzle some SF honey onto both sides. (I like the heat with the sweet). If you are maltitol sensitive, beware! After that is done, seal up the slabs in heavy duty foil and keep for 24-48 hrs. I wrap each slab individually. DH is the one that does the grilling, but he adds some sauce on his 1/2 way thru cooking. Posted by 2kewltia.

## BBQ Beef Ribs Cuban Style

4 lbs beef short ribs trimmed	1/2 cup yellow onions peeled, ends removed, finely minced
2 Tbsp olive oil	3 Tbsp brown sugar substitute
1 Tbsp paprika	1/2 tsp dry mustard
1 Tbsp fresh parsley chopped	1 Tbsp ground black pepper
1 tsp dry oregano crushed	1/2 stick butter
1 cup tomato sauce	
1 cup crushed tomatoes, seeds & cores removed	

Trim all fat from the ribs and cut into single serving size pieces. Heat a heavy skillet, place trimmed ribs into pan and cover with water. Cover and bring ribs and water to a boil, reduce heat and simmer covered for 2 hours. Heat small saucepan on medium. Add oil and butter and heat until it begins to foam. Quickly add onion, paprika and oregano and cook, stirring constantly, for 2 minutes. Immediately add remaining ingredients EXCEPT PARSLEY, bring to a boil, and then reduce heat. Simmer, uncovered for 5 minutes, stirring frequently. Dredge each rib piece in the heated sauce and place in crockpot which has been preheated to medium or low heat. Pour remaining sauce from the saucepan to the crockpot. Cover and cook for an additional 1 hour, stirring after 20 minutes. Serve hot and garnish with parsley. Posted by wired\_foxterror.

## Crockpot Beef and Cabbage Casserole

1 medium onion, chopped	1/4 pepper
3 tbsp. butter	3 cups shredded cabbage
1 lb. ground beef (I used 2lbs)	10 3/4 oz. can tomato soup
1/2-3/4 tsp. salt	

Saute onions in butter, add hamburger & brown with salt & pepper. Layer half the cabbage in bottom of crockpot, top with half the hamburger/onion mixture. Repeat another layer & top with tomato soup. Cover & cook on low for 3-4 hours. This is from the Fix-It & Forget-It cookbook. JC's notes: I used a 15 oz can tomato sauce, 1/2 can cream, 1-2 tsp. splenda & a dash of Italian seasoning. This was to replace the can of "funky" tomato soup. \*\*I just used a small-medium size head of cabbage & chunked it up, not shredded it. Posted by Jcnmyheart.

## Unstuffed Cabbage

12 oz lean ground beef (I'll use a lb)	sauce instead)
1 c. chopped onion	1 T light brown sugar (will use the substitute)
1/2 medium sized head of cabbage	1 T vinegar
1 28 oz can crushed tomatoes (I will use tomato	1/2 t salt

Crumble beef into a 4-5 quart dutch oven. Add onions and cook over medium heat for 5-6 mins till beef is lightly browned. Quarter and core cabbage. Cut crosswise in 1 inch wide strips, should have about 8 cups. Add to meat mixture. Cover and cook over medium heat 5-7 mins, stirring occasionally, until cabbage wilts. Stir in tomatoes, sugar, vinegar and salt. Bring to a boil, reduce heat. Cover and simmer, stirring occasionally for about 10 minutes or till cabbage is tender. I was looking for something to do with cabbage for St. Patty's Day and found this in my recipe box, gonna try it for lunch. I'm not sure where this came from, but sounds good!! Posted by cubbiegal. Matantej Note: Made this today. Added garlic (I add garlic to everything, lol) and black pepper. I also couldn't find my vinegar so I used apple cider vinegar. I also used a little over a pound. Yummy and easy. I hate to cook for myself so I look for easy. You can't get any easier than this and this is a lot lower in fat than most dishes.

## Cabbage Rolls/Unstuffed Cabbage Casserole

Cabbage

1# gr. beef

1# jimmy deans sausage, regular flavor

1/4-1/2 cup parmesan

1 egg

1 or 2 diced bell pepper

1 diced onion / I used dehydrated onions in my meatballs

2 14oz (I think) cans tomato sauce

juice of a lemon and splash of vinegar

splenda

SAUCE: all tomato sauce, some diced pepper and onion. Also add juice of lemon and splenda to taste. Plus 1 splash of vinegar. Simmer.

Blanch cabbage until leaves are loosened, while that is steaming, I mix the meat balls. Mix all meat, egg, parmesan, some diced pepper and dehydrated onions. Roll into 1/2 inch balls. Rap meat mixture in cabbage and layer in a single layer in a large baking pan that has been greased or layered with foil. Pour sauce over rolls and bake 1 1/2 - 2 hours. When I get to the cabbage that is too small to roll or too stiff, I use another pan and layer the cabbage and meatballs and top with sauce. I bake both pans together. This is a family favorite. \*\* We also do all the above ingredients except we don't wrap the cabbage we dice it and put into a pot and cook same time table but we call it unstuffed cabbage roll soup. Posted by JCNmyheart

## Nana's Stuffed Cabbage

Cabbage

Lean ground beef or turkey (I use turkey)

Parmesan Cheese

Garlic Powder

Onion Powder

All Spice

1 egg

3 onions

Sour cream

Cut 3 onions into slices or rings & caramelize in a skillet in 1 tablespoon of butter on low heat until caramelized. This is your topping. Set aside. Parboil cabbage leaves until tender. In bowl, combine meat, egg, & a tablespoon each of garlic powder (not salt), onion powder (not salt), & all spice, plus 1 1/2 cups of Parmesan cheese. Mix well. Begin filling cabbage leaves with a tablespoon of meat filling & rolling it up in the leaf. Arrange in a baking dish & smother with caramelized onions. Bake covered with foil at 350 for 30 mins. Serve with dollops of Sour Cream, salt & pepper. Seeing a great cabbage recipe reminded me of my dear grandmother's stuffed cabbage. With substituting the bread crumbs for parmesan cheese, it's a real winner! Posted by Corey Hickey.

## Stuffed Zucchini

1 med-large zucchini

1- 28oz can crushed tomatoes (I like the kind that has garlic or spices added)

1 lb. ground beef

4 oz. mozzarella cheese

2 eggs

1 cup parmesan cheese

salt and pepper to taste

1/4 cup dried onion flakes

mixed spices to taste (I used some oregano and some Essence)

Cut zucchini in half lengthwise, & scoop out seeds. Pour a little of the crushed tomatoes in bottom of a casserole dish, & place zucchini in dish (hollowed sides up) In a mixing bowl, mix ground beef, onion, spices, salt, pepper, parmesan cheese, & eggs together like you were making meatballs or a meatloaf. Take this mixture & fill each zucchini half with it. Pour more of the crushed tomatoes over top of each zucchini. Cover with foil, & bake at 350 for approximately 1 hr. After an hour, I shut off my oven & uncovered the dish & sprinkled the mozzarella cheese on top, & then put it back in the oven to melt. I used a pizza cutter to slice this into portions, & a slotted spatula to scoop this out, as there is a lot of water/tomato juice in the pan. Could probably replace the can of crushed tomatoes with spices with Spaghetti sauce. This was very flavorful. This is something my mother came up with in response to being flooded with zucchini a few years ago. Very quick to make, & very good. Posted by mrsmath.

## Stuffed Red Peppers

4 Lg red bell peppers  
 3/4 lb ground round chuck  
 1/2 lb ground pork  
 1 medium onion chopped  
 2 garlic cloves minced  
 2 tsp beef bouillon granules  
 2 tsp House dressing, which follows after recipe below  
 1 Cup mock rice using Cauliflower grated.  
 1/2 cup jarred cheese and salsa  
 1/2 sour cream  
 1 cup diced tomatoes  
 1/2 cup chopped green onion tops  
 1 TB soy sauce  
 1 Cup Hot water

Preheat oven 350 degrees. Cut peppers half length wise leave stem intact. Remove seeds and ribs. Using hot skillet, sauté the ground beef, pork, onion and garlic, 1 tsp of beef granules and house seasoning together. Sauté until onions become translucent. Drain off fat. Add the grated cauliflower, cheese, sour cream, tomatoes, green onion tops, and soy sauce. Mix well and stuff the mixture into a shallow casserole large enough to hold all the peppers. Place peppers in the dish, cover with foil and bake about 25 to 30 minutes. Remove the foil and spoon the juice from bottom of the dish over the top of peppers, bake for another 10 to 15 minutes.

House Seasoning:

1 cup salt  
 1/4 Cup black pepper  
 1/4 Cup garlic powder

Mix ingredients together and store in a airtight container for up to 6 months.

I found this recipe in my cookbook with Paula Dean and sons. I tried it and it is sooooooo good, hope you enjoy it too. Posted by PHoffer.

## Chile Rellenos

4 large green peppers  
 1 lb hamburger  
 1 small sweet onion  
 1 block Mexican cheese (white american with hot peppers)  
 Legal taco seasonings

First cut the peppers into 4ths and lay on greased cookie sheet. Pour about 1/2 cup water into cookie sheet (you want a little steam). Then bake the peppers at 400° till they are soft and the skin is starting to blister. Then remove the peppers from the oven and let them rest. While your peppers are roasting brown your hamburger and add your onion (chopped small). When your onions are browned and hamburger is done add your taco seasonings. Once that has cooked down, if you need to drain your hamburger you can. Now to assemble your chile rellenos. Stuff your peppers with the meat mixture and some shredded cheese (mexican cheese). Then top each chile relleno with a big slice of the mexican cheese. Make sure you cover the whole pepper. Then put the peppers back into the oven at 400 and bake till they are nice and bubbly. The cheese is a block but if you can't find it like that get some deli white american and chop up some hot peppers. Don't get pepper jack cheese, it DOESN'T melt the same. There is this great Mexican place where I live that makes these wonderful chile rellenos. I can't live without them so I SSed. Posted by cctwins4.

## Layered Enchilada Dinner

1 lb. lean ground beef  
 1 small onion, chopped  
 1 garlic clove, minced (I omitted)  
 1 1/4 cups condensed cream of mushroom soup (from the condensed cream of anything soup)  
 1 (4.5 ounce) can chopped green chiles  
 egg crepes (I used 9 six inch ones)  
 3 c. shredded monterey jack cheese  
 Enchilada sauce  
 Paprika  
 Chopped fresh cilantro

In large skillet, cook ground beef, onion and garlic over medium high heat until browned and thoroughly cooked. Drain. Stir in soup and chiles. Spray 3 1/2 or 4 quart slow cooker with non-stick spray. Spread about 1/4 c. enchilada sauce on the bottom of slow cooker. Cover with crepes (to make a single layer, you may need more than I did). Top with 1/3 of beef mixture, spreading evenly. Top with 1/4 c. cheese. Repeat layering twice. Sprinkle paprika over top. Cover cook; on low setting for 4 1/2 to 5 1/2 hours. (I start it off on High for an hour or two, then turn it down to low.) Let stand about 5 minutes before serving. This makes about six servings. OMG, my dad doesn't like some of the food I make, but he loves this, gee think I'm gonna be making this for a while. Posted by AmyLS.

## Easy Taco Shells

I did this today and it worked great. Prepare your taco meat & other ingredients in advance. In a small skillet, I heated some Pam spray and a thinnish layer of shredded cheddar til it was brown on the bottom, bubbly all over and the oil had come out of it. I then spooned my taco meat onto the cheese and folded the cheese over like an omelette. It was IMHO a lot easier than trying to flip the melted cheese and keep it round and then shape it over something, and it was yum! Posted by bunnacula.

## Taco Stoup with a Taco Toppings Salad

4 tablespoons extra-virgin olive oil, divided	1 quart chicken stock or broth
1-1/2 pounds ground sirloin	3 limes
1 tablespoon ground cumin	1/3 cup mild taco sauce
1 tablespoon ground coriander	1 head iceberg lettuce
1 tablespoon chili powder	1/2 pint cherry or grape tomatoes, halved
1/2 tablespoon dried oregano	1 handful fresh cilantro leaves, chopped
1 large yellow onion, chopped	1 handful fresh flat leaf parsley, chopped
3 garlic cloves, chopped	1 cup sharp Cheddar cheese, shredded
Salt & Pepper, to taste	Sour Cream, for garnish
1 15-ounce can stewed tomatoes	

Heat medium pot over medium-high heat. Add 2 tablespoons oil & heat. Add ground sirloin. Brown meat, breaking it up with a wooden spoon. Season it with cumin, coriander, chili powder, oregano, onion, garlic, salt & pepper. Stir to combine & continue to cook for 5 mins. Add stewed tomatoes & chicken stock, then bring soup to a boil. Reduce heat & simmer for 10 mins. While stoup is cooking, prepare taco toppings salad. In a small bowl, combine juice of 2 limes, taco sauce, salt & pepper. Whisk in 2 tablespoons of oil. Reserve dressing. In a salad bowl, combine shredded lettuce, tomatoes, half of the chopped cilantro, parsley & cheese. Pour dressing over salad & toss to combine. Squeeze juice of remaining lime into stoup. Ladle stoup into serving bowls, top with Taco Salad & garnish with a small dollop of sour cream & a sprinkle of cilantro. From Rachel Ray "30-Minute GET REAL Meals". KATE'S NOTES: I used beef stew meat instead of ground sirloin. I used chopped Romaine instead of iceberg lettuce (not my favorite). I used diced tomatoes instead of stewed tomatoes. And, I cooked mine in the crockpot all day. It was fabulous & the meat was so tender! Posted by MsTified (Kate).

## Taco Salad

2# lean ground beef

1 24 oz jar Pace Picante (flavor of choice-just check for no sugar-I use the original medium)

Brown ground beef. Drain and rinse in hot water. Return meat to skillet and add Pace. Reduce heat to medium low and simmer until most of juices are gone (about 15 mins). Tear about 1/3 head of iceberg lettuce. Top with about 1 cup of taco meat. Top with shredded cheese and sour cream. YUMMY!! This is my quick and painless salad. I typically eat this at least once a day in the summer. Posted by N8IVTXN.

## Taco Casserole

2 c Mexican cheese blend

4 oz cream cheese

3 eggs

1/3 c cream

1/4 c parmesan cheese (powdered)

1 small can diced green chilis

1 tsp chili powder

1 pound ground beef and chopped onion to taste, browned in 4 tsp taco seasoning

Preheat oven to 350 F. Beat together softened cream cheese & eggs until smooth. Stir in cream, parmesan cheese, green chilis & chili powder. Spray 9 x 13 pan with PAM. Sprinkle 2 cups Mexican cheese blend into dish. Spread ground beef over cheese mixture & pour egg mixture over it. Bake for 35 min. Let stand for 5 mins. DebB's notes: I serve this with slice tomato, salsa & sour cream. I sometimes add shredded lettuce. (When I email DebB she also said that she makes this in pie pans.) Carol's notes: I make this in a 7 x 11 baking dish & I also sprinkle cheddar cheese on top before baking. Instead of the Mexican blend of cheeses if not on hand, I used 1/2 Jack & 1/2 Cheddar. I use a 9 x 13 pan when I double it. Ex DebB's website. Posted by carolannb.

## Like Velveeta Rotel Main Dish

2 pounds hamburger

2 (10 ounce) cans Rotel tomatoes, "Original" flavor

1 small head green cabbage, sliced very thin

12-16 ounces American cheese

Salt to taste

sour cream to serve

Brown hamburger & drain. Add tomatoes, salt & cabbage. Simmer, covered until cabbage is tender 20-30 mins. Drain out the juice that cooked off the cabbage so the mixture is fairly "dry". Add cheese & mix well after cheese melts. Add dollop of sour cream after you've dished it up - mmm good!. I think even if you don't like cabbage - you'd like this dish! This recipe was posted by cjack1 @ Low Carb Friends & I'm just going to type it up as I made it. Notes - cjack states that you can buy "Angel Hair Cole Slaw" mix at Kroger & Walmart. Its only ingredient is green cabbage. I recommend using American cheese in this recipe, versus something like Cheddar. The American cheese will melt very smoothly like Velveeta. Level 1 - Pro/Fat/Veggie. Posted by DebB.

## Meat-Crusted Pizza

Crust:

3 pounds ground beef

1/2 cup diced onion

3 eggs

1 teaspoon garlic powder

3 teaspoons salt

3/4 teaspoon black pepper

1/4 teaspoon oregano

1/4 teaspoon basil

1/2 teaspoon crushed red pepper

1 teaspoon oregano

1 teaspoon basil

1 teaspoon black pepper

1 teaspoon salt

Topping:

8 ounces mozzarella cheese

20 slices pepperoni

6 ounces cooked sausage

1/2 cup diced green pepper

2 ounces diced mushrooms

Sauce:

14 ounce can diced tomatoes

Preheat oven to 375F. Mix together crust ingredients. Separate into 2 pieces, flatten them onto cookie sheets. They will be about 1/2-inch thick when done. Bake for 30 mins, pour off any fat that may collect. Meanwhile, mix together sauce ingredients. Spread over both crusts. Put remaining ingredients on and put back in the oven for about 15 mins. I've had this recipe for ages. I found it on an Atkin's or low-carb mailing list. Posted by iwillrejoice.

## Bacon Double Cheeseburger Pizza

### CRUST:

4 oz. cream cheese, softened  
 2 eggs  
 1/3 cup cream (leave out for a crispier crust) - I added cream to mine, may try leaving it out next time to see the difference...  
 1/4 cup grated Parmesan cheese (I used Kraft in the can)  
 1/2 teaspoon oregano  
 1/2 teaspoon garlic powder  
 2 cups mixed cheddar & mozzarella cheeses, grated (original recipe calls for cheddar and monterey jack)

Note: Next time I think I will double the crust recipe to make a thicker crust.) Preheat oven to 375F. Beat together the cream cheese and eggs until smooth. Add cream, if using, Parmesan and spices and mix again. Grease an oblong casserole dish or pizza pan with olive oil and sprinkle the shredded cheeses into the bottom of the dish. Pour egg mixture evenly over the cheese. Bake for about 30 minutes, then remove from oven and let stand. Turn oven down to 350F.

### TOPPING:

1 lb. lean hamburger  
 1/2 to 1 onion, chopped  
 4-6 slices bacon, cooked crisp & crumbled  
 1/2 cup mayonnaise  
 3-4 cloves garlic, minced  
 1/2 teaspoon oregano  
 Salt & freshly ground black pepper  
 More shredded cheddar and mozzarella cheese

Brown hamburger in skillet with the onion and garlic, & salt and pepper to taste. Remove and drain, if needed. Return to the skillet and over low heat, add in bacon pieces and mayonnaise. Mix thoroughly, and also add some shredded cheese, mixing it in as it melts. Add topping mixture on top of your prepared crust. Cover with shredded cheeses and another light dusting of oregano. Bake in 350F oven for about 30-40 minutes. When cheese is bubbly and golden, remove from oven and let stand for 10 minutes before serving. Because I didn't have all the ingredients to do one of the recipes I had, I combined two and came up with the yummiest pizza I've had in ages! The recipe for the crust comes from Rondaren's Deep Dish Pizza recipe, and the topping is an adaptation of iwillrejoice's Bacon Cheeseburger Quiche recipe! So thank you to both of them for the inspiration for this recipe! Posted by artgirl67.

## Simple Bolognese

1/4 C extra virgin olive oil  
 1 med onion chopped  
 2 garlic cloves. chopped coarsely  
 1 celery stalk, chopped coarsely  
 1 lb ground chuck beef  
 1 28 oz can crushed tomatoes  
 1/4 cup flat leaf parsley  
 8 fresh basil leaves, chiffonade  
 salt and pepper  
 1/4 c freshly grated Parmesan  
 Romano cheese on top

In a 6 qt. pot, add oil. When almost smoking add onion and garlic and sauté over medium heat until the onions become very soft, about 8 minutes. Add the celery and sauté for about 5 minutes. Raise heat to high and add the ground beef. Sauté stirring frequently and breaking up any large lumps and cook until meat is no longer pink, about 8 minutes. Add the tomatoes, parsley and basil and cook over medium low heat until the sauce thickens, about 1/2 hour. Finish Bolognese with Romano cheese. Check for seasonings. Serve hot. Posted by PHoffer.

### Alice Jo's Spaghetti Sauce

1 1/2 pounds ground beef  
 1 large onion, chopped  
 1 green bell pepper, chopped  
 1 clove garlic, chopped  
 2 (6-ounce) cans tomato paste  
 1 (8-ounce) can tomato sauce  
 1 (14 1/2-ounce) can stewed (or diced) tomatoes (see \* note)  
 1 tablespoon Italian seasoning  
 1 tablespoon Worcestershire sauce  
 2 tablespoons sugar (use equivalent sweetener)  
 1 teaspoon salt  
 1 cup water

Brown the beef in a large, heavy bottomed pot, then drain off the fat. Add the onion, green pepper, and garlic and sauté until the onion is tender, about 5 minutes. Add the tomato paste, tomato sauce, stewed tomatoes, seasonings, and water. Simmer for 30 minutes. Let cool. The sauce will keep for several days covered and refrigerated. Deb's notes: I've read that Muir Glen brand stewed tomatoes has no added sugar. All other brands I've checked have added sugar - so a heads-up on that. Actually though, Paula used diced tomatoes when she made it. I don't care for cooked green peppers, so I subbed jarred roasted red peppers as their skin is already removed. I always increase the garlic - ha! I also simmered it 2-3 hours, well, just because I like to. I served it over zucchini "noodles" that I make using Joyce Chen's Asian Spiral Slicer as they come out like angel hair pasta. I don't cook these, just ladle the hot sauce over them and call it good. The noodles will give off their water, thus watering down the sauce - but we don't mind. Add a side salad and some garlic "toast" (I will post this in Potpourri - it's made from melting mozz. cheese sticks), and you've got a great tasting meal. I saw this on Paula's Home Cooking the other day and tried it. We loved it! Posted by DebB.

### Pizza Roll Meatloaf

2 pounds ground beef  
 1/4 cup onion, chopped  
 3 teaspoons bottled fresh minced garlic, divide or equivalent fresh garlic, minced  
 1 1/2 teaspoons dried basil leaves, divided  
 1 1/2 teaspoons oregano leaves, divided  
 1 teaspoon fennel seed  
 1/2 teaspoon crushed red pepper, divided (optional)  
 2 1/8 teaspoons salt  
 1/2 cup + 2 tablespoons water, divided  
 1/2 cup plain pork rinds, crushed  
 2 tablespoons tomato paste  
 1/4 cup Parmesan cheese, grated  
 8 ounce package mozzarella cheese, sliced  
 1/2 cup fresh mushrooms, chopped or a 4 ounce can of mushroom slices, drained  
 1/2 cup pepperoni slices

Mix ground beef, onions, 2 teaspoons garlic, 1 teaspoon basil, 1 teaspoon oregano, fennel seed, salt and crushed red pepper if using, 1/2 cup water and pork rinds. Mix well for 1 minute. Shape into a 10" x 14" rectangle on waxed paper or aluminum foil. Set aside. Mix tomato paste, remaining garlic, basil, oregano and remaining 2 tablespoons water. Spread evenly over meat. Sprinkle parmesan evenly over sauce, lay mozzarella slices over Parmesan cheese. Top with pepperoni slices, then mushrooms. Carefully roll meat from 10" side into a roll resembling a cake roll, using waxed paper or foil to help roll. Seal seam by pinching together well, and seal ends by pinching together so cheese will not leak out. Bake 1 hour at 350 degrees. Let stand loosely covered with aluminum foil for 10 minutes before slicing into 8 equal slices. Posted by Clovermuncher.

### Mashed Cauliflower & Meatloaf Pie

Growing up I always looked forward to my Mom's Potato Meat pie. I decided to make it the other night Somersized!!! Using mashed cauliflower, I'm happy to report, it tasted exactly the same as Mom makes!!!! My husband took the leftovers to work the next day and called me to say thanks for dinner last night!!!! It is so simple to make. I brown hamburger meat, add seasonings (garlic powder, little chili powder, onions, peppers and more garlic!) layer pan with mashed cauliflower, sprinkle with Parmesan cheese, add hamb. meat, layer of mozz. cheese, cover with more mashed cauliflower. I put it in the oven to brown and serve. It's so easy and can be made ahead. Substitute to your liking. Copied from a post by tryinghardtolose in February.

### Somersized Hamburger Helper

2 lbs. ground beef (note @ bottom of post)	2 C shredded colby jack cheese
1 16 oz. jar salsa (note @ bottom of post)	Dollop of sour cream if desired
2 C sliced mushrooms	

Brown ground beef with sliced mushrooms until slightly pink. Add the jar of salsa. Continue to cook until most of moisture is evaporated. Put shredded cheese on top of meat mixture. Cook on low to melt the cheese. I did not put the lid on as I did not want it 'soupy'. Dollop on sour cream if desired. Serve with green beans. \*Note\* I used Laura's lean ground beef available at Kroger. I used Arriba' Fire roasted South Western Garlic & Cilantro Salsa in medium, also available at Kroger. This was not too spicy for my non-spicy food eaters. I didn't even add one spice to the recipe. I grew up on hamburger helper. I made 'hamburger' helper last night for dinner and it was a huge success. I made enough to anticipate leftovers and my kids wanted me to pack it in their thermos's for lunch today. Fast, easy, and really good. Posted by gopmom2.

### Hamburger Casserole

2 lbs. ground beef  
 1-1/2 to 1-3/4 cups tomato sauce  
 1/4 teaspoon cumin  
 1/4 teaspoon pepper  
 1/4 teaspoon ground cloves  
 1/2 teaspoon ground ginger  
 1/4 teaspoon salt  
 2 teaspoons parsley flakes  
 2 teaspoons dried onion, minced  
 2 teaspoons dried chives (I omit these)  
 1-1/2 teaspoons dried basil leaves  
 1 teaspoon dried oregano leaves  
 1/4 cup Parmesan cheese, grated  
 1/2 of a large spaghetti squash, or 1 small one  
 1-1/4 cups mozzarella, shredded  
 1-1/4 cups cheddar cheese, shredded  
 2 cups crushed pork rinds (I omit these since DH doesn't like them - you can substitute Suzanne's Bake It And Shake It Fry Mix)

Preheat oven to 325F. Cook spaghetti squash for 1 min in microwave, cut in half lengthwise. Cook half of it for another 10-12 mins. Remove spaghetti squash from oven & allow to cool until it can easily be handled. (I usually make the meat sauce while it cools.) Using a fork, scrape down the insides of the squash, forming spaghetti-like strands. Sauté ground beef in a large skillet over medium heat. Drain hamburger & add cumin, pepper, ground cloves, ground ginger, salt, parsley flakes, minced onion, chives, basil leaves & oregano leaves. Cook until beef is browned throughout. Add tomato sauce & stir until thoroughly mixed & tomato sauce has heated through. Add grated Parmesan cheese. Stir until combined. Cook until beef mixture is bubbling, then remove from heat & set aside. Add squash & 1/3 of cheddar & mozzarella cheeses to ground beef & spices, & mix together. Grease large casserole & pour in beef-cheese-squash mixture. Even out mixture in casserole dish. Sprinkle pork rinds on top & remaining shredded cheeses. Place in preheated oven & bake 25 mins. Let cool for 10 mins. Serve. Originally posted by Peter Neuman. Re-posted by artgirl67.

### Italian Casserole

1 lb ground beef	1/4 tsp Italian seasoning, or to taste
1/2 lb Italian sausage	1 c shredded Mozzarella cheese
1 clove garlic, minced	Topping:
2 Tbsp onion, chopped	1/2 c sour cream
1/2 lb fresh mushrooms, sliced	1/2 c mayonnaise
1 8oz can tomato sauce	1/2 tsp garlic powder
Salt, to taste	1/2 tsp pepper
1/2 tsp pepper	1/2 c shredded parmesan cheese
	1 c shredded Mozzarella cheese

Brown meats with garlic, onions & mushrooms; season with salt & pepper. Drain fat; stir in remaining ingredients. Adjust seasoning if necessary & put in a greased 7x11 baking dish. Combine topping ingredients & spoon over surface of meat. Spread evenly. Bake at 350 about 40 mins until topping is nicely browned. I used 1 lb Italian sausage. I did not add onion or Italian seasoning & I used probably 10oz of tomato sauce. I also used 2/3 c of sour cream & mayonnaise, also where it calls for 1 c cheese I actually used 1-1/2 c for the base & topping. (I made these changes because I doubled the Italian sausage.) This really is good. My DH & my DD loved it. (My DD never likes anything!) I do not remember where I found this but...kudos to you! Posted by carolannb.

### Beef and Vegetable Egg Crepes

1 zucchini, grated and excess water squeezed out  
 1 cup chopped mushrooms  
 3/4 cup chopped red onion  
 4 large cloves garlic, minced  
 1 pound ground beef  
 salt and pepper to taste  
 Parmesan cheese, grated  
 Egg Crepes

Brown ground beef, drain fat if needed. When meat is almost completely browned add all the vegetables and finish cooking approx 10 minutes add olive oil if needed just not to much. Make your egg crepes. Sprinkle parmesan cheese along side of egg crepe then add the cooked meat/veggie mixture on top and roll up. I made about 6 small crepes. I threw together this egg crepe meal and it turned out pretty darn good. The measurements are pretty close. Posted by wkingto125.

### The Best Noodleless Lasagne

1 lb. ground beef	1 cup ricotta cheese
1/2 cup chopped onion	1 egg, beaten
garlic salt to taste	1 & 1/2 cups shredded mozzarella cheese
salt & pepper to taste	1/2 TBS. Italian seasoning
1 cup s/f spaghetti sauce	20 -25 slices pepperoni
1 can (4 oz) sliced mushrooms	

Preheat oven to 350. In small amount of olive oil sauté onions until translucent. Add ground beef (I used ground round) and brown, Drain off oil. Add salt, pepper and garlic to taste. Add the spaghetti sauce and mushrooms and simmer 10 - 15 mins. In a small bowl mix the ricotta, beaten egg, 1/4 cup mozzarella and Italian seasoning. Beat well with a fork. Grease an 8 x 8 inch glass baking dish with nonstick cooking spray. Spread beef mixture in bottom of dish. Spread ricotta mixture on top of beef mixture. Lay half the pepperoni slices on top of ricotta mixture. Put remaining 1 cup of shredded mozzarella over pepperoni slices, and lay remaining pepperoni on top of cheese. Bake until bubbly or about 20 or 25 mins. Serves 4 easily. This is so good! Even non SSers will love it. This is hard not to have 2nd and 3rd helpings. \*Note: I used sugar free marinara sauce. I also put extra shredded mozzarella cheese over the last layer of pepperoni slices. Then I sprinkled liberally with grated parmesan cheese. I used the small sliced pepperoni, but I don't see why large couldn't be used. I did make it again and doubled all the ingredients and put in a 13 x 9 glass dish to serve 8.\* Posted by LilLooLoo.

## Layered Cabbage Dish

2 lb. ground sirloin or ground round	1/2 t. pepper
2 c. riced cauliflower-not cooked	2 cans tomato paste
1/2c. chopped onions	Cabbage
2 eggs slightly beaten	Tomato sauce
2 t. salt	

Mix all ingredients except cabbage and tomato sauce well (can put rubber gloves on and mix with hands). I use this meat for a layered cabbage dish - rather than rolling each cabbage. Just par-boil the cabbage whole and peel off layers as it cooks. Cut out top thick stem, and begin layering bottom of casserole pan with cabbage, then I loosely form a meat patty (shaped more like a football) and nest them in the cabbage layers. Repeat layers adding a little of the tomato broth to each. Finish by topping with cabbage leaves and your tomato sauce. Note: It's best to nest each meat \*ball\* in its own cabbage (over and under) so it doesn't turn into a soupy mess. Cover and bake in moderate oven. \*\*I add 2-3 tbsps. of dry parsley, and a little garlic to the meat mixture. It adds great flavor. Also, a couple of thin lemon slices at the bottom of the pan before assembling/baking. \*\*If you don't like cabbage, try zucchini \*boats\* filled with the meat. Top with mild white cheese and bake. Posted by missy2.

## Spaghetti Squash Bake

1 large spaghetti squash, cooked and separated into strands  
 ½ lb. hamburger  
 1 lg. onion, chopped  
 1 green bell pepper chopped  
 1 tsp. olive oil  
 1 can (28 oz.) crushed tomatoes  
 3-5 cloves garlic minced OR 1 Tbs. crushed garlic from a jar  
 1 tsp. basil & ½ tsp. oregano OR 2 tsps. Italian seasoning  
 1½ - 2 cups grated mozzarella cheese  
 ½ cup fresh grated Parmesan cheese

Serves 6-8 Preheat oven to 375°. Mix the cheeses together and set aside. Heat olive oil in a skillet and add the meat, onion, pepper and garlic over medium heat for about 5-10 minutes or until meat is no longer red. Add crushed tomatoes, basil & oregano (or Italian seasoning if using that). Simmer for 20-30 minutes. Mix squash well with the sauce and put half in the bottom of a large (13 x 9 inch) baking dish. Top with half the cheese mixture, followed by the other half of the squash mixture, then the rest of the cheese. Bake for 30 minutes or until cheese is bubbly and slightly browned. Let it set 10-15 minutes before serving. Last night I added to my sauce, a big handful of fresh baby spinach leaves. I also left the meat out and cooked Italian sausages to add around the edges of the casserole before I baked it. It was really good! Sherry from So. Cal. @ ss site. Posted by DebB.

## Spaghetti Squash Boats

1 med. Spaghetti Squash	1/2 tsp dried basil
1/4 lb of ground Beef (I am going to use ground turkey)	1/2 tsp dried oregano
1/2 cup chopped onion	1/4 tsp salt
1/2 copped green pepper	1/8 tsp pepper
1/2 sliced fresh mushrooms	1 can diced tomatoes drained
1 clove of garlic minced	1/3 cup shredded mozzarella cheese

Cut squash in half and cook until tender. When cool enough to handle, scoop out squash, separating strands with a fork: set shells and squash aside. In a skillet cook beef, onion, green pepper until meat is brown and veg are tender. Drain. Add mushrooms, garlic, basil, oregano, salt and pepper cook and stir for 2 minutes. Add tomatoes, cook and stir for 2 minutes. Add squash, mix well, cook uncovered until liquid has evaporated - about 10 min. Fill shells, place in baking dish. Back uncovered for 15 minutes at 350, then sprinkle with cheese and return to oven for 5 min. until cheese is melted. I think you could probably add more cheese. 2 servings for a main meal. Ann ~ Taste of Home Magazine. Posted by DebB.

## Spaghetti Squash Pie

1 - 3 lb spaghetti squash cooked, stranded and drained really well (approx 3 cups)  
 1 egg  
 1 lb ground beef ( I used ground chuck)  
 1/2 chopped green pepper  
 1 tsp. oregano  
 2 oz mozzarella cheese shredded

1 oz parmesan cheese (green can)  
 3/4 cup ricotta cheese  
 1/2 medium onion chopped  
 1 tsp. basil  
 1 and 1/2 cup crushed tomatoes (I used canned and drained most all of the juice off)

Stir egg & parmesan cheese together, mix well. Then add squash & toss to completely cover. Spray a 10 inch glass/ceramic quiche dish with butter flavored oil. Pour the spaghetti into dish & pat up the sides & bottom of the dish. If you see juice/water coming through, take a clean paper towel & press in to help absorb some of the liquid. Bake 20 mins at 350 F uncovered. Meanwhile brown ground beef with onions, peppers & spices. Drain well. Add the tomatoes & simmer for 10 mins. The spaghetti crust should be ready by now, so take the ricotta cheese & spread over the squash. Then spread ground beef mixture over ricotta. Bake another 20 mins at 350 F. Remove & sprinkle as much mozzarella over the entire pie & return to oven until cheese melted. This looks long & drawn out but is really easy to put together & boy is it good. The second time I made this, I used less spaghetti squash than called for, maybe 1 1/2 to 2 cups, as I like the crust thinner & it seemed to get crispier. Posted by LilLooLoo.

## Easy Shepherds Pie

1 lb. ground beef  
 1 small onion, chopped  
 2(15oz) stewed tomatoes, not drained  
 1 can green beans  
 1 can corn (I make two dishes, 1 for fam.)  
 2 bags frozen Cauliflower  
 4 TBsp. cream cheese  
 2 c. cheese (I use mexican blend from Costco)

Cook onions and ground beef until done, put in 9 x 13 pan, add tomatoes, beans and corn (opt). Cook cauliflower until soft, and mash w/ cream cheese, add salt and pepper to taste. Layer on top of casserole and top w/ cheese. Bake in oven, uncovered @350 for 25-30 min. or until bubbly. (Sometimes after I like to put in top broiler for 3-5 min. until cheese is a little crusty.) I used to make regular shepherds pie all the time for my husband, and I modified it for SS. I don't like anybody else's version. Real picky that way I guess, lol Posted by zookeeper.

## Eggplant Parmesan

3 eggplants (depending on size), 1/2" slices  
 3-4 eggs, beaten  
 1-2 cups grated parmesan  
 Italian seasoning  
 1# ground beef  
 1 medium onion, chopped (optional)

8oz fresh, sliced mushrooms  
 1 quart jar Classico tomato/basil sauce (or any legal tomato based sauce)  
 1 pkg. shredded Italian cheese blend  
 2 cups shredded mozzarella cheese

Preheat oven to 350. Coat eggplant in egg and then coat in parmesan cheese/seasoning. Bake on greased cookie sheet for 25 mins, turning after 15 mins. While eggplant bakes, saute mushrooms and onions in olive oil. Brown ground beef and combine with mushrooms and onions. Add sauce and simmer at least 15-30 mins. To assemble, use a 9x13 pan. Spread sauce, then layer of eggplant, then cheese. Repeat layers. End with cheese. Cover with foil and bake at 350 for 45 mins. Remove foil for the last 5 mins and broil to brown the top. Set for 10-15 mins before cutting. Deb's note - Now I make this the day before and let it sit in the refrigerator. The flavors really blend this way. Then I bake it the second day - so good! This is the very best Eggplant Parmesan I've ever had. I found it on this board (somewhere!). It was originally posted by DebB, I believe. It is absolutely awesome, and really quite easy to make. I like the fact that you don't fry the eggplant. That way it doesn't get so greasy. Note: The eggplants my store carries are quite large, so I only need 1. Once sliced, it covers 2 large cookie sheets, so you can use that as your gauge.

## Italian Burger Melt

### SAUCE

8 ounce can of basil, garlic and oregano tomato sauce  
 Using the can, fill with 1/2 water and 1/2 heavy cream  
 sweetener to equal 1 teaspoon of sugar  
 pinch of salt

Combine together in a bowl. Set aside. (NB: This is Karma's Kream of Tomato Soup recipe using chefskid's and DebB's suggestions.)

1 1/2 pounds ground chuck, made into 6 patties  
 6 slices mozzarella cheese

Brown patties in a skillet and drain off fat. Add tomato soup mixture, cover and cook 10 minutes or until patties are no longer pink. Top with mozzarella cheese and serve. For non-sser's serve on hamburger buns. NOTE: If you like a lot of sauce, double the tomato soup recipe. Thanks to DebB and Chefskid this old favorite recipe is usable again. Posted by mjlibbey.

## Devilled Hamburgers

2 pounds ground beef  
 6 tablespoons SF catsup  
 1 teaspoon Worcestershire sauce  
 2 teaspoons prepared mustard  
 2 teaspoons horseradish  
 1 tablespoon grated onion  
 1 teaspoon salt  
 1/4 teaspoon pepper  
 1/2 cup crushed pork rinds

Mix ingredients thoroughly. Shape lightly into patties. Grease skillet or broiler pan. Cook from 2-5 minutes on each side. Adapted from The Settlement Cookboo. Posted by iwillrejoice.

## Zesty Meatloaf

2lbs. ground beef  
 1 egg  
 1/2 cup parmesan (powder)  
 1 cup Pace Picante salsa

Mix all together till mixed through. Shape into a loaf and bake covered with foil for 45 mins. Then take cover off and bake for an hour uncovered. About 15 mins before it's done, top with salsa and finish cooking. This was really good, nice twist to the sweet sauce meatloaf we always eat. Posted by JCNmyheart.

## Meatloaf

1 lb. Ground beef  
 chopped onion  
 chopped green peppers  
 1 egg  
 about 1/2 cup Hunt's stewed tomatoes or tomato sauce  
 about 3/4 cup of dried mushrooms, broken up (Sam's carries these -- Tones brand)  
 1 to 2 tsp. Mustard

If you can find some sugar-free ketchup, throw some of that in too and spread some over top of meat loaf.

Mix all ingredients together and put in loaf pan. Bake at 350 for about an hour. Posted by acmatters.

## Low Carb Meatloaf

### TOMATO TOPPING:

1 8oz. can tomato sauce  
 1 6oz. can tomato paste  
 1/4 cup Splenda  
 2 teaspoons white vinegar or water  
 (By the way, this is just a great recipe for legal ketchup as well!)

### MEATLOAF:

2 lbs. ground beef  
 2 eggs  
 1/2 grated Parmesan  
 About 1 cup crushed pork rinds  
 1/4 cup onion, diced small  
 2 tablespoons chopped fresh parsley leaves  
 1 tablespoon Dijon mustard  
 2 cloves garlic, minced  
 1/2 teaspoon dried oregano  
 1/2 teaspoon dried basil  
 1 teaspoon kosher salt  
 1/2 teaspoon freshly ground black pepper  
 1/2 - 1 cup cheddar cheese, shredded

Preheat oven to 350F. In a small bowl, mix together the tomato topping ingredients. Set aside. You may add a few drops of water to thin to a ketchup consistency. In a large bowl, mix together the meat loaf ingredients. Include 2-3 tablespoons of the tomato topping to meat mixture. When thoroughly mixed, place half of the mixture in a 5x9-inch loaf pan, spreading it out evenly. Next add a layer of the grated cheese then top with the remaining meat mixture. Once again, spread out evenly in the pan. Spread a heavy coat of the tomato topping to completely cover the top of the meatloaf. You should have about 1/2-1 cup remaining for serving on top of your meatloaf slices. Place in oven and bake for about 1 hour and 15 minutes, or until the temperature on a meat thermometer registers 165F. Drain fat and let rest for at least 10 minutes before slicing. I got this recipe off of the Food Network and changed it a bit to my liking... and my DH and I thought it was the best meatloaf we've ever had! My meatloaf usually comes out kinda dry, but not this one! Posted by artgirl67.

## Meatloaf Muffins

2 pounds lean ground beef  
 1 small onion, chopped  
 1 small bell pepper, chopped  
 1 tablespoon minced garlic (about 9 cloves)  
 2 eggs  
 1 tablespoon sf ketchup  
 1 tablespoon prepared mustard  
 Salt & pepper  
 3/4 cup crushed pork rinds  
 1/4 cup Parmesan cheese  
 1 small can tomato sauce

Mix all ingredients together. Spray muffin pan with non stick spray and press meat into each indentation. Bake 30 minutes at 350F, and then top each meat muffin with tomato sauce. Put back in oven and bake another 5-10 minutes. This made 12 muffins, plus enough mixture left over to make at least another half a pan. (I just fried it up as hamburgers though.) I thought that they might run over with grease (in the oven), but they didn't. Still a good idea to put a cookie sheet on rack underneath, tho. "Here is a recipe that uses meatloaf mix in muffin pans. It makes several meatloaf muffins - just a different way to eat meatloaf. They don't take as long to cook as a 2 lb meatloaf!" Posted by iwillrejoice.

### Agi's Hungarian Porkolt

18 oz. veal leg, cut into little squares  
1 large onion (nor red, nor too sweet) thinly chopped  
2 Tb oil (not olive, my mum uses sunflower), more if needed  
3 Tb Hungarian paprika  
1/4 tsp. ground black pepper  
1/4 fresh hot pepper (to taste, optional)  
salt (to taste)

Heat a pot, add oil and chopped onions and cook 'til onions are transparent. Take the pot off the heat, add paprika & pepper, mix, then add meat, mix again. Put it back on hot heat, continue mixing for approx. 1-2 minutes. Add hot pepper, cut into little pieces. Add a little more hot water than needed to cover meat. When it starts boiling, lower the heat to medium and let it cook 'til meat starts to soften, at that point add salt, then continue cooking 'til meat's sauce is 2 cm tall. Serve and enjoy. (The original dish is served over a bed of rice or cooked potatoes.). Hope you'll like it, it's one of my fav. dishes, it's part of my family's traditions. Posted by Mavie Blanka.

## CHICKEN

### Perfect Roast Chicken

1 "roasting" chicken about 5-7lbs, cleaned and patted dry  
 1 whole onion, quartered  
 1 small bulb of garlic, stripped of its skin, and individual cloves exposed (this takes time, sit down and watch Oprah while doing this LOL)  
 3 sprigs of fresh rosemary  
 1 head of fresh cauliflower cut into flowerets  
 approx. 1/4-1/3 cup good olive oil  
 fresh sea salt and pepper to taste

Stuff the cavity of the chicken with the cut up onion, meantime, put your olive oil in a skillet & heat till smoking hot, & put 3-4 garlic cloves & 1 whole rosemary sprig in the smoking hot oil & sear until rosemary begins to curl, & garlic begins to brown. Remove these items to a towel, & let the oil cool, (10-15 mins). Then stuff the seared rosemary & garlic into the cavity of the chicken & rub the infused oil all over the chicken, season with salt & pepper, & place your cut up cauliflower in the roasting pan with the bird. Roast at 375 F for approximately 1 to 1.5 hours or until chicken juices run clear in the thigh, & breast reads 180 degrees. I am serving it with zucchini & roasted cherry tomatoes with fresh parmesan grated over the top. Posted by ncpharmgirl

### Roast Sticky Chicken-Rotisserie Style

4 teaspoons salt	1/2 teaspoon cayenne pepper
2 teaspoons paprika	1/2 teaspoon black pepper
1 teaspoon onion powder	1/2 teaspoon garlic powder
1 teaspoon dried thyme	2 onions, quartered
1 teaspoon white pepper	2 (4 pound) whole chickens

In a small bowl, mix together salt, paprika, onion powder, thyme, white pepper, black pepper, cayenne pepper, and garlic powder. Remove and discard giblets from chicken. Rinse chicken cavity, and pat dry with paper towel. Rub each chicken inside and out with spice mixture. Place 1 onion into the cavity of each chicken. Place chickens in a resealable bag or double wrap with plastic wrap. Refrigerate overnight, or at least 4 to 6 hours. Preheat oven to 250 degrees F (120 degrees C). Place chickens in a roasting pan. Bake uncovered for 5 hours, to a minimum internal temperature of 180 degrees F (85 degrees C). Let the chickens stand for 10 minutes before carving. Ever wish you could get that restaurant style rotisserie chicken at home? Well, with minimal preparation and about 5 hours cooking time (great for the weekends!) you can! I don't bother to baste the bird, though some like to for the first hour. The pan juices always caramelize at the bottom, and the chicken will turn golden brown, fall-off-the-bone good! Prep Time: approx. 10 Minutes. Cook Time: approx. 5 Hours. Makes 2 whole (4 pound) chickens (8 servings). Printed from Allrecipes, Submitted by Sue Rogers. I should mention that I used only one chicken and cut the roasting time to 4 hours. I also didn't let it sit for the 4 hours before cooking, and it was still great. Some people rub it with olive oil before rubbing on spices. This is soooo good I just had to post it, I tried it tonight. Had it with salad greens, cucumbers and tomatoes as the side. Everyone loved it. Posted by Amethyst One.

### Chinese Roasted Chicken

1 stalk celery, cut into 1" pieces	4-5 lb. roasting chicken
4" piece ginger root, minced	1 Tbsp. soy sauce
3 green onions	2 tsp. Chinese five spice powder

Place trivet or steamer basket in 4-5 quart crock-pot. Rinse chicken & drain well, then pat dry with paper towels. Place celery, gingerroot, & green onions inside chicken. In small bowl, combine soy sauce & five spice powder to make a paste. Rub this mixture over the chicken. Place chicken on trivet inside crock-pot. Cover crock-pot & cook on LOW for 6-7 hours, until chicken is tender & juices run clear when pricked with fork & internal temperature of the white meat registers 180 F. Discard vegetables inside chicken; carve to serve. Serves 4. Posted by inreno.

### Crock Pot Chicken

1 (4 lb.) roasting chicken (or parts)	1 tsp. dried tarragon
salt and pepper to taste	3 Tbsp. chopped parsley
onion salt to taste	1/3 c. dry white wine
3 Tbsp. butter, melted	

Wash and dry chicken and sprinkle inside and out with salt, pepper and onion salt. Put chicken in cooker, breast side up; brush with butter and sprinkle with parsley and tarragon. Add wine. Cover the slow cooker. Cook on high for about an hour, then turn to low and continue cooking for 8 to 10 hours until chicken is done. Makes 6 servings. Posted by Twiggy88.

### Chicken Adobo

1 chicken, cut up  
 1/2 tsp chopped garlic  
 2T soy sauce  
 1/4c vinegar  
 1/4c onion, chop in large pieces  
 1/2 tsp black pepper  
 (1/2 tsp salt)  
 1c water

Combine all ingredients in large enough saucepan or Dutch oven. Bring to boil, then simmer, covered, for 1/2 hour or more. Simmer uncovered until liquid is reduced by half. Serve with stir-fried veggies. I don't add the salt. Add more soy sauce, vinegar and water if you want more sauce, but still reduce it for flavor. Posted by marie172.

### Frango Na Pucara ( Portuguese Chicken)

1/4 lb Prosciutto cut into 1/4" cubes  
 4 med Tomatoes, peeled, seeded and chopped  
 1 x 3-lb chicken, cut in 8  
 Salt and pepper, to taste  
 2 x Cloves garlic, crushed  
 12 x Pearl onions, peeled  
 4 tbl Very cold butter, diced  
 1/2 cup Port or Madera wine  
 2 tbl Cognac  
 1 cup Dry white wine  
 2 tbl Mustard

Season chicken pieces with salt and pepper. Chill 1 hour. Soak ham in cold water to remove some of the salt. Drain. Preheat oven to 375. Place chicken in a baking dish, one with a lid. Add the ham, the tomatoes, the garlic and the onions. Spread chilled pieces of butter on top. Pour the wines and the cognac. Add the mustard, cover and bake for about 50 mins until cooked. Remove lid and bake further 30 mins to brown. Serve with potatoes. NOTES : From the book: "As Melhores Receitas da Cozinha Portuguesa", Editora Globo. Posted by off4good.

### Orange Chicken

whole cut up fryer (browned, not cooked through)  
 1 can diet orange soda  
 1/4 cup soy sauce  
 S&P to taste

Mix soy sauce and orange soda together. After browning chicken, add soda mixture and simmer covered until chicken is tender and cooked through. S&P to taste. This was given to me but I haven't tried it. Looks good and thought I'd share. Posted by JCNmyheart.

## Honey Dipt Chicken

1 cut up chicken  
 1/4c butter  
 1T mustard  
 1/2c honey (I use the fake honey that's legal)

Place chicken in a 13x9 baking pan. In a sauce pan, melt butter, stir in mustard and honey. Cook and stir just until blended. Pour over the chicken. Bake an hour (or until done), turning chicken every 20 mins, if you want. A few suggestions from me: I stir the mustard into the honey first so it doesn't cook in the butter and clump. I baste the chicken pieces with the sauce when I turn them. I like the chicken to get brown and a little crispy, so I leave it alone towards the end. We like to reserve the sauce to pour over whatever veggies we are eating (it used to be carrots, but now I do mashed cauliflower for me). Posted by marie172.

## BBQ Baked Chicken

1 frying chicken, cut in serving pieces  
 1/4 cup lemon juice  
 2 tbsp cider vinegar  
 2 tsp Worcestershire sauce  
 1 tsp salt  
 2 tbsp grated horseradish  
 about 1/2 cup legal ketchup

Preheat oven to 350. Place chicken pieces in a casserole large enough to hold all the chicken pieces in a single layer. Place lemon juice, vinegar, Worcestershire sauce, salt & horseradish in a 2-cup measuring cup; fill to the 1-cup level with ketchup. Stir well; pour sauce over chicken. Bake 40 mins, until tender. I made this last night, just with stuff I had in the cabinet. It is good! Serve with a salad for a simple, easy meal. Posted by wired\_foxterror.

## Baked Chicken

Line a cookie sheet with foil (to catch the grease), place the cooking rack on it. Dip chicken thighs and legs into a beaten egg mixed with a little olive oil. Place on cooking rack and sprinkle with favorite seasonings. Make sure the skin side is down and place in a 350\* preheated oven. Bake for 1/2 an hour. Turn chicken over and raise temp. to 400\*. Bake for 1/2 hour. It's almost like fried chicken, but you've drained off a lot of the fat. A word of warning.....makes a mess in the oven. But, it is so delicious! This is the only way I bake chicken now. If you like ranch dressing, sprinkle the dry mix over the chicken. Posted by mjlibbey.

## Chicken with Herbed Tomato Sauce

4 pounds chicken pieces	2 tablespoons snipped parsley
1 teaspoon salt	1 1/2 teaspoons salt
1/8 teaspoon pepper	1 teaspoon dried leaf basil
1/4 cup olive oil	1/4 teaspoon ground black pepper
1/2 cup chopped onion	dash ground red pepper, optional .
1 clove garlic, minced	1 medium spaghetti squash, cooked and drained,
2 cans (14.5 ounces each) diced tomatoes	buttered, s & p
1 can (8 ounces) tomato sauce	grated Parmesan cheese
1 can (6 ounces) tomato paste	

Wash chicken pieces; pat dry. Season chicken with 1 tsp salt & 1/8 tsp ground black pepper. Heat 3 tablespoons oil in a large skillet or Dutch oven; brown chicken on all sides. Remove chicken. Pour off all but 2 tablespoons of oil. Add onion; cook & stir until onion is tender. Stir in minced garlic, browned chicken, tomatoes, tomato sauce & paste, parsley, 1 1/2 teaspoons salt, basil, 1/4 teaspoon pepper, & red pepper, if using. Cover & cook over lowest heat for 1 to 1 1/2 hours, or until chicken is tender. Stir occasionally & add a little water if needed. Skim off excess fat & serve with hot cooked spaghetti squash topped with Parmesan cheese. Serves 4. Thanks to DebB, I found this very lovely recipe. Accompany this wonderful dish with a nice Caesar Salad-YUM! Posted by Twinkle.

### Yummy Teriyaki Chicken

8 chicken legs  
 1/2 cup soy sauce  
 1/4 cup rice vinegar  
 5 drops of sesame oil  
 sprinkle of garlic powder  
 1/4 cup of splenda

I put chicken legs into a zip loc freezer bag, and poured in other ingredients. I shook and squished the bag of meat until it looked really mixed and coated and threw it into the fridge until the next day. I baked them at 350 for about 1/2 an hour. My DH had the BBQ going so I took out of the oven and threw them on the grill just until browned and crispy. Really they didn't need to be grilled. They were awesome. \*Tonight I am making them w/boneless skinless thighs and legs:) NO grill tonight. Posted by JCNmyheart.

### My Marinated Chicken Recipe

8 to 10 chicken thighs, drumsticks or combination of both  
 Dried Basil  
 Dried Oregano  
 Dry Mustard  
 Garlic Powder  
 Onion Powder  
 Thyme Leaves  
 Dried Rosemary  
 Paprika  
 White Pepper  
 Salt  
 Parsley  
 1/8 cup Olive Oil (you may want to use more or less)  
 1/8 cup Canola Oil (you may want to use more or less)  
 1/4 cup dry white wine

Combine marinade ingredients in resealable plastic bag; add chicken and marinate in refrigerator for at least 1 hour or longer (next time I will let marinate overnight to see if flavors are better), turning bag occasionally. Remove chicken from marinade, discarding marinade. Sear chicken in large skillet without any additional oil until browned and crispy on the outside. Scrape "crusty" bits from bottom of pan and continue cooking chicken partially covered until no longer pink inside. The flavors went all the way through and tasted great. Serve with sides of your choice. I made this twice this week. My daughter and a friend gave this a thumbs up!!! The flavors are better if you pan sear it and then let it finish cooking in the good stuff that sticks to the pan. I also did not measure my ingredients except for the white wine, the oils and chicken pieces. Posted by sapphire24.

### Variation on Chicken Paprika

3 or 4 lbs of chicken parts  
 2 large onions chopped  
 1.25 cups butter  
 1 - 2 Tblsps SWEET paprika  
 3 cups of stock  
 1 cup of sour cream  
 salt and pepper to taste

Chop up onion, Doesn't have to be too fine and saute in butter. When the onion is translucent add the paprika and stir well. Stir in chicken parts and coat with paprika butter mixture. Add the 3 cups of stock and bring to a boil. Lower heat and let simmer for 1.5 - 2 hrs. Just before serving add the salt and pepper and sour cream. Posted by Canadiansweetpea.

### Creamy Chicken Casserole

This came about by accident, I was making some cream of chicken soup and forgot I was reducing it a bit. It got very thick so I cooked chicken in it instead.

Cream of Chicken soup

6 cups chicken stock  
 3 cups shredded chicken  
 1/4 large yellow onion, finely minced  
 2 cloves of garlic minced  
 2 med. stalks celery, finely minced  
 1 cup mushrooms (less after mincing)  
 1 1/2 cups cream  
 1/2 teaspoon marjoram  
 (1/4 teas Thick N Thin Not Starch will help thicken it, but is not required)

I did the veggies in a food processor separately, and 1/2 cups of the chicken as well, Sauté the onions in a little olive oil and a teaspoon of butter, for about 2 minutes, then add garlic, sauté for another minute, add celery and sauté for 2 minutes, (add more butter if you need to) then add the mushrooms and sauté a minute longer. Transfer to a stock or soup pot, along with the chicken broth, and 2 1/2 cups shredded chicken (bite sized shreds). Bring to a boil then simmer for 15 minutes. Add the chicken from the processor, and the cream and the marjoram, bring back to a boil, and simmer for another 5 minutes. Salt and pepper to taste. I reduced this for about 25 minutes. Then I took sliced leeks, put in the bottom of a casserole dish liberally salted, peppered and paprika'd 4 boneless chicken breasts, and put them on top, covered with the soup and aluminum foil, then baked at 375 for one hour. We just had a salad with them, the gravy was outstanding!!!! Posted by gridmama.

### Artichoke-Chicken Casserole

4 (4-6oz.) fresh boneless, skinless chicken breasts	3/4 cup mayo
1/2 cup sliced mushrooms	1/2 cup sour cream
1/2 cup chopped green onions	1/2 cup white wine
2 tbs. butter	1/4 tsp. salt
1/8 tsp. garlic salt	1/8 tsp. ground black pepper
1 can (8 oz.) artichoke hearts, drained	1 cup grated parmesan cheese

Boil chicken breasts until tender and no longer pink inside. When cool enough to handle, shred chicken; set aside. Preheat oven to 350 degrees F. In a skillet over medium-high heat, sauté mushrooms and green onions in butter until soft, 3 to 5 minutes. Remove from heat and sprinkle with garlic salt. Combine chicken, artichoke hearts and mushroom mixture in a large bowl. In a medium bowl, combine mayo, sour cream, white wine, salt and pepper. Fold into chicken mixture; mix well. Spoon mixture into a 2-quart casserole and sprinkle with parmesan cheese. Bake for 30 minutes; serve with extra Parmesan cheese. Mmm, this recipe sounds yummy. It was rated 5 stars on Meals.com. Posted by Sweet Dream.

### Cheaters Chicken Cacciatore

6 skinless, boneless chicken breast halves  
 1 (28 ounce) jar spaghetti sauce  
 2 green bell pepper, seeded and cubed  
 8 ounces fresh mushrooms, sliced  
 1 onion, finely diced  
 2 tablespoons minced garlic

Put the chicken in the slow cooker. Top with the spaghetti sauce, green bell peppers, mushrooms, onion and garlic. Cook on low for 7 to 9 hours. Serve! Yield: 5 Servings. Posted by matantej.

### Karen's Chicken Italiano

2 Chicken Breasts, sliced into thirds and pounded thin	3 leaves basil, chopped
1/4 cup butter	1/2 cup cooking sherry
1/2 onion, chopped	2 teaspoons lemon juice, fresh
2 cloves garlic, minced	1 tomato, peeled, seeded and chopped
6 slices dry salami, cut into strips	1/4 cup cream
6 ounces mushrooms, sliced	1/4 cup parmesan cheese, shredded or grated

Melt 2 Tablespoons of butter in large frying pan over medium/high heat. As soon as butter is foamy, add chicken, two or three pieces at a time, and brown on both sides. Remove chicken from pan and keep warm. Add remaining butter to pan and then onion and garlic. Cook, stirring until the onion is transparent. Add mushrooms and salami and cook until hot, about 2 minutes. Add sherry, basil, lemon juice and tomato. Stir to mix, bring to boil, lower heat to a simmer and then layer chicken on top. Cover and cook for 5 minutes or until chicken is hot and cooked through. Remove chicken and place on serving dish. Stir cream into pan and heat until hot. Spoon mixture over chicken and top with parmesan cheese. Serves 4. This dish can be turned into Karen's Mexican Chicken by using 1/4 cup chopped cilantro instead of the basil and 1/4 pound chorizo sausage in place of the salami. Sprinkle shredded Monterey Jack Cheese over the top instead of the parmesan. Posted by domsmum.

### Chicken Italiano

2 cups chicken, cooked and diced or pieces (leftover rotisserie would be good)  
 2 med. size zucchini, sliced into 1/4 inch round slices  
 2 small onions, sliced  
 1 lg. red bell pepper, diced  
 1 1/2 t. basil (I used dried)  
 1-1 1/2 cups mozzarella cheese  
 Olive oil

Place a light layer of oil in bottom of a large skillet. Cook or heat chicken till well warmed. Hopefully you might get a little bit of "bits" in the skillet to flavor the veggies. Remove chicken and set aside. Add vegetables and more oil if necessary. Sauté until veggies are tender. Add in chicken and basil. Sauté till well incorporated. Put on plate and place cheese on top and allow to melt. Serve. Personal Notes: I added a little more basil and salt at the table. My husband liked it the way it was but I really like basil So I added more and it gave it a really good flavor. Mushrooms would really be good in this! Last night I threw together what I had in the fridge for dinner. It turned out quite good. I'm not sure if someone else posted something like this. I fixed for 4 adults but I wish there were only 2 of us. Posted by FrozH2O.

### Chicken Parmesan

4 Boneless Skinless Chicken Breasts	1 Egg
Grated Parmesan Cheese	Garlic, Pressed or Minced
8 oz Tomato Sauce	Red Cooking Wine
4 Slices Mozzarella Cheese	Italian Seasonings
Olive Oil	Salt

Pound the chicken until it is fairly thin and drizzle with olive oil. Rub garlic generously onto each piece, sprinkle Italian seasonings and Salt onto each piece. Dip each seasoned piece in egg and then again into the grated parmesan to coat. Bake for 15 minutes at 350. While chicken is baking, separately season your tomato sauce to taste. I add a clove of pressed garlic and a capful of red cooking wine. When chicken is cooked take it out of the oven, brush with the tomato sauce and place a slice of mozzarella cheese on each piece of chicken. Place the chicken back into the oven under the broiler for 10 minutes or until the cheese is bubbling. This was originally posted a few years ago and I can't remember by who. It's my favorite Chicken Parmesan recipe. I think I tweaked it slightly from the original posting. Re-posted by H-Lo.

## Chicken Parmesan

I like to par boil thighs (not essential). Roll chicken in butter, sprinkle parmesan on top & bottom of chicken and sprinkle with garlic powder. Bake in a greased baking pan till done. Now if I parboil first, then I cook at 425 for 30-40 mins. If I don't, then I cook at 350 for about 1 hour. Posted by JCNmyheart.

## Chicken Parmesan Tenders

For quick and easy Chicken Parmesan tenders, dip packaged chicken tenders in egg wash and roll in parmesan cheese to coat. Fry in a skillet stovetop in extra virgin olive oil. They come crispy and delish. Sometimes we dip in salsa or legal ranch or blue cheese dressing. Posted by pattimelt.

## Wendy's Parmesan Chicken

4 boneless, skinless chicken breasts

3/4 to 1 cup mayonnaise

1 cup parmesan cheese

1 teaspoon paprika

1/2 teaspoon each salt and pepper

1 tablespoon McCormick No Salt Added Garlic & Herb seasoning (ingredients of this are: dehydrated vegetables [garlic, onion, parsley, celery], spice [including red pepper], dehydrated orange peel)

Preheat the oven to 350F. Cover both sides of each chicken breast with a good coating of mayonnaise. I have found that doing this keeps the chicken meat really moist in cooking, plus it works well for adhering a coating to the chicken. Next, in a bowl or on a large plate, mix the dry ingredients together, then dip the chicken breasts into the coating mixture, making sure to cover them evenly and thickly with the coating. To cook the chicken, I prepared a cookie sheet by covering it with aluminum foil, then placing a small baking/cooling rack lightly coated with some Pam cooking spray on the cookie sheet. Arrange the chicken breasts on the rack, and slip into the oven. Bake for about 25-30 minutes, until golden crisp, then remove from oven. Flip the breasts over, then bake another 10 minutes. Let stand 5 minutes before eating. Serve with your favourite salad. YUMMY! I didn't really keep track of how much I used of all the ingredients of this, because I was just throwing a recipe together when wanting to use up some chicken breasts that DH and I had thawed. This is the creation I came up with, and it was amazing. Posted by artgirl67.

## Chicken Rollatini

Boneless Skinless chicken breasts

Prosciutto

Provolone Cheese (1 slice for each breast, plus a strip to top each breast)

1 cup marsala Wine

1 cup of mushrooms

1 Tbsp. Butter

1/4cup Extra virgin olive oil

To prepare the chicken breasts, I first pound them thin. Lay the chicken breast out flat, place a slice of prosciutto on top, next top with a thick slice of provolone cheese. Next roll the stuffed chicken breast into a bundle, secure with a toothpick and set aside. Do the same to remaining breasts. In a sauté pan, heat the butter & olive oil. Place the prepared breasts in the pan and sauté, turning till cooked golden brown. Remove the cooked breasts, place in a baking dish and top with an additional slice of prosciutto. Pop under broiler and cook just till the prosciutto is slightly crisp. Remove from broiler and set aside. Next add 1 cup of marsala wine to the sauté pan you cooked your chicken in. Continue cooking the wine till reduced to half. Next add 1 cup of sliced mushrooms. Continue cooking till your mushrooms are tender. (If you want a thicker sauce you may add thickenThin not/starch thickener.) Remove from heat, pour your sauce over the chicken breasts in baking dish and serve. Posted by Pat Polito.

### Chicken Marsala

8 skinless, boneless chicken breasts  
 8 Tbsp. butter  
 salt and pepper to taste  
 1/2 cup marsala wine  
 1/2 cup ss chicken stock

Melt butter in large sauté pan. Add the chicken in one layer. Salt & pepper to taste. Sauté over medium heat till golden brown. Remove the chicken from the sauté pan and place on platter. Pour the wine into pan to make a pourable sauce. Scrape pan & cook for 3 minutes. Pour sauce over chicken. Posted by Pat Polito.

### Chicken & Mushroom Marsala

3 whole boneless/skinless chicken breasts (about 2 1/2 pounds), halved  
 1 1/2 T olive oil  
 3 1/2 T unsalted butter  
 1 onion, sliced thin (sometimes I use 2)  
 3/4 pound mushrooms, sliced thin  
 1 c Marsala  
 2 c chicken broth  
 2 T minced fresh flat leaf parsley (optional)

Rinse and dry chicken then season with salt and pepper. In a large heavy skillet heat oil and 1 1/2 tablespoons butter over moderately high heat until hot but not smoking and brown chicken, transferring to a large plate as browned. Discard all but 1 tablespoon fat from skillet and sauté onion and mushrooms, stirring occasionally, until liquid the mushrooms give off is evaporated. Add Marsala and cook mixture, stirring, until Marsala is almost evaporated. Add broth and chicken with any juices that have accumulated on plate and simmer, turning chicken once, until cooked through, about 15 minutes. Transfer chicken to a platter. Simmer mushroom sauce until liquid is reduced to about 1/2 - 1 cup (I like it saucy). Remove skillet from heat and stir in the remaining 2 tablespoons butter and add salt/pepper to taste, stirring until butter is just incorporated. Spoon mushroom sauce around chicken and garnish with parsley for a pretty presentation. Serves 6. We love this as it's quick, easy, and good enough for company. Posted by Sparkles.

### Chicken with Mustard Mascarpone Marsala Sauce

1 1/2 pounds boneless skinless chicken breasts, each breast cut crosswise into 3 pieces  
 Salt and freshly ground black pepper  
 2 tablespoons olive oil  
 5 tablespoons butter, divided  
 3/4 cup chopped onion  
 1 pound cremini mushrooms, sliced  
 2 tablespoons minced garlic  
 1 cup dry Marsala wine  
 1 cup (8 ounces) mascarpone cheese  
 2 tablespoons Dijon mustard  
 2 tablespoons chopped fresh Italian parsley leaves, plus whole sprigs, for garnish

Sprinkle chicken with salt and pepper. Heat oil in a heavy large skillet over high heat. Add chicken and cook just until brown, about 4 mins per side. Transfer the chicken to a plate and cool slightly. While the chicken cools, melt 2 tablespoons of butter to the same skillet over medium-high heat, then add the onion and saute until tender, about 2 mins. Add the mushrooms and garlic and saute until the mushrooms are tender and the juices evaporate, about 12 mins. Add the wine and simmer until it is reduced by half, about 4 mins. Stir in mascarpone and mustard. Cut chicken breasts crosswise into 1/3-inch-thick slices. Return the chicken and any accumulated juices to the skillet. Simmer, uncovered, over medium-low heat until the chicken is just cooked through and the sauce thickens slightly, about 2 minutes. Stir in the chopped parsley. Season the sauce, to taste, with salt and pepper. Spoon the chicken mixture on to plates. Garnish with parsley sprigs and serve. I saw this on FoodTV's Everyday Italian this past weekend and thought I'd try it. Made it last night and it was a BIG hit! Posted by leener3boys.

### BBQed Chicken with Caramelized Onions and Brie

4ish Chicken breasts  
 1-2 onions, sliced thin (I use 2)  
 1 recipe SS'ed BBQ sauce (recipe on pg 277 of Fast & Easy book) - warmed.  
 Brie  
 salt/pepper

Caramelize onions over med heat in sauté pan with some olive oil (will take about 25 mins - don't rush. You need to cook these slow to get them lightly brown and sweet.) Grill chicken to taste with a little s/p. To serve top chicken with brie, caramelized onions, and bbq sauce. (You want the brie to melt a bit so heat if needed.) Then lick plate clean. We made this when I visited my SIL and in this girl's opinion is totally TDF! Posted by sparkles.

### Fried Chicken

I use salt, pepper, oregano and thyme and rosemary, I heat peanut oil til when I sprinkle a little oregano in the pan sizzles and then I brown one side, turn it over, reduce the heat, put a lid on the pan and cook till the chicken is just a little pink. Then I turn up the heat to brown and crisp that side, then turn and re-crisp the other side. My grandmother's method - she called it steam frying. I can tell you this, no one noticed the flour was left out! Posted by dakotasgm.

### Applebee's Tequila Lime Chicken

Marinade:	1 1/2t water
1c. water	2t minced tomato
1/3 c. teriyaki sauce (I used 1/3c. soy sauce, 1T vinegar and 3T fructose)	1 1/2t white vinegar
2T lime juice	1t minced canned jalapenos slices
2t minced garlic	1t minced dry onion
1t mesquite liquid smoke flavoring	1/4t dried parsley
1/2t salt	1/4t Tabasco sauce
1/4t ground ginger	1/8t salt
1/4t tequila	1/8t dried dill weed
4 chicken breast fillets	1/8t paprika
	1/8 cayenne pepper
	1/8t cumin
Mexi-Ranch Dressing:	1/8t chili powder
1/4c. mayo	dash garlic powder
1/4c. sour cream	dash black pepper
1 1/2t cream	1 c. shredded cheddar/monterey jack cheese blend.

Combine marinade ingredients in a zip lock bag. Add chicken & chill for 2-3 hours. Don't marinate for longer as the chicken may become tough. Prepare Mexi-Ranch dressing. Toss all in bowl & stir well. Cover & chill. Preheat oven to HI broil. You're suppose to cook the chicken on a grill or barbecue for 3 to 5 minutes per side, but since I don't have one yet, I just cooked mine using the broiler until done. Put cooked chicken in a baking dish. Spread Mexi-Ranch dressing over each piece of chicken (there might be more than you need, yum). Cover chicken with cheese blend. Broil for 2 to 3 mins, or until cheese has melted. We ate it with a nice side dish of veggies. I think this would be great on a salad with some salsa as dressing. Might have to make a double batch & try that later this week as my DH is begging for me to make this again. I found this on Top Secret Recipes, SSed it a bit for me & served it to my dad who was visiting. He doesn't do Mexican food but he liked this! Posted by Cmenow.

## Southwestern Lime Chicken with Ancho Chili Sauce

1/2 cup fresh lime juice	1 tablespoon minced garlic
6 tablespoons soy sauce (I always use low salt)	1 1/2 teaspoons chili powder
1/4 cup vegetable oil	1/2 teaspoon cayenne pepper
2 tablespoons Splenda	8 skinless boneless chicken breast halves
2 tablespoons chopped fresh oregano	8 slices Monterey Jack cheese (if you want extra spicy use pepper jack)
1 tablespoon chopped fresh rosemary or cilantro	Ancho Chili Sauce
depending on your tastes and mood	

Combine first 9 ingredients in medium bowl; whisk to blend. Place chicken in 13 x 9 x 2-inch glass baking dish. Pour marinade over. Cover and refrigerate overnight, turning occasionally. (FYI - don't over marinate when using citrus or the acids can start cooking the meat.) Prepare barbecue (medium-high heat). Remove chicken breasts from marinade. Grill chicken until just cooked through, turning occasionally, about 10 mins. Place 1 cheese slice atop each chicken breast half; cover barbecue and cook until cheese melts, about 2 mins. Transfer chicken breasts to plates. Serve with Ancho Chili Sauce. Makes 8 servings. Note: To pan fry use a bit of the marinade in the pan to bump up the flavor.

### ANCHO CHILI SAUCE

3 dried ancho chilies, stemmed, seeded, torn into pieces (chipotle's sub well here too)	original recipe calls for 2 T brown sugar so tweak to your taste)
2 tablespoons fresh lime juice	1 tablespoon chopped fresh oregano
1/2 cup mayonnaise	1 teaspoon chopped fresh rosemary
1 1/2 teaspoons SomerSweet (or 2 T Splenda	1/2 teaspoon ground cumin

Place chilies in medium metal bowl. Pour enough boiling water over chilies to cover. Let stand until chilies are soft, about 30 minutes. Drain, reserving 1/2 cup soaking liquid. Puree chilies, 3 tablespoons soaking liquid and lime juice in blender until smooth. Transfer to small bowl. Whisk in mayonnaise, SomerSweet, oregano, rosemary and cumin. Season to taste with salt and pepper. (Can be prepared 3 days ahead. Cover and refrigerate. Bring to room temperature before using, adding water by tablespoonfuls and stirring if very thick.) Makes about 1 1/4 cups. Notes: The chicken marinade is great for making fajitas and the like. Leftover sauce works great on a salad the next day and the sauce is great on eggs in the morning, on fish, or drizzled over grilled vegetables. I have also mixed it with legal ranch dressing or sour cream to make a dressing. I've even boiled down the marinade for a dipping sauce (maybe even as a salad dressing?). Posted by sparkles.

### Hot Buffalo Chicken "Sandwiches"

4 pieces boneless, skinless chicken breast (6 ounces each)	1/2 cup cayenne pepper sauce (preferred brand Frank's Red Hot)
Salt and pepper	Blue Cheese Dressing:
1 teaspoon sweet paprika, 1/3 palm full	2 cups sour cream
1 teaspoon chili powder, 1/3 palm full	4 scallions, thinly sliced
A drizzle extra-virgin olive oil	1/2 pound blue cheese, crumbled
Sauce for chicken:	Small red onion, thinly sliced
2 Tablespoons butter	8 ribs celery, cut into sticks
	Bib or leaf lettuce leaves or pro/fat Buns

Heat a large nonstick skillet over medium high heat. Season chicken with salt, pepper, paprika & chili powder. Drizzle breast with a little extra virgin olive oil to coat. Pan grill chicken breasts 5 mins on each side. Heat a metal or oven safe glass bowl over low heat & melt butter in the bowl. Add hot sauce to the butter & combine. When the chicken breasts are done, remove from pan & add to the bowl & coat evenly with hot sauce mixture. Place on crisp lettuce leaves or pro/fat bun bottom. Combine sour cream, scallions & blue cheese & slather bun tops with blue cheese sour cream. Affix another lettuce leaf or top of pro/fat bun on sandwiches & serve with remaining sauce for dipping your veggies. Arrange Buffalo Chicken Sandwiches on dinner plates with red onion, & celery. This is a recipe from Food TV's Rachel Ray's 30 Minute Meals. The only change I made to the original recipe was no buns & no carrot sticks. We had this for supper tonight on lettuce leaves. It was awesome. Even hubby said it was worth making again (and he is hard to please when it comes to chicken). Posted by sapphire24.

### Chicken & Broccoli Alfredo

About 2 large zucchini  
 2 cups fresh or frozen broccoli florets  
 2 tablespoons butter  
 1 pound skinless, boneless chicken breasts or thighs, cubed  
 1/2 recipe Wendy May's Cream of Anything Soup, mushroom flavor (about 1 2/3 cups)  
 1/2 cup grated Parmesan cheese  
 1/4 teaspoon freshly ground pepper

Make your zucchini noodles by laying zucchini on its side & using a vegetable peeler, or julienne peeler, to make long, thin strips. I use them, skin & all. I even cut right through the seeds. Sauté in a little butter, & set aside. Cook broccoli & drain well. Set aside. In skillet over medium-high heat, melt butter. Add chicken & cook until browned, stirring often. Add soup, Parmesan cheese, pepper, & cooked veggies & heat through, stirring occasionally. 4 servings. My Notes: You can use fresh or canned Parmesan in this. Fresh broccoli is better. Also, I find I like it better if I blend the mushrooms really fine, or else leave them a bit chunky (in the soup), in between can create a grainy texture. This is my adaptation of an old Campbell's Soup recipe. Posted by iwillrejoice.

### Italian Spaghetti Squash Alfredo

1 - 3 lb spaghetti squash cooked, stranded and drained well.  
 1/4 lb cooked ham or chicken diced  
 1 cup frozen snow peas  
 1 cup heavy cream (I used Nestles Table Cream)  
 1/4 cup parmesan cheese (green can) divide out 3 TBS and save for later  
 salt and pepper to taste

In large skillet melt butter. Add ham or chicken and sauté 1 minute. Add the snow peas and cook another minute. Add pepper and cream and parmesan cheese. Cook stirring 2-3 minutes until cream thickens, add squash and toss to blend. At this point I taste to see if it needs salt. Serve up into your serving dish and sprinkle with 3 TBS parmesan cheese. Really easy and just serve with salad. My favorite is the chicken. Posted by LilLooLoo.

### A Little Quicker Chicken Alfredo

6 slices ham  
 6 boneless skinless chicken breasts, pounded flat  
 1 cup shredded mozzarella cheese, or mixed pizza cheese  
 3 slices bacon, cut in half  
 Fettucine Alfredo Sauce (recipe below, or use your favorite)

Put a slice of ham on each chicken breast and sprinkle each with the cheese. Roll the breasts and put them (not touching) into a baking pan. Place a half strip of bacon on each piece of chicken. Cook at 375F. for 40 minutes. Pour the Alfredo sauce over the chicken and return to the oven for another 20 minutes or until done. Makes 6. This is good! I like to use boneless chicken thighs to make this - I think they're juicier & more flavorful. Adapted from Sugarfree Quick & Easy.

Oh - here's an Alfredo Sauce, in case you need one.  
 Fettucine Alfredo Sauce

1/2 pound unsalted butter, melted  
 3/4 cup shredded fresh Parmesan cheese  
 1 cup heavy cream  
 1/4 teaspoon pepper

Heat in saucepan and serve immediately! Posted by iwillrejoice.

### Elaichi Murgh (Cardamom-Flavoured Chicken)

3 tablespoons sunflower oil	1 teaspoon cayenne
1 teaspoon ground cardamom	1 teaspoon turmeric
600 grams boneless chicken -- cubed	2 teaspoons tomato paste
salt -- to taste	2/3 cup full-fat sour cream

Heat the oil and lightly fry all but a pinch of the ground cardamom. Add the chicken and salt and stir until the meat is sealed on all sides. Tip in the spices and tomato paste and mix well. Pour in the sour cream and 2/3 cup water. Bring to a bubble and cook over a low heat until chicken is tender. Serve hot, sprinkled with the reserved cardamom with rice or rotis. Serving Size : 4. From "Stylish Indian in Minutes" by Monisha Bharadwaj. I made this for dinner last night and it was yummy. My hubby and 12 year old son loved it too. It originally called for yogurt, but I used sour cream instead. I also omitted the 2/3 cup water as I didn't think it needed it. Posted by Deb K.

### Spicy Soya Sauce Chicken

I had some boneless, skinless chicken thighs that I had to use up. I put them in a bowl, minced some garlic over it (use as much or as little as you like) added some crushed red pepper flakes (again as much or little) and then covered it all with naturally brewed soya sauce. I let it marinate in the fridge for a couple hours stirring every half hour or so. I then threaded them onto wooden skewers and cooked them on my indoor grill. They were quite good, and the bite of the pepper was very nice. I ate it with a green salad. So good! Just thought I would share something I tried. Posted by Little Sharon.

### Chicken/Veggie Stir Fry

4 TBSP. Olive oil  
 1/2 red bell pepper, sliced  
 1/2 onion, sliced  
 1 small yellow squash sliced,  
 1 12 oz. bag of snow peas/snap peas  
 2 dashes Kikkoman light soy sauce  
 2 dashes chinese five spice (ingredients included ginger. I found this in the international area of the supermarket)  
 1 pkg Chicken stir-fry strips.  
 1 cup sliced mushrooms (optional. I love them, my DH doesn't)

In an electric skillet (or large fry pan) heat olive oil on low heat, add veggies, and cook, covered until crisp-tender. Add the Chinese five spice and stir, and then add the soy sauce. Let simmer 2-3 minutes and then add chicken strips, stir occasionally until chicken strips are cooked. (About 8-10 minutes.) I checked the chicken for "doneness" by seeing if the strips could be cut with a spatula. Serve warm. (What this amount made us was enough for two good-size helpings. You may want to add more.) I'm not totally sure about the measurements as I made it up as I went along, it was very good. Posted by mrsmath.

### Another Chicken Enchilada Recipe

Chicken tenders (or boneless skinless breasts cut in strips)  
 1 jar or 2 cans Herdez Salsa Verde  
 1 heaping tablespoon Philadelphia cream cheese  
 2 heaping tablespoons sour cream  
 grated  
 pepper-jack cheese

Cook chicken in a little olive oil. Blend Salsa Verde, cream cheese and sour cream in blender. Put chicken in baking dish and pour blended sauce over all. Top with shredded pepper-jack cheese and bake at 350 until cheese melts. I have also made this with shredded chicken and mixing the sauce and chicken and covering with the pepper jack cheese. I tried someone's (sorry I can't remember who) smothered chicken recipe and it gave me the idea for this. Everyone that has tasted it had loved it and it is really easy. Posted by novalh.

### Green "Enchilada" Chicken Casserole

4 cups cubed cooked chicken or turkey  
 2 teaspoons Seasoning for Tacos  
 8 ounces cream cheese  
 1 tablespoon minced chives (optional)  
 7 ounce can Green Mexican Salsa (I use La Costeña brand)\*  
 4 ounce can chopped green chiles  
 6 ounces Monterey jack cheese, shredded  
 4 green onions, chopped

Grease an 11x7" baking pan. Put chicken in pan and toss with taco seasoning to coat. Soften cream cheese and whisk well with the chives and green sauce in a medium bowl. Stir in the chiles. Pour sauce evenly over chicken; top with cheese. Bake at 350° 25 minutes, until hot and bubbly. Remove from oven and immediately sprinkle with green onions. Makes 6-8 servings. I decided to turn my Green Enchilada Chicken into a casserole and it was a hit. My husband raved about it and said it was nice and spicy. \* If you can't find that brand, it contains tomatillos, jalapeños, onion, salt, coriander (cilantro) and garlic. There are 10 carbs per 7 ounce can. A word of warning: I found what looked like the same La Costeña Green Mexican Salsa in a 16 ounce bottle, but when I read the label, I found that it contains modified starch. The same thing in small cans does not have any starch. Pretty much any green salsa or green enchilada sauce will work for this recipe, but some enchilada sauces contain starch and sugar. Source: <http://users3.ev1.net/~fontlady/recipes.html>

Deb's notes: The author of this recipe is Linda Sue and I recommend looking at her site! Her recipes get RAVE reviews. Please know though that she follows Atkins, so not all of her recipes are legal for Somersizing. The only thing I did differently on this recipe was increased the cheese on top to 2 cups (you definitely don't "need" that much though) and I covered it with foil while it baked to keep the cheese on top from getting dried out. I used a shredded Cheddar blend that I buy at Costco. I made it with chicken. What I like to do is get a couple rotisserie chickens and remove all the meat while still warm (comes off a lot easier than letting the chicken cool). Then I freeze packs of this meat to use in recipes like this. This was delicious! Oh Mama Mia!! If you like chicken enchiladas, then you'll probably love this recipe. I made it tonight and it was SO good! We didn't miss the tortillas one bit. Posted by DebB.

### Mexican Chicken Dance

6 egg crepes  
 12 oz of shredded chicken breast  
 3t of Suzanne's Taco seasoning  
 1 1/2 cup of fried onions (like you do for Alan's eggs in onion nests)  
 1 finely chopped green pepper  
 1 finely chopped red pepper  
 1 cup of freshly graded extra sharp cheddar cheese  
 1 cup of freshly graded Monterey Jack cheese  
 1 1/2 cups of cream boiled to half (or use sour cream)  
 1 small jar of PACE legal salsa

Mix taco seasoning and chicken together, then in a large skillet and sauté chicken, onions and peppers in a little olive oil until peppers are tender, be careful not to burn it and set aside. Lightly spray a baking pan (I use a 9x13) with cooking spray. Starting on one end of the pan, take one of your egg crepes and spoon 1/6th of your chicken mixture down the middle of the crepe, top with the two different cheeses. Fold it over and roll it so the seam is on the bottom of the pan. Do likewise with the rest of your crepes until the bottom of your dish is end to end. Mix the reduced cream and small jar of salsa together and pour this mixture over your egg "enchiladas". Bake in a preheated oven at 350 degrees until heated through. Top with extra cheese and serve with sour cream. I also serve raw veggies with lemon and lime squeezed over the veggies as my side dish. My family goes nuts on this! Try these for a chicken dish with POW! You can make it as spicy or not as your palate desires. Posted by finallyfoundit

## Chicken Fajita Casserole

4 boneless chicken breast	1 cup cream
Tex-mex seasoning (from Fast & Easy)	1 cup drained salsa
3 Bell Peppers-julienned	4 slices of Cheddar cheese
1 onion-sliced	Sour Cream to garnish
butter	

Fry peppers & onion in butter till still a little crisp tender. Put in the bottom of a glass pie plate. Then season chicken breast with the tex-mex seasoning (can also use Suzanne's southwest salt rub) & fry in butter, using same pan you fried your veggies. Once chicken is browned on both sides, place on top of the veggies in single layer. Then put cream & drained salsa in the pan & cook, while stirring till very thick. Pour this mixture over the chicken, top each chicken breast with a layer of cheese & bake for 20 to 30 mins at 350 F till cheese is melted & a nice golden brown. Serve with a dollop of sour cream. This is very similar to Suzanne's Creamy Tex-Mex Pork chops, but I had a chicken dish at TGIF's of chicken breast over veggies & decided to create a similar dish. This is one of my favorite meals, your meat & veggies in one. Great if you're craving Mexican. Posted by jimmac86.

## Taco Bell Chicken Fajita Seasoning Mix

2 t chili powder  
 1 t salt  
 1 t paprika  
 1 t sugar (use equivalent)  
 3/4 t crushed chicken bullion cube  
 1/2 t onion powder  
 1/4 t garlic powder  
 1/4 t cayenne pepper  
 1/4 t cumin

Combine all of the ingredients in a small bowl. Prepare fajitas using the following ingredients:

4 boneless, skinless chicken breasts (1 to 1 1/4 pounds) cut into thin strips  
 2 T oil  
 1/3 cup water  
 1 green bell pepper, cut into strips  
 1 medium onion, sliced

Cook and stir chicken in hot oil in a large nonstick skillet 5 mins on medium-high heat. Add seasoning mix, water, pepper and onion; cook & stir on medium heat 5 mins or until chicken is cooked through and the veggies are tender. Posted by DebB.

## Fajitas

2 whole chicken breasts  
 2 limes (I use 2T either lime or lemon juice)  
 1/2t minced garlic, fresh  
 1T chili powder  
 1T light corn syrup (use 1T splenda, or other equiv.)  
 1t oregano leaves  
 1/4t crushed red pepper (I omit, my preference)  
 1/2t salt  
 a little oil  
 sliced green peppers and onions

Fry onions & peppers in a little bit of oil; set aside. Flatten & slice chicken in strips. Mix juice of limes through salt. Mix in chicken; either refrigerate for a while or stir fry in a pan. Serve on pitas or flour tortillas, with lettuce, tomatoes, etc. This is a recipe for chicken fajitas I adapted & find very quick & easy. Instead of putting it in a tortilla, I melt cheese on top, place on my plate, then pile on the cooked green peppers & onions, lettuce, tomatoes, legal salsa & sour cream! That way I get in my veggies too. Posted by marie172.

### Turkey/Chicken Fajita Wraps

3 tablespoons canola oil	1/2 teaspoon kosher salt
1 small red onion, thinly sliced	1/4 teaspoon freshly ground black pepper
1 red bell pepper, cored, seeded, and thinly sliced	2 dashes cayenne pepper
1 green bell pepper, cored, seeded, and thinly sliced	6 large red leaf lettuce leaves
1 clove garlic, minced	2 tablespoons finely chopped cilantro leaves
1 pound skinless, boneless turkey breast, cut into thin strips	4 ounces shredded Colby Jack cheese, Monterey Jack, or Cheddar
1/2 tablespoon ground cumin	1/4 cup sour cream
1/2 tablespoon chili powder	Equipment: toothpicks

Heat the oil in large skillet over high heat. Add the onion, peppers, and garlic and cook, stirring, until slightly softened. Add the turkey, cumin, chili powder, salt, pepper, and cayenne and cook, stirring, until cooked through, about 5 minutes. Spoon a couple tablespoons of the turkey mixture on the inside of a lettuce leaf, top with a tablespoon of cheese and a dollop of sour cream, and roll up like a burrito. Close with toothpicks. Repeat to make 6 wraps total. Serve with salsa picante and guacamole (\* this is a level 2 item), if desired. This is from "Low Carb and Lovin' It" (George Stella) on Food Network Deb's notes: I didn't have fresh turkey, so I used some Louis Rich grilled Chicken strips from Costco (these contain a trace amount of dextrose, but I use them often). I used 2 large peppers (yellow, red or orange - I don't care for green) and 1 large sweet onion. After these sautéed a while, I threw in the chicken strips and spices. I sautéed them until the peppers were done. I'll actually 'up' the spices next time. I rolled them up in the lettuce and we really loved these! So quick and easy to make also. I made these for our lunch today and are they good! Level 1 Pro/Fats & Veggies (\*Note\* I've copied it as written on the site, the guacamole would be a Level 2 addition, I simply omitted it). Posted by DebB.

### Tex-Mex Chicken Casserole

3 lbs. boneless chicken breasts  
 1/2 sweet onion  
 1 cup chicken broth  
 1 teasp. pepper  
 2 teasp. garlic salt  
 2 teasp. Adobo seasoning  
 1 14 oz can diced tomatoes w/green chiles  
 2 c. shredded cheddar cheese  
 4 oz cream cheese  
 1 c. sour cream

Simmer chicken breasts in chicken broth, onion and seasonings. Cook until tender and no longer pink. Remove chicken and let cool for 5 minutes. Strain broth mixture. Cut chicken into bite size pieces, return to pan with strained onions and tomatoes. Mix well. Spray an 9x13 pan with cooking spray and put chicken into pan. Cover with a layer of cheddar cheese. Dot cream cheese on top and then add a layer of sour cream. Bake in 350 degree oven covered for 15-20 minutes. Uncover, spread remaining cheddar cheese and cook for 5 minutes longer or until cheese melts. Serve with a salad or favorite veggies. This is absolutely fabulous. It is already test proven. My husband told me to make it again SOON and to double the recipe because it is even better the next day! Posted by kidsmom. Note from Pippa: I found this on cyber-kitchen:

#### Adobo Seasoning

4 cloves garlic  
 1 teaspoon dried oregano  
 1 teaspoon peppercorns  
 1/2 teaspoon paprika  
 1 teaspoon salt

Grind all the ingredients together in a mortar and pestle to make a paste.

## Salsa Chicken

4 to 6 chicken breast  
 1 large jar of salsa (we get the big jar at Sam's Wholesale)  
 4 to 6 slices of colby jack sliced cheese  
 4 to 6 slices of pepper jack cheese

Score the chicken kinda deep and rub garlic and red pepper flakes into the chicken. Then sprinkle some cajun seasonings all over. We like it spicy so use your judgement on the spices. Note: salsa will get hotter as it is cooked so you may want to try MED. Once your chicken is spiced place in 9x13 dish and pour salsa over the chicken till it is almost covered. Cover with foil and bake at 350 for about 30 to 40 mins till done. When chicken is done take out and cover with 1 slice colby jack and pepper jack cheese per chicken breast and return to the oven till cheese is melted. We serve this with any veggie and it's great. The next day if any is left I warm up the chicken and put on a salad and top with extra salsa and a little sour cream GREAT!! This recipe is from my husband, he made it first so I give him the credit lol. This is super easy. Posted by cctwins4.

## Salsa Chicken

4-6 Chicken Breasts - however many you want really  
 Salsa - any kind and hotness  
 Shredded Cheese - any kind - I use Medium Cheddar or Monterey Jack

Heat the oven to 350 degrees. Take either frozen or fresh chicken breasts and put them in a baking dish. Cover with Salsa. Sprinkle cheese over top - as much as you want. Bake for 40-45 minutes until chicken is done. My husband loves this recipe so much that he requests it by name. And he doesn't do that much - especially when he knows I am watching what I eat because he is rail thin and loves fatty foods! Posted by NikiRowe.

## Chicken Montellero

1 egg, beaten	1/8 teaspoon white pepper
6 boneless, skinless chicken breasts	3/4 cup pork rinds, crushed
1-1/2 cup mozzarella cheese, shredded	1/4 cup Parmesan cheese
Seasoned Breeding:	Dill and Mozzarella Cream Sauce
1/8 teaspoon garlic powder	1/4 cup butter
1/8 teaspoon coriander seed	1 cup cream
1/4 teaspoon ground cumin	1 cup mozzarella, shredded
1/2 teaspoon dill weed	3/4 teaspoon dill weed
1/4 teaspoon chili powder	1/4 teaspoon chili powder
1/4 teaspoon paprika	1/8 teaspoon salt
1/8 teaspoon sage	1/4 teaspoon oregano
1/8 teaspoon rosemary	1/2 teaspoon ground black pepper
1 teaspoon dried oregano	1 teaspoon lemon juice

Preheat oven to 325F then prepare cream sauce. Melt butter in saucepan over medium heat on stovetop. Add cream & let heat for 2-3 mins. Add cheese, spices & lemon juice. Stir continuously until cheese has melted & has been fully incorporated into the cream. Bring to a steady boil over medium heat, stirring constantly to prevent cheese from burning onto bottom of saucepan & allow to simmer 15-20 mins, until reduced by half. Cream sauce should coat the back of a spoon & be fairly thick. Next, measure seasonings for breading & put in a large plastic bag. Add crushed pork rinds & Parmesan cheese to bag & mix thoroughly by shaking bag vigorously for a few secs. Set aside. Beat egg in small bowl & dip chicken breasts, one at a time, in egg. Place chicken breasts, one at a time, in plastic bag with breading & shake until coated all over. Place in shallow glass baking dish or roasting pan & bake in oven 20 mins. Take chicken out of oven & spoon half of cream sauce over it. Sprinkle with half of mozzarella then put back in oven & bake additional 20 mins. Take chicken back out of oven, & turn breasts over, spooning remaining half of cream sauce over them & sprinkling remaining mozzarella over them. Return to oven for 15 mins, until cheese has melted & is bubbly. Allow to cool 5 mins & serve. This recipe was originally posted by Peter Neuman, & it's become one of my favourites, SSing or not! Posted by artgirl67.

### Grid's Chicken a la King

4 boneless chicken breasts  
 3 cups chicken stock  
 3/4 cup chopped mushroom  
 1/2 a small yellow onion, rough chopped  
 2 tbs pimentos  
 1 teas dry cilantro  
 cauliflower made into faux rice (steamed then chopped into rice sized pieces)

Begin by sautéing mushrooms and onions in one pan, add stock to sauce pan and bring to simmer, add chicken and cook in the stock. When mushrooms and onions are done, add pimentos and warm thru. When the chicken breasts are done, remove from stock. Add Thick N Thin Not starch to pan with mushrooms, allow to cook 30 seconds to 1 minute, then begin adding stock to that pan, stirring gently. Allow to simmer, while you cut up the chicken breasts into bite sized pieces. Add to mushroom pan. Add cilantro and remove from heat. Serve over faux rice. Posted by gridmama.

### Chicken in Lemon Sauce

4 Chicken breasts  
 1/4 c butter  
 2 T white wine vinegar  
 1 t lemon juice  
 1/4 t salt  
 Dash pepper  
 1 cup cream  
 1/3 cup grated parmesan cheese  
 1 cup sliced mushrooms

In large frying pan, melt butter over medium heat. Add chicken and sauté till chicken is brown and fork tender. Remove chicken to broiler pan. Drain butter from frying pan and add the vinegar and lemon juice. Cook 1 minute and add salt and pepper. Pour in cream stirring constantly, and heat, but do not boil. Pour sauce over chicken, sprinkle with cheese and mushrooms. Set oven temp at Broil with rack 6 inches from heat. Broil till chicken is lightly browned. Can garnish with lemon wedges and parsley. I like even more lemon on this, so I just twist more lemon on it. Posted by cubbiegal.

### Lemon Greek Chicken

4 chicken breasts (I use boneless skinless)  
 1/2 cup lemon juice  
 3 tbs olive oil  
 2 tsp dried oregano  
 1/2 tsp thyme  
 1/4 tsp ground pepper  
 one whole onion sliced into rings  
 lemon slices for garnish (optional)

Marinate all ingredients together with the exception of lemon slices. You can do this for 1/2 hour or so. Put the chicken breasts under the broiler without the onions making sure you keep them basted with some of the marinade. When the chicken starts to brown, dump everything else on top and brown the onions. Garnish with lemon. This is better in the broiler believe it or not. You can grill them on the BBQ too, but they aren't as juicy. Lately I have been adding chunks of red pepper to this and browning them with the onions. Its one of my favourites!!! Posted by Pj Micki.

### Feta Chicken

4 Boneless, skinless chicken breasts  
3/4 c Feta cheese, crumbled

1 tsp Oregano, crushed  
Olive Oil

Make a pocket in each breast (cut a slice in the thickest part of the breast but not all the way through). Mix feta cheese and oregano together and stuff into each breast. Heat pan (before adding oil) over med low heat, add oil and when hot add chicken to pan. Raise heat to med and cook on each side 6-7 min until browned. Continue cooking until done and remove from pan. At this point if you want a sauce you can add some chicken stock, fresh lemon juice and it looked like 1-1 T of butter. Scrape the browned bits at bottom of pan, add stock, juice and butter and gently stir until sauce has thickened slightly. Pour over chicken. I saw this made on Martha Stewart's Everyday Cooking show and it really looked tasty and easy to make. Hope I got everything right. I'm going to make this as soon as I get some Feta cheese. Posted by carolannb.

### Mediterranean Garlic Chicken

Chicken breasts  
drizzle of olive oil  
1 package of Uncle Dan's Mediterranean Garlic dressing

So simple, drizzle olive oil over chicken, sprinkle the package over the chicken and on the under side. Bake at 350 till done. My DH really liked this and the dressing is legal. I used 5 chicken breasts. I got the packet at Winco. I didn't heavily coat it, just used my fingers to sprinkle it over the chicken. This is a recipe I made out of desperation for a quick dinner. Posted by JCNmyheart.

### Chicken and "Rice"

Broccoli or cauliflower  
4 chicken breasts - I use thighs they are moister - use 2 thighs for each breast you substitute  
1 1/2 TB chicken bouillon-dissolved in 1 C water  
salt, pepper, onion and garlic powder to taste  
olive oil  
1/4C teriyaki sauce  
2 TB Worcestershire sauce  
10 oz \*cream of whatever soup or 1 can cream of chicken soup  
8 oz sour cream  
1 lb bacon  
sweet peppers - red, yellow, orange

Sear chicken in olive oil in a HOT pan till browned on outside - season to taste with salt, pepper and onion and garlic powders. In a 9x13 layer whatever veggie you chose. Wrap each piece of chicken in bacon using more than 1 slice if needed. Layer on top of veggies. Mix together water with bouillon, sour cream sauces, & soup. Pour over top of chicken. Slice peppers to garnish top. Cover and bake at 350 for 50 min. Have with a big spinach salad and whalah! \*The can of soup I do not think is legal so you can make your cream soup and use that. You can make this with mock rice of broccoli or cauliflower as a bed. Posted by momof7.

### Cream Cheese Chicken Breasts

Skinless, Boneless Chicken Breasts  
Cream Cheese

Chives (fresh or Dried)  
Parmesan Cheese

Cut through the meaty part of the chicken breast, but not all the way through, to make two flaps. Open. Spread Cream Cheese inside of one flap (about 1/4 inch thick). Sprinkle chives liberally on top. Close the other flap over. Roll in parmesan cheese, (can be rolled in egg, then parmesan) place on a cookie sheet lined with foil, and add extra parmesan on top. (more is better)! Bake at 350 for about 35 minutes. I've served this for lots of company and it always gets raves. I've been making these for years and just realized they are completely SS'd. Very easy, and can be made ahead ready to pop in the oven when having company. Posted by CathyN.

## Spinach and Ricotta-Stuffed Chicken Breasts with Lemony White Wine Sauce

Stuffing:	1/2 cup dry white wine
1 cup cooked, chopped, and drained fresh spinach (I've even used canned for speed/ease and it was still yummy.)	1/2 cup homemade/legal chicken stock
1/2 cup ricotta	1 tablespoon Dijon mustard
1/2 cup Gorgonzola	1 lemon, juiced
4 slices cooked bacon, crumbled (I make extra @ breakfast)	salt and pepper
salt and pepper	Chopped parsley leaves (optional)
1 large egg	Chicken:
	2 (8-ounce) boneless, skinless chicken breast halves (I always have these in freezer)
Sauce:	salt and pepper
	2 tablespoons oil

**Make Stuffing:** In a bowl, combine the spinach, ricotta, Gorgonzola, & bacon - mix well. Season with salt & pepper. Add the egg, mix well, & set aside. **Make the Sauce:** Combine the wine & stock in a non-reactive saucepan. Bring to a boil & reduce to a sauce-like consistency. Whisk in the mustard, lemon juice, & season with salt & pepper, to taste. Set aside. **Make the Chicken:** Place each chicken breast between 2 doubled-up sheets of plastic wrap, & pound to an even 1/4-inch thickness with a meat-pounder or rolling pin. Divide the stuffing between the breasts, mounding it along the center of each. Fold the bottom edge of each breast over the stuffing, fold in the sides, & roll forward until completely wrapped, to form a tight rolled package. Secure each flap with a toothpick. Season the chicken all over with salt & pepper, to taste. Heat the oil in a large skillet over medium heat. Add the chicken & cook, turning occasionally, until browned, about 2 mins per side. Cover the skillet, turn the heat down to low, & cook until just cooked through, about 5 minutes more. Transfer the chicken to a cutting board & let rest for 5 mins. Meanwhile, pour the sauce into the skillet over high heat & cook, stirring & scraping the bottom with a wooden spoon. Slice the chicken into medallions, divide among plates, & spoon some of the sauce over each. Garnish with parsley & serve immediately. This is easier than it sounds & was sooo good it's going in my keeper file so I thought I'd share :-). Most of these items I keep on hand except maybe the cheese so it's a quick cook that when you cut into pretty spiral slices make for either a special meal or great weeknight dinner. Prep Time: 30 mins. Cook Time: 10 mins. Yield: 2 servings. Posted by sparkles.

## Cheese and Ham Stuffed Chicken Breasts

6 to 8 boneless chicken breasts	1 clove garlic, minced
1/4 cup olive oil	8 oz. thin slices of Smithfield ham or Prosciutto
Salt and pepper	8 oz. Monterrey Jack Cheese, sliced into 15 to 20 slices.
8 oz. goat cheese	
1 Tbsp. marjoram	

Slice each chicken breast in half diagonally, nearly all the way through, and open to form two even halves. It is easier to cut the chicken if it is partially frozen. Place the breasts in a shallow baking dish and cover with olive oil. Add salt and pepper to taste and allow marinating for 30 minutes. Meanwhile, combine goat cheese, marjoram and garlic and mix well to make a paste. It is easier to do this if the goat cheese is at room temperature. Pour some of the olive oil from the baking dish into a frying pan and heat to medium/high. Preheat the oven to 375 degrees. Working in the baking dish, take each breast and spread one half with the goat cheese. Top with a slice of ham and cover with slices of Monterrey Jack cheese. Fold the other half over and repeat with the other breasts. Gently transfer the breasts, two or three at a time, into the hot frying pan. Fry the breasts on one side until lightly browned and then carefully flip with a spatula to brown the other side. Once the breasts are browned, return them to the baking dish. You can top the breasts with any extra slices of ham or the Monterrey Jack cheese. Once all the breasts have been browned and returned to the baking dish, place the dish in the preheated oven and cook for 15 to 20 minutes until the chicken is cooked through. I received an email from Arcamax.com. This was one of the recipes and it sounds good. Posted by matantej.

### Chicken Cordon Bleu

Everyone probably has their own version, but we take a chicken breast, pound it thin, lay a slice of ham and slice of mozzarella or swiss, and roll it up and secure with a toothpick. We place them in a 9 x 13 and pour cream of chicken soup with a little milk over it (not legal for SSing), or some folks make a cream sauce or none at all. Whatever you prefer, yum! Posted by Luv2shop.

### Chicken Cordon Bleu

I have a very different but good recipe that I came up with. This is one of our favorites. I use boneless breast or boneless thighs. To start I take the chicken and cut it in half long ways. Don't cut it all the way through as this is what you stuff. Basically your making a pouch in the middle of each piece. I then egg the chicken and bread it with parmesan cheese and fry it in butter and a little olive oil. Brown it on both sides. Remove from pan and stuff the pocket with a slice of ham and a slice of swiss cheese. I then put the chicken in a pre-heated 350 oven for 20 min. This finishes the cooking and seals in the moisture as well as melts the cheese. This is an all time great. Posted by sweetthing.

### Chicken Improvisio

2 skinless, boneless chicken breasts  
 1/2 c or so sliced mushrooms  
 2-3 TBLS butter  
 2-3 TBS (I am guessing) lemon juice  
 1 Tbls capers  
 Sliced mozzarella or cheese of your choice

I took 2 skinless, boneless chicken breasts and blackened them in a bit (less than a tablespoon) of butter. I sear each side pretty well and then placed the lid on the pan for a bit to make sure they got cooked all the way. Then I tossed in some sliced mushrooms and a bit more butter and some lemon juice. Cover and cook till it is all done and the mushrooms are soft. Place sliced mozzarella (or cheese of your choice) on top of each chicken breast and toss in a tablespoon of capers. Cover and simmer till the cheese is melted and all is hot and bubbly. Serve. I threw this together and it came out pretty well. Add more or less of anything to your taste. This is a good basic recipe and I think a lot of the ingredients could be modified, maybe a splash of wine, or some chives, or red pepper strips. Posted by bunnacula.

### Chicken Kebabs

For the Marinade:  
 1 large sprig of tarragon  
 1 red chilli, deseeded  
 2 to 4 garlic cloves, peeled  
 Salt and freshly ground black pepper  
 1 tsp smoked paprika (spanish is the best)  
 1 dessertspoon tomato puree  
 2 tbsp balsamic vinegar  
 6 tbsp olive oil

Put all the marinade ingredients into a small food processor bowl and whizz until chopped and amalgamated. Put the chicken into a bowl and pour over marinade, mix well, cover and refrigerate until needed. Leave to marinate for at least one hour. (I do this in the morning ready for the evening meal.) When ready to cook, thread the chicken onto skewers and grill, bake or bbq (I bake oven temp 180oC) until the chicken is cooked through. Serve with a large mixed salad or courgette noodles, or for level two Pine Nut brown rice. My family loves them. This will feed between 4 and 6. You will need between 4 or 8 chicken breasts (depends on the size and how many kebabs you wish to make), cut these into cubes. Posted by honeymonster.

## Chicken Prosciutto Brochettes

2 Chicken Breasts  
 4 large slices of Prosciutto (more if small--I always get extra anyway because we love prosciutto)  
 Bunch of Basil  
 Olive Oil  
 Pepper

Mushrooms (I use Cremini)  
 Zucchini  
 Cherry tomatoes  
 Special equipment: Skewers if using bamboo ones, soak them in water for a couple of hours.

In a food processor make a basil paste with basil leaves, pepper, olive oil. Start with 1/4 cup olive oil -- add more slowly if you need more. You want this fairly thick or the next step gets very messy. Set aside. Prepare vegetables. I use mushrooms & cherry tomatoes whole. Cut zucchini into grill sized chunks. Cut chicken breasts in half & pound flat (1/4 inch thickness). On a board, lay down a slice of prosciutto. Place a flattened chicken breast half on top, cut side up. Brush with basil paste. On long side, roll up prosciutto & chicken. Cut into 4 pieces. Make skewers: zucchini chunk, chicken/prosciutto chunk, mushroom, chicken/prosciutto chunk, tomato. Repeat until all chicken is used up. I usually make some extra vegetable skewers to go with this. Put extra basil in a bowl. Now grill on BBQ about 5 mins a side--you can brush a little extra basil sauce on the outside if you want or use it as a dipping sauce. You could also use a creamy ranch dressing for a dip if people want it too. (Level 1 Pro/Fat.) This is one of my favorite recipes for the summer (I also made it in the oven at Christmas for a party). Posted by Zafire.

## Garlic Parmesan Wings

These are so great! Just fry or bake some wings plain. Til they are ready to your liking--then melt a stick of butter & add garlic powder. Pour this over the wings & then sprinkle on grated parmesan! These are so good! Posted by Tammy1970.

## Stu's Hot Wings

We love hot wings and have them about every 2 weeks. We buy the big 10lb bag of frozen wings (1st and 2nd joint - no tips) at Costco and we make 5lb at a time.

### Stu's Hot Sauce

1/2 stick butter (4 tablespoons)  
 1 (12 oz) bottle of Frank's Original Red Hot Sauce  
 1/4 cup lemon juice  
 1/4 cup white vinegar  
 \* 1 tablespoon habanero sauce

\* This is important - We use only Yucatan Sunshine Habanero Pepper Sauce. You can buy some that are SO hot they'll about kill ya! You'll want to adjust the heat of the recipe with this sauce. Now, my husband puts in 4 tablespoons and we wouldn't want it any hotter. If you don't like hot, cut way back or don't add any at all (cry baby!).

Place all ingredients in a pan & heat until all the butter is melted. Mix well with a wire whisk. Heat it longer if it does not appear to be a uniform mixture - you want it to mix together well. The sauce will not stick very well if it is very hot, so don't get it too hot prior to dipping the wings. After the sauce has cooled somewhat it will stick very well. A quick dip in the sauce will work fine. Don't leave the wings soaking in the sauce or they'll get soggy. Baking the wings: We've tried deep frying the wings (mercy what a mess to do that!), but much prefer baking them. I line 2 cookie sheets with the Easy Release aluminum foil & divide the 5# of wings between the 2 sheets. You can make any amount of wings you like, as we dump the leftover hot sauce back into a container & store it in the fridge until next time. We bake the thawed wings for about 1 hour at 450° - or until they start to get crispy & 'dry' out. We like them on the drier side vs. baking them for a shorter period of time. We've even stuck them in completely frozen, just adjust your baking time. When the wings are done baking, we take a pair of tongs & simply dip each wing into the hot sauce, tap the tongs a big to get off the excess sauce & start piling them on a platter. The next time you make the wings, & get the sauce out of the fridge, there's no need to heat it up - just dip the wings into the cold sauce. That's it! We like to cut up celery sticks to have along with them. Hope you enjoy these as much as we do. Posted by DebB.

### Hot Wings Addiction

4 lbs. chicken wings  
 1 cup grated parmesan cheese (green can)  
 2 TBS. dried parsley  
 1 TBS dried oregano  
 2 tsps. paprika  
 1 tsp. salt or to taste  
 1/2 tsp. black pepper  
 1/2 tsp. cayenne pepper (more if you like hot)  
 1/2 cup butter

Preheat oven to 350 degrees. Cut the wings into 3 parts (discard the tips). Combine the Parmesan cheese and the parsley, oregano, paprika, cayenne pepper, salt and black pepper in a bowl. Line a shallow baking pan with foil. Melt the butter in shallow pan or bowl. Dip each drumstick in butter, roll in the cheese mixture and arrange in the foil-lined pan. Bake for 1 hour. Then pig out because you just can't stop at 3 or 4. Posted by LilLooLoo.

### Wussy Hot Wings

the bottled liquid fire  
 .25 lb of butter  
 2 tsp lemon juice  
 1 packet of artificial sweetener  
 a dash of garlic powder

OK, I admit it. I love spicy foods but really hot stuff I don't enjoy. I am not into pain. I can't take the time to taste something which is turning my tonsils to charcoal! So, I admit I am a wuss! My DD told me to try Frank's Hot Sauce. She said 'try it on wings, it's incredible' [This must come from her father's side of the family!] BUT, I did deep fry wings tonight and mixed up this really delicious dipping sauce. Sorry I can't be precise on the amount of hot sauce I used because I just kept adding it until it tasted hot enough for me. It was the best way I have ever eaten wings! Posted by Canadiansweetpea.

### Anchor Bar Buffalo Wings

Sauce  
 6 tablespoons Louisiana Hot Sauce  
 1/4 cup butter  
 1 tablespoon white vinegar  
 1/8 teaspoon celery seed  
 1/8 to 1/4 teaspoon cayenne pepper  
 1/8 teaspoon garlic salt  
 Dash of black pepper  
 1/4 teaspoon Worcestershire Sauce  
 1 to 2 teaspoons Tabasco sauce  
 Carrot and celery sticks  
 Blue cheese dressing

The Sauce: This makes enough for about 30 "wingettes." Mix all the ingredients in a small sauce pan over low heat until the margarine is completely melted. Stir occasionally. The Wings: Fry the wings in a deep fryer set at 375 degrees F using vegetable or peanut oil. Fry 15 wings at a time for 12 to 15 minutes. Drain the wings for a few minutes then put them in a bowl. After all the wings have been fried, pour the sauce over them, cover the bowl, and shake to completely coat the wings. They can be eaten now, or you can put them on a baking sheet and bake them for a few minutes to get an extra-crispy coating. Serve with celery sticks and Blue Cheese Dressing. Source: Ladies Home Journal - August 1991 - This is supposed to be the REAL Buffalo Wing recipe from the Anchor Bar in Buffalo. I haven't tried this yet, but I'm looking forward to doing so. The original recipe called for margarine, so I changed it to butter. Otherwise, it was already SS legal. Posted by Deb K.

### Crockpot Honey Chicken Wings

3 pounds chicken wings (16 wings)  
 salt and pepper to taste  
 2 cups sugar free honey  
 1 cup soy sauce  
 1/2 cup sugar free ketchup  
 1/4 cup oil  
 2 cloves garlic, minced

Rinse chicken and pat dry. Cut off and discard wing tips. Cut each wing at joint to make two sections. Sprinkle wing parts with salt and pepper. Place wing parts on broiler pan. Broil 5-4 inches from heat 20 minutes, 10 minutes per side till chicken is brown. Transfer chicken to crockpot. For Sauce combine honey, soy sauce, ketchup, oil and garlic in bowl. Pour over chicken wings. Cover and cook on low 4-5 hours or on high 2-2 1/2 hours. Looking for an easy, fingerlicking good Super Bowl Party takealong? This is it! Posted by wired\_foxterror.

### Chicken Salad Bake

1 cup sliced celery  
 1/2 c chopped onion  
 3 tb butter  
 1 1/2 c mayonnaise  
 1 1/2 c heavy cream  
 2 tb lemon juice  
 salt and pepper to taste  
 5 chicken breasts, cooked and chopped  
 2 cans water chestnuts, opt.  
 2 cups cheddar cheese, shredded

Sauté the celery and onion in the butter. Pour into large mixing bowl. Add remaining ingredients, mix well, pour into 9x13 inch casserole. Bake at 350 degrees for 45 minutes. Posted by PHoffer.

### Grilled Balsamic Chicken & Tomato Salad

3 tbsp balsamic vinegar  
 1/4 cup olive oil  
 1 tsp dried basil or oregano leaves  
 1/2 tsp salt  
 2 skinless, boneless chicken breasts  
 1 pint cherry tomatoes, pref a mix of colors  
 1/2 lb green beans, about 4 cups  
 4 cups arugula or baby spinach  
 1/3 cup crumbled feta or goat cheese

Lightly oil grill and preheat bbq to medium. Partially fill a large frying pan with water and set over high heat to bring to a boil. In a small bowl, whisk balsamic vinegar with oil, basil and salt. place chicken on a plate. Drizzle 2 tbsp of balsamic dressing over chicken and turn to evenly coat. Slice tomatoes in half and place in a large bowl. Taste tomatoes; if they are not particularly sweet, sprinkle with a little sweetener of choice and stir to mix. Add balsamic vinegar mixture and stir to coat. Trim ends from green beans and add to boiling water. Boil until tender-crisp, 2 to 3 minutes. Drain, then immediately rinse with cold running water or place in a bowl of cold water to quickly cool. Drain again and add to tomatoes. Place chicken on grill. Bbq with lid closed until chicken feels spriggy when pressed, 12 to 14 minutes, turning halfway through. Slice hot chicken into strips and add to tomatoes with arugula and feta. Toss to evenly mix. I found this recipe in the August 2005 Chatelaine Magazine. I haven't tried it yet but it looks amazing. Will be trying this soon. Posted by Little Sharon.

## Chicken Taco Eggs

Heat non-stick pan on low. Slice one piece of leftover grilled chicken into strips & heat up in pan. Take them out of pan, once heated, & set aside. Add two eggs to pan, scrambling quickly. Put eggs on plate, top with chicken, salsa, sour cream & grated cheddar. Add a salad or sliced zucchini & you have a complete lunch. I just made this recipe up at the last minute for lunch. It was so good I had to share it. Makes 1 serving. Posted by gussieboo

## Light Spaghetti with Meat Sauce

Pam spray  
 1 cup chopped onion  
 4 cloves garlic, minced  
 2 cans (28 oz) Italian style plum tomatoes, undrained, coarsely chopped; (I used a can of regular peeled whole tomatoes)  
 1 can (6 oz) tomato paste  
 1 ½ tsp. Dried basil  
 1 tsp. Dried oregano  
 1 tsp. sugar (use sugar sub, I used splenda)  
 ½ tsp. salt (optional)  
 ¼ tsp. crushed red pepper flakes (optional) (didn't use much, too hot for me)  
 1 pkg. Jennie-O Turkey Store Extra Lean Ground Turkey Breast (or about 1 ½ lb. any ground turkey)  
 12 oz spaghetti, cooked and drained (I used spaghetti squash)  
 2 tsp. grated Parmesan or Romano cheese

Coat large saucepan Pam; heat over medium-high heat. Add onion; cook 5 minutes, stirring occasionally. Add garlic; cook 2 minutes. Add tomatoes, tomato paste, basil, oregano, splenda and, if desired, salt and pepper flakes; bring to a simmer. Simmer uncovered 25 to 35 minutes or until sauce is desired consistency. Meanwhile cook turkey in a large skillet just until no longer pink, breaking into chunks with wooden spoon. Stir turkey into sauce; heat through. Serve over spaghetti and sprinkle with cheese. Got this from the package of ground turkey. Making it tonight, sounds good. Posted by forbetterhealth.

## Quick Lunch

In a skillet add a splash of olive oil, heat at med. Add 1 zucchini sliced, one can of green beans (can use fresh), lunch meat, sliced. Cook until soft, take off heat and add cut tomato and fresh parmesan cheese (if desired) - scrumptious!!! This is a lunch I make on a regular basis that is quick and delicious. Posted by zookeeper.

## Potluck

Meat mixture:	1/4 tsp. salt or vege-sal
1/2 medium onion, chopped	1/8 tsp. pepper
1 clove garlic, crushed	Sauce:
1 lb. ground turkey	2 TBS. butter, softened
3/4 tsp ground cinnamon	1/2 tsp. salt or vege-sal
1/8 tsp ground nutmeg	1 & 1/2 cup heavy cream (I used Nestles Table Cream)
1 cup ricotta cheese	1/2 cup Parmesan cheese
1/4 cup chopped fresh parsley	2 cups cooked spaghetti squash

Preheat oven to 350 F. In a large skillet combine onions & garlic, place turkey on top & cook ground turkey & onions until cooked through, making sure to crumble the turkey. Drain off fat. Stir in cinnamon & nutmeg & cook for a minute or 2 more to blend flavors. In a separate bowl, combine ricotta cheese, parsley & salt & pepper. In yet another bowl combine butter, salt, cream & cheese to make sauce. Spray a casserole dish with nonstick cooking spray. In the dish layer half the spaghetti squash, then half turkey mixture, then half ricotta mixture, then half sauce. Repeat layers, ending with sauce. Bake about 20 to 25 mins until it's bubbly & hot clear through. Let it sit about 5 mins then serve. This is really good & a lot easier to put together than it looks. Posted by LilLooLoo.

## Cilantro Chicken Burgers

1 Pkg Ground Chicken  
 1 Egg White  
 2 Tbsp DebB's Taco Seasoning  
 1/2 Bunch Fresh Cilantro finely chopped

Combine all ingredients, and form into patties. Heat a non-stick skillet on medium high, and add a few tsp of canola oil, and fry patties until golden brown, and done. This takes about 7-10 minutes, and make sure you flip them often to ensure even browning. Serve with: sour cream, legal salsa, and if you are really ambitious, mock spanish rice! Posted by ncpharmgirl.

## Turkey Burgers

ground turkey, at least a pound  
 any legal teriyaki sauce, to taste [I would say at least 1/4 cup]  
 1 scallion finely sliced [I like just the green part, but you can do what you like]  
 Garlic powder or minced garlic to taste [at least 1/2 teaspoon]  
 Pepper to taste [at least 1//2 teaspoon]  
 Ground ginger [1/4 to 1/2 teaspoon depending on the amount of meat you have]

Mix together well & cook till done. Sorry for lack of measurements, but I tend to just dump until things "look right" or smell right ;-) Our family like lots of garlic so we dump it in. Also makes good meatballs & for those that are on level 2-good filling for fried wontons or dumplings. Normally honey makes these get really caramelized & dark, won't look quite the same but they are tasty-try them on an indoor grill. this is a favorite at my mom's house [I came up with the original recipe, which included honey; this is a somersized version]. Posted by JazzyMama.

## Turkey Burgers

Burgers:	Pinch cayenne pepper
2 1/2 pounds ground turkey	1 large egg, beaten
1 cup shredded sharp Cheddar	2 tablespoons vegetable oil
1/2 cup finely chopped red bell pepper	Garnish:
1/4 cup finely chopped red onion	10 tablespoons mayonnaise
1 tablespoon Quick and Easy Sugar-Free Ketchup, recipe follows	10 red leaf lettuce leaves
1 tablespoon chili powder	10 tomato slices
1 teaspoon salt	10 onion slices
1/4 teaspoon black pepper	10 pickle spears

Make the Burgers: Mix all the ingredients together with your hands, except the oil, in a bowl. Divide the meat mixture into 10 equal-sized patties. Heat the oil in a large skillet over medium-high heat. Working in batches, cook the burgers, turning once, until lightly browned and cooked through, about 7 minutes per side.(An instant-read thermometer inserted in the center of the thickest burger should read at least 165 degrees F.) Divide the burgers among plates--2 to a plate. Dollop each serving with mayonnaise and stack lettuce, tomato, onion, and pickle on top.

Quick and Easy Sugar-Free Ketchup:  
 8 ounces no-sugar-added tomato sauce  
 6 ounces no-sugar-added tomato paste  
 2 tablespoons white vinegar  
 1/4 cup sugar substitute (recommended: Splenda)

Mix all ingredients together in a small bowl. Refrigerate until ready to serve. Yield: 1 1/2 cups. We had these tonight and they are fantastic! Recipe is from Low Carb and Lovin' It (George Stella). Posted by Alyneem.

### Feta Turkey Burgers

1 lb. ground Turkey  
1 Tab. fresh oregano (I used 1 tsp dried)

1/4 tsp garlic powder  
1/2 cup crumbled feta cheese (I used seasoned)

Mix all ingredients and form into patties. Fry, grill or broil. These are so yummy we had them for dinner with raw vegetables. Would be good served on your favorite bread substitute. Posted by SayHey.

### Juicy Tex-Mex Turkey Burgers

a pound of ground turkey  
one medium (chopped smallish) green pepper  
1/4 cup parmesan cheese  
1/2 cup grated full-fat mozzarella cheese

good sprinkling of onion salt  
salt, pepper  
couple good shots of Tabasco sauce  
1/4 cup of heavy cream

Make into 4 big patties or six small ones, freeze in individual bags for easy lunches. To cook, cook on medium high heat without burning, on both sides till cooked all the way thru. I eat mine topped with SS BBQ sauce, with a romaine heart lettuce salad (with an easy dressing of whip cream, feta cheese and salt and pepper) and a nice lime Perrier. Pretty good! The best part is having 3 or 5 more in the freezer for another day. Posted by Erinn.

### Asian Turkey Burgers

1 3/4 pounds ground turkey  
1 1/2 tablespoons toasted sesame oil (see Note)  
6 garlic cloves, minced (I used 3 humungous ones)

1/4 cup soy sauce  
1 tablespoon peeled & minced fresh ginger  
1/4 cup finely chopped fresh cilantro leaves

Gently mix all ingredients in large mixing bowl, using your hands. Form into 4 patties, each 1 inch thick. Lightly oil grill or skillet over medium-high heat and cook burgers on both sides until done. Makes 4 servings. Note: Toasted sesame oil is available at many supermarkets and Asian grocery stores. Do not substitute light sesame oil. My notes: When I cooked this, I lowered the heat to medium after a while, to get it cooked all the way through without burning. Used an instant read thermometer to determine doneness. (190F.) I have to admit, this one surprised me. It was juicy & moist & flavorful. Really good! (I've not always been a fan of ground turkey - it always seems a bit bland to me. But this recipe has enough flavor to keep me interested!) Posted by iwillrejoice.

### Turkey Meatball with Roasted Red Pepper Sauce

1 Pkg of Ground Turkey  
3 Links of Turkey Sausage, hot or mild, with casings removed  
2 tbsp Garlic powder  
2 tbsp Onion Powder

2 tbsp Italian Seasoning  
1/2 cup FRESH grated romano and parmesan cheese (cut hunks of each and pulse in a food processor or blender)  
1 egg

Combine all of the above, and season with a little salt and pepper if desired, carefully mix all together, and shape into meatballs. In a large pot, pour about 1/4 cup olive oil until very hot, and brown meatballs and remove to a plate. Chop a few cloves of fresh garlic, and brown in the oil, and remove.

Sauce:

1 28 oz can of crushed tomatoes  
1 jar of roasted red bell peppers, that have been 1/2 drained, and pureed in a food processor till smooth.  
1 small onion chopped.  
more Italian seasonings to taste  
grated cheese

Place meatballs back into pot, (you may want to drain a little of the oil first), add onion & brown for a minute or two, put tomatoes, peppers & seasonings in, & stir to combine, reduce heat to low, & simmer till done. (About 20 to 30 mins.) Serve with spaghetti squash, or zucchini noodles or on their own with more cheese to garnish. Posted by ncpharmgirl.

### **Boneless Turkey Breast**

I just cooked a large turkey breast in my crock pot too and it was fabulous and super easy! Just fill the cavity with chopped onions and celery. Add a cup of chicken broth, season it with whatever you like, put a few tablespoons of butter inside cavity and around the turkey and voilà, in about 4-5 hrs you have the best turkey! I also added large mushrooms near the end! Posted by PennyLovesDarren.

### **Poached Turkey**

I tried poaching a turkey breast the other day & it worked out great. I put a thawed turkey breast in a large pot, filled it with water, added onions, garlic, peppercorns, celery and brought it to a very slow simmer & checked it in a couple of hours. Once my thermometer read 180, I took out the breast, removed the large portions of meat, returned the breast bone & partial rib cage with bits of meat still attached to the broth & cooked it down until 1/2 of the amount of liquid. I then strained & refrigerated the broth & defatted it the next day, added some of the cut up breast, along with fresh legal veggies & had a great turkey vegetable soup. The turkey was so moist & tender. I also used some to make turkey salad with mayo, sf sweet relish, onions & celery. What an easy way to make several dishes at once. Posted by beebee1.

### **Brining a Turkey**

Get a large, clean bucket. Brine for 12-18 hours. Have turkey completely thawed and cleaned out. My friend used ice cubes in her brining water and brined it in the garage - you want it to be below 40°.

2 gallons water

1 cup table salt -or- 2 cups Kosher salt >> completely dissolve salt in water

After brining, rinse well and pat dry inside and out. Roast at 325° breast side down. Use a V-rack or use a flat rack with bird propped up with aluminum foil balls. Add 1 cup water. Roast a 21+# bird for 3 hours breast side down, basting 2-3 times with melted butter. Carefully turn bird and continue to baste with drippings until bird is done. Thigh temperature should be 175-180°. This year I'm going to try doing a salt brine. It's supposed to be sooo juicy. This is the 'recipe' I'm going to try. I'll use the Kosher salt and instead of adding the 1 cup water when ready to cook, I'll use chicken broth. Posted by DebB.

## SEAFOOD

### Seasonings for fish

Salmon:

I fry the fish in butter & oil. When it's done, I take the fish out & add one chicken bullion cube & some water (maybe 1/2 a cup) until dissolved. I sprinkle the pan with mustard powder & a little dill, (I add more butter if needed). Cook until it's reduced & add fish back to pan to reheat. Served with the sauce spooned over the fish.

Most white flaky fish:

I cook the fish in butter and a little oil. Take the fish out of the pan when cooked. I add sliced green peppers, cherry tomatoes cut in half, dried chili peppers (cut into little pieces) and some sundried tomatoes and garlic (preferably fresh but dried is okay too) If I want a little "extra" spicy, I'll add a tiny bit of horseradish seasoning or red pepper flakes. Cook until the peppers are soft. Spoon over fish to serve. Posted by MaryAnnT.

### Seafood with Lemon Sauce

1 to 1-1/4 pound of a mixture of large shrimp and sea scallops, or all one or the other  
Salt/Pepper  
4 tsp Olive oil, divided  
1/3 C Mayo  
1-1/2 tsp grated lemon rind

2 T fresh squeezed lemon juice  
1/3 C chopped fresh chives or 2 T dried chives  
4 ounces LC spaghetti, cooked and drained, kept warm (delete this for Level 1 Somersizing - or use a legal substitute such as shredded zucchini)

Mix together mayo, rind, juice & chives, & set aside for flavors to blend. Dry scallops & shrimp well, & sprinkle with S/P. In non-stick skillet, heat 2 tsp olive oil over med-hi heat. Add scallops, & cook, 4-5 mins each side NOT MOVING THEM so they will form a beautiful brown crust. Remove to plate. Lower heat to med-low. Add rest of extra virgin olive oil & shrimp & sauté about 5 mins or until just cooked through. Add seafood & their juices to the lemon-mayo sauce & toss gently. Add pasta, if using, & toss gently. Serve warm or at room temp. If you don't want to use the pasta, just eat the seafood with the sauce. It's delectable! Try not drink the leftover sauce from the bowl! I made a 1/2 recipe, which was supposed to be about 2 servings, & I ate all of it!! Elle @ PP. Deb's notes: Now this recipe was good! The sauce is very lemon-y though (which we like but if you're not a big lemon fan, you may want to cut back on the amounts). I was out of chives, so I finely chopped green onion tops. For the lemon juice, I used the frozen Minute Maid lemon juice. It's in with the frozen juices & it's in a box. It's pure frozen lemon juice, no added sugar, etc. For the lemon zest, this is what I do because I always like to have it on hand. I zest lemons (we squeeze them for homemade lemonade) & I portion it onto a long sheet of plastic wrap in 1 teaspoon piles. Then I cut the wrap with a scissors & bundle them closed. Then I take all the little zestlet packages & Food Saver them into a bag. I also do this with orange zest, lime zest & fresh grated ginger. It works great. I made this tonight for our dinner & OH! was it good. If you like shrimp, scallops & lemon ~ then you'll like this. And it couldn't be easier! 1-2-3 & it was done. I found it on the Protein Power website. The recipe calls for pasta, but that would be a level 2 addition. Without the pasta, this is a level 1 pro/fat meal. I made it without the pasta. I served it with steamed broccoli - a perfect side dish to help mop up the lemon sauce! This says 3-4 servings. Well, I doubled everything & we barely got 3 servings - oink! BFoster suggested using the lemon juice to deglaze the pan. She said it would also take out some of the "tang" in the lemon juice. Posted by - DebB

### Witch's Brew

1 dozen or more hardshell crabs  
4 quarts water  
salt ( 1 tablespoon for each crab)  
2 heaping tablespoons of crab or shrimp boil  
the tops from one bunch of celery

1/2 teaspoon celery salt  
1 teaspoon black pepper  
2 tablespoons red hot or tabasco sauce  
1/2 cup white vinegar

Take a large pot that will hold the 4 pounds of crabs. Add about 4 quarts of water. Add salt, boil, celery tops, celery salt, black pepper & hot sauce. Bring mixture to a boil & stir for 5 mins. Add 1/2 cup of white vinegar after boiling has occurred. Wash crabs in fresh water & dump in boiling brew. Cover & boil on low heat for about 12 mins. Watch it does not boil or spill over! Serve on platter hot or cold. Out of this world! Posted by wired\_foxterror.

## Zucchini Noodles with Shrimp Sauce

Prepare your noodles and sauté 1-2 min in un-salted butter and garlic to your taste. **\*\*Do not add salt\*\***

### Shrimp Sauce:

1/2 lb small shrimp - salad size work best – can use cleaned frozen shrimp which have been thawed

1 Tbsp Olive oil

1 sm onion, finely chopped

1 Tbsp minced garlic

1 - 14.5 oz can crushed tomatoes with juice

1/8 t. pepper

dash of cayenne pepper

1 t. dried basil

1/4 c. fresh minced parsley

1/4 c. chopped black olives (optional for level 2)

grated parmesan to top

Clean shrimp. Heat oil in skillet, add onion, garlic and shrimp and sauté 5 min. Remove shrimp only. Add tomatoes with juice, peppers, and basil. Bring to a boil, reduce heat and cook 5 min, un-covered. Add shrimp and parsley. Serve over noodles, topped with parmesan and olives (for level 2).

Alternative recipe: Omit tomatoes and peppers. At the same stage add 1 stick butter, 1 cup cream, 1 cup shredded Parmesan (not canned). Do not bring to boil, but let simmer 5 min or so until cheese melts and alfredo is creamy consistency. Add shrimp and parsley. Serve over noodles, topped with olives. Leave off parmesan topping. Posted by Elcarim.

## Shrimp Masala

2 lbs medium shrimp

1 cup water

3 oz olive oil

1 lb onions chopped

2 tomatoes cut in chunks

1 dash paprika

1/4 tsp ground ginger

1/4 tsp ground turmeric

1/4 tsp ground coriander

1/4 tsp ground cumin

1/4 tsp ground cinnamon

2 whole cloves

salt & pepper to taste

2 oz cream

Boil shrimp in water just until pink then rinse under cold running water. Shell & devein & set aside. Heat oil in a large skillet and sauté onions until pale yellow. Add tomatoes & simmer 2-4 minutes, stirring often. Stir in all spices and cook 3-4 minutes, then stir in cream and cook until mixture begins to turn brown. Add shrimp and cook, stirring often, 3-4 minutes longer. Remove cloves and serve. (I usually serve over vegetables - this is a northern Indian Hindu recipe and is usually served over rice.) Posted by wired\_foxterror.

## Grilled Baja Shrimp

1 lb large prawns (cleaned & deveined)

1 Tblsp. soy sauce

1 Tblsp. olive oil

1 Tblsp. lemon juice

1 Tblsp. Finely chopped cilantro

½ tsp chili powder

½ tsp cumin

Toss the shrimp and all the flavors into a bowl and let marinate 15 minutes. Thread shrimp onto wooden skewers, and grill till opaque. Easy & delicious. (Not a grill night?? You can also sauté this easily in a non stick skillet, sans skewers of course!) Posted by Kisa 1.

### Barbequed Shrimp

1 pound jumbo shrimp peeled with the tails on  
 1/4 pound butter cut into bits  
 1 tablespoon lemon juice  
 1 tablespoon worcestershire sauce  
 1 tablespoon freshly ground pepper  
 1/2 teaspoon salt  
 Tabasco sauce to taste

Place the shrimp in a single layer in a 9 x 13 baking dish. Dot with the butter. Combine the rest of the ingredients and pour over the shrimp. Bake in 350 oven for 20 minutes, stirring occasionally. Remove the shrimp to a soup tureen or to individual bowls. Pour the juices from the pan over the shrimp and serve immediately. Posted by wired\_foxterror.

### Killer Shrimp

1/4 c Butter  
 1 1/2 tb Olive oil  
 1 tb SS ketchup  
 2 tb Worcestershire sauce  
 2 ts Lemon juice  
 1/2 Lemon, thinly sliced (with skin) I used a Meyer lemon  
 6 To 8 cloves garlic, crushed  
 1 ts Chopped fresh parsley  
 1 tb Red pepper flakes  
 1 ts Oregano  
 1 tb Tabasco (or any good red pepper sauce)  
 1 lb Jumbo shrimp

Combine all ingredients except shrimp and simmer briefly; cool. Wash, peel, and devein shrimp; dry and marinate 8 hours. Remove shrimp from marinade and bring marinade to the boil in a small pot over med-high heat. Boil for about 5 mins. Meanwhile, grill shrimp for a minute or 2 each side until done but not overcooked!!!! Serve in soup bowls with a good French or sourdough bread to mop up the juices. Serves: 2. I didn't make this recipe up, but I did change it very slightly to make it SS legal. I'm making it tonight with some of the wonderful pro/fat multipurpose bread to sop up the delicious sauce. I'm so excited to have that bread recipe as I hadn't made this for sooo long because the bread with sauce is the best part!! Posted by Deb K.

### Creamy Shrimp Stirfry

1 lb, large shrimp  
 1 red pepper, sliced  
 1 yellow pepper, sliced  
 1 small onion, sliced  
 1/2 cup cream  
 1 Tbsp. Thai red curry paste  
 1 Tbsp. soy sauce  
 1 Tbsp cooking oil  
 1 tsp. Coconut extract

Mix together the cream, soy sauce, coconut extract and curry paste. Stir fry the other ingredients until done, adding salt and pepper to taste. Add the cream mixture and boil until it thickens. That's it! Made this tonight, and it's pretty darn good. Posted by off4good.

### Shrimp and Broccoli with Cucumber Dressing

1 cucumber, cut non-seed parts lengthwise in thin sticks about 2 1/2 inches long  
 3 tablespoons rice wine  
 3 tablespoons rice vinegar  
 1/4 teaspoon cayenne pepper  
 Dash soy sauce  
 8 Shrimp  
 1 cup Broccoli  
 1/2 cup mushrooms, sliced

In a bowl, stir together rice wine, rice vinegar, cayenne pepper and a small dash of soy sauce. Add cucumbers and mix well. Marinate for one hour. In four small bowls, arrange two cooked shrimp, one or two broccoli florettes and mushrooms. Delicately and artfully arrange (or just toss) the cucumber mixture on top along with some of the liquid. Serve and enjoy! I love this! This reminds of a dish you would get at a Japanese restaurant. It's tasty, light, and colorful! Posted by Chelle14.

### Crab & Shrimp Delight

2 medium onions, finely chopped  
 1 bunch green onions, finely chopped  
 1 stick butter  
 1/2 bell pepper, finely chopped  
 4 stalks celery, finely chopped  
 2 tablespoons parsley flakes  
 3 cups shrimp, chopped (I don't chop them)  
 2 tablespoons garlic powder  
 2 bay leaves  
 2 3/4 cups (most of 1 recipe) Cream of Anything Soup - mushroom flavor (in the Soup forum)  
 12 ounces sliced American cheese (I think the kind that's NOT individually wrapped tastes better!)  
 3 cups crabmeat  
 1/2 tablespoon ThickenThin  
 Salt & white pepper to taste

Sauté onions & green onions in butter for 10 minutes. Add bell pepper, celery, & parsley, & simmer until tender (25 minutes or so). Add shrimp, garlic powder, & bay leaves. Cook on low fire for 5 minutes. Add mushroom soup. Bring to a boil. Stir in cheese. When cheese is melted, add crabmeat & bring to a boil once more. Season with salt & white pepper to taste. Add ThickenThin & stir in. Cook to a thick consistency. May be served in a chafing dish or coquille shells. (I serve it on a bed of Cauliflower Rice that has been sautéed in some butter or bacon grease.) This also makes a good hot dip for parties. 12 servings. This is my adaptation of a recipe that appeared as an entrant in a cooking contest in New Orleans in 1980. It didn't win the contest, but it's still pretty good! Posted by iwillrejoice.

### Crab Burgers

6 1/2 oz. can white crabmeat OR fresh lump crabmeat  
 1/4 cup celery, chopped finely  
 2 tablespoons onion, chopped finely  
 1/2 cup mayonnaise  
 1/2 cup shredded Cheddar cheese  
 4 Pro/Fat Buns

Mix together crab, celery, onion, mayonnaise and cheese. Put onto Pro/Fat Buns. Broil until hot and bubbly on top. Makes 4. My Notes: Pro/Fat buns burn easily, so try to spread mixture all the way to the edges, to avoid burning in the broiler. Made this the other day, & thought it was great! Quick & easy, the way I like 'em. I adapted this recipe from: <http://www.justshellfishrecipes.com/she-0076244.html>. Posted by iwillrejoice.

### Citrus Crab Cakes with Sweet and Bitter Salad

3 tablespoons extra-virgin olive oil  
 1/3 cup mayonnaise  
 2 oranges, zested and 1 orange reserved for juice  
 1/2 - 1 teaspoon ground chipotle chili powder (or 1/4-1/2 teaspoon cayenne pepper)  
 2 egg whites, beaten WELL with a fork  
 1 teaspoon fresh flat-leaf parsley, chopped  
 1 tablespoon Old Bay seasoning  
 1 small red bell pepper, cored, seeded and finely chopped  
 salt and fresh ground black pepper, to taste  
 1 pound lump crabmeat, picked over for shells and cartilage  
 1/2 cup Kraft in the green can grated Parmesan cheese (Kate's substitute for Panko)  
 2 heads Belgian endive, leaves pulled apart and chopped into large pieces  
 1 head radicchio, cored and thinly sliced (Kate substituted Romaine - doesn't care for radicchio)  
 1 head Bibb or Boston lettuce, torn into bite-size pieces  
 2 tablespoons red wine vinegar  
 1 tablespoon legal honey (or sweetener of choice)  
 1/2 tablespoon dry mustard or 1 tablespoon prepared Dijon mustard)

Preheat oven to 375F. Line a baking sheet with aluminum foil & brush with a little olive oil. In a bowl, combine mayonnaise, orange zest, chili powder, egg whites (make sure these are whipped until frothy!), parsley, Old Bay, bell pepper, salt & pepper. Mix. Add crabmeat & gently fold mixture together, trying not to break up the large pieces of crab. Add half of the seasoned crab mixture to food processor. Using pulse, zap it 4 or 5 times. You are not trying to make a paste, you are looking for a finer blend. Scrape crab from processor into the bowl with the crab mixture. Thoroughly combine pulsed crab with chunky crab, folding it together gently so as not to break of the chunky part. With your hand, score the crab mixture into 4 equal portions. Divide each portion into 2. Scoop the portion with an ice cream scoop & release onto baking sheet. Press to form each of your 8 portions into a 1-inch-thick cake. If you using the Panko bread crumbs, drizzle Panko with a little olive oil & sprinkle each cake with about 1 tablespoon of Panko. Kate's Note: I sprinkled each cake with a bit of Parmesan cheese & drizzled just the tiniest bit of oil over the top of each cake. Bake crab cakes on top rack of oven for 12 - 13 mins, or until cooked through. While crab cakes are cooking, prepare salad. In a large salad bowl, combine the different lettuces. To make dressing, in another bowl squeeze juice of one orange, add red wine vinegar, honey & mustard. Whisk in about 3 tablespoons of olive oil, pouring it in a slow, steady stream. Pour dressing over salad & toss to coat. Serve 2 crab cakes on top of a portion of salad. Excellent! They were crunchy on the outside, firm & moist on the inside with just a little \*kick\*! Serves 4. From Rachel Ray: 30-Minute GET REAL Meals, posted by MsTified (Kate).

### Scampi

4 Tbsp olive oil	4 Tbsp butter
4 garlic cloves halved	3 Tbsp chopped flat Italian parsley
12 jumbo shrimp, cut in small morsels	

In a skillet heat the oil & garlic. When garlic is light brown, add shrimp and sauté over medium heat 5 minutes. Discard oil & garlic and add butter. Continue to cook over medium heat, stirring occasionally, until butter is melted and hot. Serve garnished with sprinkled parsley. Posted by wired\_foxterror.

### Fish Scampi

3/4 cup (1-1/2 sticks) butter	2 teas. dried oregano
4 garlic cloves, minced	1/4 teas. salt
2 scallions, sliced	1/2 teas. black pepper
1 tables. chopped parsley	2 1/2 pounds cod fillets, cut in 2" pieces
1 tables. chopped fresh dill	

Preheat oven to 350\* In a large skillet melt the butter over low heat. Add the garlic, scallions, parsley, dill, oregano, salt and pepper, and saute for 2 min. Place fish in a 9X13" baking dish and pour the butter mixture evenly over the fish. Bake 15 min. or until the fish flakes easily with a fork. Posted by GARNET2002.

### Pernod-Buttered Lobster Tails

4 (8 ounce) rock lobster tails  
1/4 cup (1/2 stick) butter, melted

Pernod Butter:

1/2 cup (1 stick) butter  
1 teaspoon anise seeds  
3 tablespoons chopped fresh tarragon leaves (OR 1 tablespoon dried)

Prepare a hot fire. (direct heat). Meanwhile, cut the top membrane from the underside of the lobster tails & discard. Brush the cut side with the melted butter. Prepare the Pernod Butter: In a small saucepan over medium heat, melt the butter, then add the anise seeds & tarragon. Keep warm. When ready to grill, place the lobster tails on the grill cut side down & grill for 2-3 minutes. Turn the tails & grill until done, 7-9 minutes. The shell may char, but the meat should be an opaque white. (My tails curled, so I cooked them on their sides, 3 1/2 minutes & 4 minutes per side.) Serve with the Pernod Butter on the side for dipping. (I strained mine first.) Makes 4 servings. I just made this tonight, & it was so good that I thought I'd share. I didn't actually use the Pernod - I'm not sure it's legal & I didn't have any. So I subbed some anise seed to get the taste. It didn't taste licorice-y at all - it just sweetened the taste of the butter, & went great with the lobster. Adapted from Fish & Shellfish, Grilled & Smoked. Posted by iwillrejoice.

### Oysters

Where I live, fresh oysters are readily available and this is a fabulous way to cook them. Wrap oysters with bacon (thin sliced works best) and secure with toothpick. Grill (I use an outdoor gas grill, but you can probably do it in the oven as well) until the bacon is done. Also, it's good to wrap bacon around an oyster and a water chestnut slice. Broil in oven (or grill would work as well). Toss in melted butter with a splash of lemon juice. Both ways are yummy. Posted by StephRobin.

### Scallop Stew

1 tablespoon butter  
1 pound fresh bay scallops  
3 cups mix of 1 1/2 cup water and 1 1/2 cup cream  
salt & pepper  
fresh parsley or cilantro

In a large saucepan melt the butter and saute the scallops for about 5 minutes. Add the cream mixture to the scallops in the saucepan and simmer slowly for 10 minutes. Season with salt & pepper to taste. Serve garnished with fresh parsley or cilantro. This serves 4. Posted by wired\_foxterror.

### Whatever Fish Patties

1 can of whatever fish-tuna, crab, \*salmon-all without bones or other yucky stuff!  
2 eggs  
Green onions, chopped - to taste - be sure to use chive part also  
Whatever seasoning you like - onion powder, salt, pepper, fish/chicken seasonings  
Butter  
Lemons

Mix all ingredients except for butter and lemon. Melt some butter in a pan until it starts turning brown and very bubbly. Put mixture in pan, either in several patties or just one \*\*. Fry till golden and crisp then turn and fry the other side up. I enjoy mine very crispy so I am sure to put a good amount of butter and make sure the pan is very hot when I put my batter in. Melt some butter in micro. Add lemon and use to dip each bite in. \*Do not use fake crab if on a low-carb diet it has TONS of carbs. \*\*If you use tuna your batter turns out drier so you can make patties but the others turn out more moist so it is more like batter. I like it both ways. I love crab and salmon cakes so I tried this and it is pretty good. Posted by momof7.

### Paco's Fish Tacos in Lettuce Wraps

2 pounds grouper fish fillets  
 Cooking spray  
 Salt and pepper  
 1 lime  
 Hot sauce  
 Bib or green leaf lettuce leaves, for wrapping  
 1 jalapeno, seeded and chopped  
 1 cup cilantro leaves  
 3 sprigs fresh mint  
 3 tablespoons grainy mustard  
 2 tablespoons red wine vinegar  
 1/3 cup extra-virgin olive oil  
 1/2 red onion, finely chopped

Heat grill pan or nonstick skillet over high heat. Spray the pan with cooking spray. Place fish on grill, season with salt and pepper and cook 5 minutes on each side, until opaque. Arrange lettuce leaves on a platter. Place jalapeno in a food processor with cilantro, mint, mustard and vinegar. Turn processor on and stream in oil. Season sauce with salt and pepper. Take the fish off grill and place on a serving plate. Break the fish into chunks and squeeze lime juice over fish. Add a few dashes hot sauce to the fish. Pile fish in lettuce leaves and top with sauce and chopped red onions. Recipe by Rachel Ray on Food TV, posted by almostskinny.

### Broiled Haddock with Mozzarella Cheese

Place haddock on individual broiler plates. Mix together 1 stick butter, about 1 more or less tbsp. Lowrys, 1 tbsp. dill weed, shake paprika, 1 tsp. lemon pepper and squeeze some lemon (real) lemon juice in butter mixture. Mix together good and divide in half. Spread over haddock fillets and broil until almost done. Then place mozzarella cheese over top of haddock and broil until lightly brown on top. Serve with fresh lemon wedges and veggie of choice. EXCELLENT!! This is the best recipe, I figured it out from a popular restaurant in our area. This is for 2 fillets of haddock, just double for four pieces, etc. Posted by Ann1234.

### Low-Carb Almond-Crusted Cod with Stewed Peppers

2 6oz cod fillets	1 tblspn mint
salt	3 tblspn basil
pepper	1 tblspn cilantro
Ingredients for the almond crust:	1 tblspn extra virgin olive oil
½ cup blanched almonds	salt
½ cup sambal olek (Thai chili sauce)	pepper

Grind the almonds in the food processor. Add the sambal olek and the herbs and pulse. Spread over the cod in advance. Place the cod on a piece of aluminum foil and bake in a preheated 400 degree oven for approximately 10 minutes. Serve over stewed peppers. Courtesy of Queer Eye for the Straight Guy, as prepared in episode 130. Posted by artgirl67. NB: this would be Level 2 because of the almonds.

### Baked Fish

8 Pieces of fish ( I used cod or tillipia)  
 2 tsp lemon pepper seasoning  
 dash salt  
 3 T parmesan cheese (canned)  
 3 T mayo

Place fish in baking dish. Pat dry. Mix together all other ingredients. Spread over fish. Bake at 350 for 45 minutes or till done. This is very simple and yummy. I had forgotten about this recipe, I used it prior to SSing and here it's perfect for us. Posted by cubbiegal.

### Stuffed Redfish

4 redfish fillets about 5-6 oz each (can use grouper or snapper in place of redfish)  
 4 large shrimp, peeled & deveined  
 1/2 small onion chopped  
 2 bay leaves  
 1/4 tsp thyme  
 1/2 tomato thinly sliced  
 1/2 cup white wine  
 1 cup fish stock  
 1 cup butter  
 1 1/2 cups cream  
 juice of 1/4 lemon  
 cayenne pepper to taste  
 salt & pepper to taste

Place one shrimp on each fillet roll fillets around the shrimp. Place in a buttered 8" square baking dish. Add onions, bay leaves, thyme, salt & white pepper. Top each fillet with a slice of tomato. Pour white wine and fish stock into pan with fillets. Melt & drizzle 1/2 cup butter over fish. Cover pan with foil and bake 15-20 minutes in a 400 degree oven. Remove fish from pan and keep warm until serving. Drain fish drippings into a saute pan and reduce by 90%. Pour cream into another pan and heat until reduced by 40%. Heat 1/2 cup butter until very hot. Add reduced cream to fish drippings, then whip in hot butter. Add lemon juice and season to taste with cayenne, salt & pepper. Spoon sauce over stuffed fillets and serve immediately. Posted by wired\_foxterror.

### Really Yummy Salmon

1 salmon fillet, boneless and skinless  
 Dried dill, about 2-3 tablespoons  
 Salt and pepper to taste  
 4-6oz. cream cheese, softened (about 1/2 to 2/3 of a regular package)  
 Lemon juice

Preheat oven to 350F. With a fillet knife, or other very sharp knife, carefully remove the skin from the salmon fillet. Turning it "skin side" down, lightly sprinkle the salmon with salt and freshly ground black pepper. Then in a separate bowl, use a fork to blend the softened cream cheese with about 2 tablespoons dill. Spread this on the salmon fillet completely. Then start to roll up the fillet from the thicker side first. Arrange salmon roll in a greased pan with the "seam" of the roll down so that it won't come apart while cooking. You can try skewering it with a couple of toothpicks. Drizzle some lemon juice over top and some more dill. Place pan in the oven and cook for about 20-30 minutes - you'll have to keep an eye on when it looks done, since it's rolled up... the inside might take a little longer. Let it cool for about 5 minutes, then cut the roll in half and serve with veggies or whatever side you prefer. We had it with buttered asparagus. Not wanting to do the same old thing with salmon, I came up with this very easy idea. Hope you all love it - my husband and I sure did! Pro/Fats - Level One Serves 2 generously. Posted by artgirl67.

### Asian Style Salmon

An easy way to dress up salmon is to serve it with a simple sauce made from 1/3 cup mayo and 3T. of wasabi sauce and ginger (there are different brands but you find this in the Asian food area of your regular grocery store). If you bake the salmon you can give it more flavor by first adding soy sauce, green onions, garlic, and a small amount of water to the bottom of your baking dish then bake salmon skin side up in this mixture. After baking, stir in 2T. of this cooking liquid into the wasabi mayo sauce to thin it. All of these flavors work so well together. This is one of my fav ways to eat salmon. Posted by RBT.

### Feta-Cheese Salmon Roast

3 oz cream cheese, softened  
 3/4 cup crumbled feta cheese  
 2 scallions thinly sliced plus the green part  
 1/2 cup fresh spinach chopped  
 3/4 lb salmon fillets, cut into 2 pieces

Preheat oven to 350 F. In bowl combine cream cheese & feta, mashing & stirring with fork until well blended. Add scallions & spinach, combining well. Spread mixture evenly over 1 salmon fillet, top with the second salmon fillet. Brush both sides with olive oil, turning over carefully with a spatula & place on a shallow baking pan. Bake for 20 mins, test for doneness with a toothpick, slice carefully with a sharp serrated knife. Posted by PHoffer.

### Pecan Salmon

Our family's favorite salmon recipe is a level 2 one, and very easy to prepare. I take fresh pecans and pulse them in the mini processor until they are very finely chopped, but not until powder. Dump them onto a plate then dredge the salmon pieces in some cream then in the pecans. Bake in a 375-400 degree oven for 12 minutes for two 4 oz pieces. If your fillet is thicker, you may want a little more oven time. We finish off with a squeeze of lemon. Sometimes I top with some roasted garlic butter if I have it before putting in the oven. I have also dipped in lemon juice first before in the pecans, but find the cream a better thing to get the pecans to stick. If you have made too much of the pecan coating, it keeps nicely in the refrigerator until the next time. My husband has never liked salmon and loves it this way. We usually buy wild salmon (not farmed) at Costco and cut it up into 4 oz servings. Posted by tuttifruitti.

### Seafood Soupy Stew "Thing"

2 pieces of catfish (or other hearty flaky fish)  
 1/2 to 3/4 pounds each of Shrimp (cleaned and deveined), clams, mussels, crab legs (in the shell), scallops (cleaned)  
 1 Bottle white cooking wine  
 2 tomatoes chopped  
 Bunch of fresh basil

Put a half stick of butter in a BIG pot, add the catfish first, then the wine. Next add the shrimp, scallops, and crab legs tomatoes. Cook for about 1/2 hour (or until the scallops ALMOST are cooked through) then add the clams and muscles and basil. Cook until the shellfish opens (discard any that didn't open!). Give it a nice big stir! Serve this in great big salad or pasta bowls. The catfish should be all broken up into tiny pieces in the broth. The big pieces of fish make it a stew but the catfish in the broth is definitely a soup. I like to sprinkle a little bit of parmesan on mine - but I put parmesan on EVERYTHING so you can't go by me! I don't know what to call it. It's really good though. Posted by MaryAnnT.

### Tuna Mousse (or Pate)

8 oz. cream cheese (not whipped)  
 1 can (6 oz.) solid white tuna in water, drained  
 1 tbsp. lemon juice  
 1 dash Tabasco sauce, or to taste  
 1/8 tsp. Worcestershire sauce, or to taste  
 1/4 tsp. salt  
 1 lg. cucumber (I like the English type best)

Combine cream cheese & tuna in a food processor (blender works too). Process until smooth. Place mixture in a mixing bowl & add other ingredients until well blended. Taste & adjust seasoning to own taste. Refrigerate until ready to use -- at least two hrs. Spread on cucumber slices. Serve immediately or keep chilled under plastic wrap until ready to serve. Someone at work brought this to a potluck one day. I thought it sounded gross. Then I tried it & I couldn't stop eating it! I asked her for the recipe so this is courtesy of my friend Sarah. Posted by Alyneem.

### Tuna Casserole

2 small or 1 medium zucchini, peeled & cubed  
2 TBS cooking oil  
1 TBS Italian seasoning  
1/2 tsp garlic powder  
1 tsp Steak Seasoning (no sugar added)  
2 cans tuna drained  
1/2 cup grated parmesan cheese

In a non-stick skillet I sautéed the zucchini in the oil with the spices until tender. I added the tuna and parmesan and heated through. This was a little creamy and very satisfying and QUICK! I was hungry for tuna casserole and came up with this, it was very good! Posted by CleanNiece.

## PORK

### Garlic and Rosemary Pork Tenderloin with Roasted Onions

2 x 3/4 lb pork tenderloins, silver skins removed, and trimmed of excess fat  
 2-3 fresh sprigs of rosemary (I got those from my garden) stripped off the stem  
 3 large garlic cloves  
 1/4 cup good quality olive oil  
 3 large red onions, quartered

Prep your pork tenderloin, and place both the pork and the quartered onions inside a glass bowl and set aside. In a food processor, or even a mini food processor, combine the rosemary, garlic and pulse till both are chopped fine, and then gradually add the olive oil. Stir to combine, and then pour over your pork & onions and let marinate for at least 30 minutes. Roast at 450 degrees for 15 minutes, and then lower heat to 375 degrees until thermometer reads 165 degrees, and onions are nicely caramelized. Posted by ncpharmgirl.

### Parmesan Crusted Pork Tenderloin

I bought a 1 to 2 lb. Pork Tenderloin Roast. Rub roast with extra virgin olive oil and sprinkle parmesan cheese on top with a few cloves of minced garlic. Broil for the first 10 minutes then cook for 30 minutes at 350 degrees. It comes tender and juicy inside with crusted parmesan on the outside. This is an easy dish to make for company and slices so easily for serving. Total Yum City! Posted by pattimelt.

### Pork Tenderloin

I just made one for Easter dinner. Mine was just a pound and a half. I marinated in lemon pepper and garlic. I also did veggies around the roast (asparagus, onion, red peppers) and it was delicious. Make sure you don't overcook though. Only 20 minutes per pound at 375. Posted by kidsmom.

### Pork Tenderloin

Just made this yesterday for Easter, about 1 1/2 to 2 lbs size. Since my family and I are total cheese lovers, I rubbed the roast with EV olive oil and sprinkled parmesan cheese on top with a few cloves of minced garlic. Broiled it for the first 10 minutes then cooked for 30 minutes at 350 degrees. It came tender, juicy inside and crusted parmesan on the outside. Total yum-city! Posted by pattimelt.

### Pork Tenderloin

I roast mine in a 375 oven until meat therm reads 150-155. I mix up some sour cream & mayo with some dried chives, dried parsley, white pepper, a sprinkle of dried dill, onion powder, all to taste. Coat the pork, sprinkle with garlic powder, place on a flat rack in my roasting pan. To keep the clean up easier, I cover the rack with nonstick foil & poke a few holes in it to drain off the juices. Once it is at 150, I take out of oven, rest for about 15 min & it is moist & tender and wonderful. Posted by beebiee1.

### Super Easy Pork Tenderloin

4lb. pork tenderloin roast  
 olive oil  
 garlic powder  
 lemon pepper

Preheat the somersize convection oven to 375F on convection, set timer for approx. 75min. After rinsing off pork loin make sure to dry it completely with paper towels. Place on baking sheet diagonally and rub it all over with olive oil. Sprinkle on garlic powder, and then lemon pepper. Place in oven and let it go! When the alarm on the oven dings, let it rest in the oven for about 10min. Take it out and carve. I love this because it is so very easy, and it gets a great crust and melts in your mouth like butter because of the convection oven. Posted by manda318.

### Pork Cacciatore

1- 1 1/2 pounds boneless pork loin (or favorite cut) cubed	1/4 pound mushrooms, sliced
salt and pepper to taste	1 (16 oz) can crushed tomatoes
2 TBS olive oil	1/3 c. dry red wine or beef broth
2 cloves garlic	2 TBS rosemary
1 single rib of celery, finely chopped	1/4 tsp. dry basil
1 medium onion, chopped	1/4 tsp dried oregano

Sprinkle pork cubes with S & P. In large, heavy skillet, heat olive oil and sauté pork till it is nicely browned on all sides. Remove pork from pan and set aside. In same pan, sauté garlic, onion, and celery until onions are soft. Add rest of ingredients (including pork). Stir well, cover and simmer for about 25 minutes. Serve. This is an old favorite that was easily Somersized, and would you believe, I noted on the recipe card years ago that it goes great with spaghetti squash, lol. Vary seasonings according to taste. Posted by bunnica.

### South Pacific Pork Roast

1 boneless shoulder pork roast  
 1 TB dry mustard  
 1/2 c soy sauce  
 1 tsp ginger  
 1/2 c dry sherry  
 1 tsp thyme  
 2 garlic cloves, minced

Place roast in a clear bag, set in a deep bowl. Thoroughly blend together the soy sauce, dry sherry, minced garlic, mustard, ginger & thyme. Pour ingredients over pork roast in bag & close. Place in fridge to marinate for 2 to 3 hrs. Transfer pork roast & marinade to crock pot. Cover & cook on high for 3 1/2 to 4 hours. Posted by PHoffer.

### Traditional Pulled Pork made EZ Oven Roasted Style

For dry rub

3 tablespoons coarsely ground black pepper  
 3 tablespoons (packed) dark brown sugar is traditionally used I just subbed with some Splenda \*\*  
 3 tablespoons paprika  
 2 tablespoons coarse salt  
 1 teaspoon cayenne pepper

(I've added additional spices at times, feel free to tweak to your tastes)

Your favorite legal BBQ Sauce - mine is the recipe from Suzanne's Fast and Easy book on page 277. If you make this for an 8 lber you need to double, if not triple, the recipe to have enough for all your meat. (I like LOTS of sauce!)

1 pork shoulder or butt (often called a Boston Butt), bone in or out--any size--the cooking time is about the same for a 3# or 8# piece. (Note I always buy the biggest cut I can get, usually about 8 lbs and freeze the leftovers.)

Let marinate 8 hrs or overnight. Place pork, fat side up, in roasting pan. Place meat in a 250\* oven uncovered for 8ish (I check around 7 & have cooked 9) hours. I have done them overnight. You are looking for it to be crispy on the outside but pulling apart when you stick a fork or grab it with tongs. It will be meltingly tender & have a wonderful flavor. When ready to serve, pull chunks of meat off & then "pull" the meat into shreds by pulling between 2 forks. Do not discard the fat--mix it in. This is not a low fat dish & to really enjoy, use it!!! For a traditional Carolina serving method very lightly moisten meat with sweetened vinegar (1 qt. vinegar + 1/4C Splenda & 2TBS coarse black pepper) but I skip this. To warm before serving put the (vinegared optional) meat in a skillet - a cast iron one is good because it holds heat so well & cover tightly. Heat at 250\* until heated through. To serve, pour bbq sauce over shredded meat & serve with traditional coleslaw. (I make the KFC knock-off.) For non-ssers serve with hamburger buns. \*\*I subbed brown sugar with Splenda tho I suppose you could try the SF Brown Sugar that is made by Sugar Twin found in most grocery stores. Another real favorite - great (& cheap) for a party or great to make a big roast & freeze into servings for quick meals later. Posted by sparkles.

### EZ Pulled Pork BBQ

1 5 lb pork butt roast  
salt and pepper  
1 14oz can beef broth  
1/4 cup brewed coffee

Cut roast in half. Rub with salt and pepper, place in slow cooker, pour broth and coffee over meat. Turn crock pot on slow and cook for 6 to 8 hours or until pork pulls apart easily. You may also then chop with a cleaver then, if you like your pork finely chopped. I am making this for New Years Eve as everyone says it is a huge hit. Also if you like you can add a bottle of BBQ sauce legal brand, drain crock pot first or just set a bottle of BBQ sauce on the side for everyone to use if they choose. Posted by PHoffer.

### Maple Cream Pork Chops

4 boneless pork chops  
2 whole shallots, ends trimmed and peeled  
2 Tbls. butter  
1/2 c. maple vinegar \*  
scant 1/3 c. of heavy cream  
salt and pepper  
olive oil for browning (maybe 2-3 Tbls?)

Preheat oven to 400 F. Rinse and pat dry chops. Season one side of each chop with salt and pepper. Heat oil in oven-safe pan. Add chops one at a time carefully, seasoned side down. Season the side facing up, on each chop. Brown well on each side. Add both shallots, and stick the pan in the oven, baking for 15 minutes. Remove pan from oven when done and set chops and shallots aside. Reheat pan on stove on high. Add maple vinegar and reduce, scraping up all the brown bits on the bottom. Reduce about half, until it's syrupy and bubbly (this only takes about 2-3 minutes on my gas stove). This will look almost black. Remove from heat and add the cream and shallots, stirring well to combine. (Try 1/4 cup of cream first, then if it's not looking enough like milk chocolate, add enough to equal the scant 1/3 cup.) Add the butter, allowing it to melt. This will look like a creamy milk chocolate brown. Return pan to low heat, stirring again for another minute or so to reheat. Return chops to the pan, allowing to simmer for 2-3 minutes, turning each chop a few times to coat each side well. Dish up chops and spoon sauce over top, with a few quick turns of fresh ground pepper. Serves 4, unless you're hungry, then 2. \*I used Boyajian Maple Vinegar, [www.boyajianinc.com](http://www.boyajianinc.com). I bought it at my local gourmet shop though. \* I served this with blanched long green beans topped with sea salt, butter, and a few slivered almonds. Yum! If you don't have maple vinegar, substitute option is to use cider vinegar. Then add some maple syrup for the flavor, and/or maple extract for the extra flavor. The consistency might be slightly different (maybe a little runnier?) but that should be a fine substitution. Posted by Devon0613.

### Italian Pork Chops

3 lb. thinly sliced pork chops  
2 Tbsp. oil  
1 lb. can tomatoes  
1 green pepper, diced  
2 cloves garlic, mashed  
1 onion, diced  
1 tsp. salt  
1/4 tsp. oregano  
1 bay leaf  
1/8 tsp. hot red pepper flakes

In large skillet, brown pork chops on both sides in oil. Remove pork to slow cooker. Combine all remaining ingredients and pour over pork in cooker. Cover pot and turn on low for 4 to 6 hours or until chops are tender. Serves 6. Posted by Twiggy88.

## Easy Pork Chops

Tonight I got creative in the kitchen. I placed 4 boneless pork chops in a stone square baker, & covered each with diced tomatoes (from a can) & sprinkled Italian Seasoning Mix on top. BTW - the Pampered Chef seasonings are probably ALL legal! I know that at least the Italian & Dill mixes are! Anyway, I baked them at 350 for a while, & then topped them with Parmesan cheese when they came out. OH MY YUM!! Posted by MrsBauck.

## Succulent Grilled Pork Chops

1 cup Hellman's Mayonnaise	2 cloves garlic, minced
2 tablespoons lime juice	1 teaspoon chipotle chili powder
2 tablespoons chopped fresh cilantro or 1 1/2 teaspoons of dried	8 pork chops

Combine all ingredients, except pork chops. Reserve 1/2 cup of sauce for dipping. Grill or broil pork chops, brushing with 1/2 cup of sauce, until done. NOTE: I made half a recipe for the chops, and had none for dipping. I've been cutting back on my fat intake. Posted by mjlibbey.

## Pepperoni Pork Chops

1 package pepperoni slices, cut up	1 package mozzarella cheese, shredded
1 jar banana peppers	1 bottle A-1 Steak Sauce
1 large onions, chopped	8 large pork chops

Take a little juice from peppers and fry pepperoni, peppers and onion till good and warm. Take pork chops with a "pocket" cut along side and stuff with pepper mix and about 1 T cheese. Keep closed with toothpicks. Cook in A-1 sauce. 30 minutes - 10 mins prep. Other people made these changes: PA Cindy - This was very good. I didn't have the peppers so all I did was make a pocket in the boneless chops and stuff them with onions, pepperoni and cheese. I didn't cook the onion first but it cooked up quite nicely. I also didn't have A-1 sauce so I used some jarred marinara sauce over the top and baked them on 375F for about an hour. I will be making this again many times. belkathy - This is a fantastic recipe. Absolutely delicious. I only had smaller chops on hand, so I sautéed them in the A-1 and smothered them with the pepperoni, peppers and onions rather than stuffing them. Then I baked them in the oven for a bit with the cheese on top. It was absolutely wonderful and everyone loved it. Karen - I had some cut up hot peppers in the freezer from this summer, which I used. I didn't precook the peppers, pepperoni or the onion. I just stuffed them into the pork chops like the one reviewer did. They were great. I also didn't use marinara sauce but put some of SS Chinoise grilling sauce on instead. Also stuffed a lot more cheese than a tablespoon. I cooked them in the oven. They were great. I found this recipe by Lali on Recipizaar. It was very easy to do & tasted great. Posted by karen3364.

## Traditional Mexican Carnitas

1 pork shoulder "butt" roast  
1 large pot (at least 8qt.)  
enough oil to fill pot half way, I use sunflower oil, make sure you use an oil with a high smoking point. Peanut oil is a good one.

Cut pork into small 2in. cubes, salt and pepper the meat to taste. Heat oil to about 400 deg. Being very careful, add pork to the oil, I usually lower it in a little at a time, with a spoon, so I don't splatter hot grease all over myself. The oil should be boiling rapidly with the meat in it, cover and set timer for 15min. After 15min, take off lid and stir the meat. Replace lid and set timer again, for 15 min. Repeat the stirring, and the 15 min. again. You will have cooked the pork for a total of 45 min., stirring every 15 min. After the 45 min. add one cup of whole milk (could use cream to keep it completely legal), stir well and replace the lid and cook 5 min. longer. Then scoop out meat with a slotted spoon into a colander or on to a plate with paper towels. Let the meat cool until you can handle it, and then shred the meat with your fingers or with two forks. For non SSers, serve the pork in corn tortillas with cilantro and tomatillo salsa. I either eat mine with just peppers and onions, or wrap with a poblano pepper that has been roasted, peeled, seeded, and with cilantro and tomatillo salsa. Either way is great. Posted by chefDeb.

## Oven Spareribs

Take a rack of ribs, sprinkle with salt, pepper & dried chipotle peppers, or rub of your choice. Wrap in heavy duty foil, bake at 375 for 1 hour. Posted by beeb1.

## Maple Glazed Ham

1 8-pound fully cooked whole boneless ham  
 1/2 cup DaVinci Sugarfree Maple Syrup  
 1/2 cup DaVinci Sugarfree Vanilla or French Vanilla Syrup  
 1/4 teaspoon ground cinnamon  
 1/4 teaspoon ground cloves  
 2 Tablespoons cider vinegar  
 1 teaspoon prepared mustard

Combine syrups, spices, vinegar, and mustard in a medium bowl. Stir to mix well. Place ham on rack in a shallow roasting pan. Insert meat thermometer in thickest part of ham. Pour about 1/2 cup mixture over ham and bake, Bake, uncovered, in a 325°F. oven for 1 1/2 to 2 hours or until meat thermometer registers 135 to 140 degrees F., basting with the glaze during the last 45 minutes of baking. Let ham rest 15 minutes before carving. (Note: the original recipe called for 3Tbsp sugarfree orange marmalade). Posted by Twiggy88.

## Baked Ham with Low Carb Maple Bourbon Glaze

9 to 10 pound hickory smoked ham (fully cooked), butt portion

Glaze:

1 teaspoon maple extract  
 1 teaspoon dry mustard  
 1 teaspoon white vinegar  
 1 1/4 cups sugar substitute (recommended: Splenda)  
 2 to 3 tablespoons bourbon  
 1 tablespoon whole cloves

Preheat oven to 325 degrees F. Place ham face down in a shallow baking pan and cover loosely with aluminum foil. Place on lower rack of oven and bake for 1 hour. While the ham is baking, mix together all the glaze ingredients in a bowl and set aside. After 1 hour of cooking, remove ham from oven, uncover and stand ham up on 1 side. With a sharp knife and in a "tic-tac-toe" fashion, make shallow cuts all over the fatty side of the ham, scoring 1-inch squares. Insert single whole cloves in every corner of the squares created by the cuts. Pour the glaze over the top and let drip down the ham. Place uncovered ham back in the oven and cook for another 30 minutes. Remove from oven and let stand 15 minutes before slicing. This is from George Stella. I'm not sure what level the bourbon would fall into, but you could omit it I'll bet. Posted by DebB.

## Kielbasa and Kraut

1 large thinly sliced onion  
 32 oz of kraut  
 2-3 lbs of kielbasa cut about 2-3 inches long  
 chicken broth  
 Brown Sugar substitute

Layer 1/3 of the kraut, 1/2 of the onions and 1/2 of the kielbasa - repeat and cover with the remaining kraut. Sprinkle a couple of Tbsp of the brown sugar substitute and put about 1/2 c of the chicken broth (to be honest you could probably not use the broth). Cook 4-6 hours on low and yum. I just made kielbasa and kraut in the crockpot this weekend and it was sooo good. The Kielbasa just melts in your mouth. Posted by ilalum89.

### Kalua Pig & Cabbage

1 small container (12oz) of Kalua Pig (Luau Pig). Available by mail order from Maui.  
 1 medium size cabbage coarsely chopped. It's going to cook down, so don't make it too small.  
 1 sliced onion. I prefer red onion. Don't use the Maui Sweet Onion for this recipe as it's too mild and delicate.  
 Salt, pepper  
 garlic (I use powdered garlic, however fresh works well)  
 a couple tablespoons of extra virgin olive oil  
 quarter-cup water

Combine everything well in slowcooker & set on HIGH for first hour to get it up to speed, then back to LOW until cabbage & onion is cooked to your satisfaction. The pork is already cooked, so it's simply warming & adding its wonderful flavor & juices to the mix. Humor me & after you've served up some for yourself, try it with a bit of SS ketchup. We eat practically everything over here with ketchup, & I personally think it adds a lot to the overall taste of this dish. This is a wonderful "Hawaiian" throw-together recipe for your slowcooker. Posted by Scott on Maui

### Scotch Eggs

12 eggs  
 3 packages pork sausage -- Jimmy Dean

Hard boil the eggs and cool. Divide sausage pkg in to 4 equal parts and form patties. Wrap eggs in patties forming them around the eggs evenly. Place on a cookie sheet and bake at 350 for 25 to 35 minutes till done. Slice and eat. Also good cold. I will probably add some herbs/seasoning to the meat. I may deep fry these, perhaps use a coating of some pork rind flour. Posted by Cosmo Curves.

### Sausage Zucchini Pie

2 cups CoJack cheese, shredded  
 4 oz cream cheese  
 3 eggs  
 1/3 cup cream (or less)  
 1/3 cup parmesan cheese  
 1/4 teaspoon onion powder  
 2 cups shredded zucchini  
 1 pound sausage, browned (I used breakfast sausage, but Italian would work too)

Beat together cream cheese & eggs until smooth. Stir in cream, parmesan cheese, onion powder & 1 cup of the cheese. Spray a deep dish pie plate with PAM. Place sausage in as first layer. Sprinkle on remaining cup of cheese. Spread shredded zucchini on top. Pour egg/cheese mixture over top. Bake in 350 F oven until center is set & it's nicely browned, about 40 mins. Let set 5 mins before cutting. Note: I used slightly less cream thinking zucchini might make it watery, but I didn't have a problem. It's that time of year to find recipes to use up my zucchini! This is a variation of DebB/Kimi's recipe for Mexican Casserole. The Mexican casserole recipe is a great recipe to experiment with - there are endless variations just like impossible pies! Posted by HomeAcre Mom.

### Pizza Casserole

1 lb Italian sausage, cooked	green peppers
1 medium zucchini, cut in bite sized pieces	pepperoni
cheeses of your choice (I used colby, medium cheddar & mozzarella)	mushrooms
onions	sprinkle of fennel seed
	legal pizza or spaghetti sauce

After browning & draining the sausage, I mixed together with the zucchini & just added all ingredients to my liking. I added just enough pizza sauce to coat. I then added shredded cheeses until the mixture was pretty stiff. I put into a baking dish & baked at 350 for about 30 mins. I let sit for about 15 mins before dishing up. I put this together over the weekend & it was pretty good. Posted by beebie1.

### Linda's Somersized Lasagna

1 16 oz. container full fat Ricotta cheese	3 cloves of garlic (minced)
1 lb. Mozzarella cheese	1 bag of fresh spinach
1 lb. Asiago cheese	1 32 oz. jar of legal spaghetti sauce
1 pound Italian sausage	Fresh basil
2 Medium Zucchini (peeled)	Olive oil
2 Large Portobello mushrooms	Salt, pepper and garlic salt to taste
1 medium onion (chopped)	

Brown sausage and onion, add minced garlic, add seasonings, drain. Add spaghetti sauce and simmer. Sliced peeled zucchini into thin strips (they should look like thin bacon slices). Slice Portobello mushroom the same way. Begin layering ingredients in oiled 9x13 glass dish/cake pan in the following order: Bottom layer: Zucchini slices (use 1/2 of them, just enough to cover bottom in one layer). On top of zucchini slices, layer 1/2 sausage/sauce mixture. Next, layer all the mozzarella cheese. Next, layer with spinach leaves (use 1/2 or an entire bag depending on how deep your pan is). Next, layer entire container of Ricotta cheese and spread evenly over spinach. Next, layer Portobello mushroom slices and more zucchini if you need more to complete this veggie layer. Next, the rest of the meat sauce. Next, mince fresh basil over all. Next, layer on all Asiago cheese. Bake at 350 for 35-40 minutes. Let stand 10 minutes to set-up before cutting. Will be slightly runny the first day, but the second day it slices nice and firm as the veggies soak up their own juices again. Posted by Freed.1.

### Spinach Pasta Sauce

1 pound bulk mild Italian sausage  
 3 cups sliced fresh mushrooms  
 1/2 cup each chopped green pepper and onion  
 1 can (28 ounces) crushed tomatoes  
 1 can (15 ounces) tomato sauce  
 1 can (6 ounces) tomato paste  
 1/2 cup grated Parmesan cheese  
 1/2 cup beef broth or red wine  
 3/4 teaspoon each aniseed, seasoned salt, pepper, garlic powder, sugar substitute, dried basil and oregano  
 4 cups coarsely chopped fresh spinach

In a Dutch oven, cook and crumble sausage until browned; drain. Add mushrooms, green pepper and onion; saute for 5 minutes. Add tomatoes, sauce, paste, Parmesan, broth and seasonings; cover and simmer for 1 hour. Add spinach; heat through. Serve over spaghetti squash or zucchini noodles (or pasta for the non-SSers); top with mozzarella cheese and crumbled bacon if desired. I found this recipe in a Taste of Home magazine and Somercized it. It's fantastic. Per recipe, it seemed a bit salty to me, so next time I think I'll use less of or even omit the seasoned salt. I also didn't have any aniseed, so skipped that. Posted by acmatters.

### Patty Bellas

4 large portabella mushrooms  
 1 pound Italian sausage, ground, not links  
 1/2 red bell pepper, chopped  
 1/2 red onion, chopped  
 2 tablespoons fresh basil, chopped  
 salt and pepper, to taste  
 olive oil  
 4 tablespoons Parmesan cheese  
 Preheat oven to 350 degrees F.

Remove stems from mushrooms & carefully scrape out brown gills. Rub olive oil onto outside of mushrooms. In a large bowl, combine sausage, red pepper, onion, basil, salt & pepper. Don't overmix! Divide sausage into 4 parts & stuff into mushroom caps. Place on roasting pan & bake 30 mins. Remove from oven & sprinkle Parmesan cheese over. Return to oven & bake another 5-10 mins. DH & I really enjoyed these. I felt like sausage & saw beautiful big portabellas at the market & thought - why not?!? They're quite tasty. Serves 4. Posted by MsTified.

## LAMB

**Lamb Feta Peppers**

1 tablespoon olive oil  
 1 medium onion, chopped  
 1 clove garlic, minced  
 6 medium green bell peppers  
 2 tablespoons chopped fresh dill  
 3/4 teaspoon salt  
 1/2 teaspoon ground allspice  
 1/2 teaspoon ground black pepper  
 1 cup cooked rice (use mock rice)  
 8 ounces ground lamb  
 1 cup crumbled feta cheese  
 1 cup tomato sauce  
 1 cup cold water  
 1 tablespoon fresh lemon juice  
 1 teaspoon white sugar (I used one packet of Splenda)

Preheat oven to 375 F (190 C). Heat oil in a medium skillet over medium heat, add onion and cook for 4 mins until soft. Stir in garlic and cook one min. Slice tops off peppers and remove seeds. Stand peppers upright in a 9x12-inch baking dish. In large bowl, combine onion mixture, dill, salt, allspice and pepper. Mix in rice and lamb, fold in feta cheese. Stuff peppers with mixture. Mix tomato sauce with water, lemon juice and sugar substitute. Pour half over peppers, and half over bottom of dish. Cover with foil. Bake in the preheated oven for 45 minutes. Uncover and continue baking 15 mins, basing occasionally with sauce, until a meat thermometer inserted in center of filling reads 160 F (70 C). Since I am Greek, I have learned many good Greek recipes over the years! This is one of my favorites. It's a savory combination of lamb, rice and feta cheese stuffed into sweet green bell peppers and smothered with tomato sauce. Prep Time: approx. 15 Minutes. Cook Time: approx. 1 Hour . Makes 4 to 6 servings. Submitted by Taseia. This is from allrecipes.com and they are really good. Posted by matantej.

**Luscious Lamb**

8 lamb chops  
 Garlic powder  
 2 tablespoons butter  
 2 tablespoons Worcestershire sauce  
 2 tablespoons lemon juice  
 1 teaspoon SS seasoned salt (recipe below)

Rub lamb chops with small amount of garlic powder. (I just sprinkled it on.) Melt butter, & add Worcestershire, lemon juice, & salt. Pour liquid over lamb chops. Allow to marinate for 15 minutes. Remove lamb from marinade. Broil to desired doneness. (I cooked 1 1/2-inch thick chops about 3-inches from heat for 9 minutes per side.) 4 servings. This is good! Tender, & juicy. And simple to make! Adapted from Dr. Atkins' Diet Cookbook.

In case anyone needs a recipe for legal Seasoned Salt, here's my adaptation of DebB's Seasoned Salt recipe.

Lawry's Seasoned Salt Clone  
(posted by DebB - 24 January 2003)

2 tablespoons salt	1/4 teaspoon turmeric
Sweetener to equal 1 teaspoon sugar	1/4 teaspoon onion powder
1/2 teaspoon paprika	1/4 teaspoon garlic powder

Combine all in a small bowl & mix well. Pour blend into empty spice bottle to store. Posted by iwillrejoice.

## Roast Leg of Lamb Provencal

1 bunch fresh rosemary  
 1 small OR 1/2 large bone-in leg of lamb (4-5 lbs.)  
 6 cloves garlic, cut into slivers  
 6 kalamata olives, cut into slivers & frozen (omit this if not Level 2)  
 Extra virgin olive oil in a spray bottle, plus 3-4 tablespoons for basting  
 1 tablespoon coarse salt  
 1 tablespoon Homemade Herbes de Provence, or a commercial brand  
 1 teaspoon cracked black peppercorns  
 2 cups wood chips, soaked for 1 hour in cold water to cover, then drained (optional; preferably oak) (I used hickory - good!)

Strip the leaves off 2 rosemary sprigs. Finely chop the leaves of 1 sprig. Set aside the remainder of the bunch of rosemary. Using the tip of a sharp, slender knife, make a series of 1/2-inch deep holes in the lamb, mostly in the sheath of fat on top, but also on the sides & bottom. The holes should be about 1-inch apart. Insert the garlic, olives, & whole rosemary leaves in the holes, 1 flavoring per hole. It's OK for the ends of these ingredients to stick out. Spray the leg of lamb on all sides with oil. (I just used a brush & painted it on.) Combine the salt, herbes de Provence, peppercorns, & chopped rosemary leaves, & sprinkle them all over the lamb, patting them on with your fingertips. Set up the grill for indirect grilling, & preheat to medium. If using a charcoal grill, place a drip pan in the center. If using a gas grill, place all the wood chips, if desired, in the smoker box or in a smoker pouch, & preheat on high heat until you see smoke, then reduce the heat to medium. When ready to cook, if using a charcoal grill, toss half of the wood chips, if desired, on the coals. Place the lamb on the hot grate, away from the heat, & cover the grill. (I close the holes almost completely, top & bottom.) Grill until cooked to taste, 1 1/2 - 2 hours for medium-rare. Every 30 minutes, baste the leg of lamb with oil, using the remaining rosemary sprigs as a basting brush. To test for doneness, insert an instant-read meat thermometer into the thickest part of the leg, but not touching the bone. The internal temperature will be about 125F. for rare; 145F. for medium-rare; & 160F. for medium. (Insert in the cut-off top of the thigh, horizontally.) \*\*\* If using a charcoal grill, you'll need to add 12 fresh coals & 1/2 cup wood chips to each side after 1 hour of grilling. Either add lit coals (use a chimney starter), or add unlit ones & leave grill open until they light. Then, add the wood chips, close your grill & continue cooking. Transfer the lamb to a cutting board, let rest for 10 minutes, then carve & serve. 6-8 servings. Tip: Freezing the olive slivers makes them stiff enough to insert in the meat easily.

Variations:

- A baby leg of lamb weighs about 3 lbs. If you use one, shorten the cooking time by 30 minutes.
  - This is also a great way to fix a pork loin roast or pork shoulder.
  - If you have a heavy-duty rotisserie, you can use it to grill the lamb. Run the spit through the leg so the meat is centered as evenly as possible. Leg of lamb is even more crusty & succulent when rotisserie grilled.
- This was easy & fun to do. And the meat was so juicy it squirted when I cut into it. Posted by iwillrejoice.

## VEGETARIAN

### Burrito

Whole wheat tortilla  
 Somersize spanish rice  
 Somersize salsa dip made with non fat sour cream (remember carbo meal).  
 Red beans  
 Yellow pepper(cut in tiny squares for a little crunchiness)

Spread the dip on the tortilla, put rice, beans, peppers. Then roll and enjoy. If made in advance reheat in microwave for 40 seconds. Posted by pikou.

### Black Bean Burritos

2 c Cooked black beans -or- 1 can Black beans  
 1/4 medium Onion  
 Minced garlic (to taste)  
 4 c Steamed rice (use brown rice of course  
 2 ts Black pepper

Bring the black beans to a simmer in their own juices. Use fresh garlic and slice it very fine so it nearly disappears when you add it to the beans with the pepper. After about five minutes, add the onions. When serving, use twice as much rice as beans and about a third as much lettuce, all wrapped in a nice flour tortilla. (Use whole wheat tortilla of course.) Posted by reva.

### Spiced Indian Kidney Beans

14oz can kidney beans  
 ¼ cup vegetable oil (I eliminated this)  
 ¼ tsp. cardamom powder  
 1 medium onion minced  
 2 tsp. crushed garlic  
 1 tsp. grated fresh ginger  
 1 tsp. minced red chili or ½ tsp red pepper flakes  
 1 tsp. ground coriander  
 ½ tsp ground cumin  
 ¼ tsp. ground turmeric  
 8 oz. of canned crushed tomatoes  
 1 large green chili minced (did not have used red pepper)  
 2 Tab. minced fresh cilantro  
 ¼ tsp. salt  
 ½ cup water  
 ¼ tsp. garam masala

Rinse beans with cool water and drain. Set aside. Cook onion and cardamom until soft and golden, about 5 min. Add garlic, ginger and chili and cook 3 min. Reduce heat to low and add the coriander, cumin and turmeric. Cook for 2 min. Add the tomatoes and cook 2 min. Add the green chili, 1 Tab. of cilantro leaves salt and water. Bring to a boil reduce heat to low and simmer 10 min. Add kidney beans and a pinch of the garam masala. Simmer 8 min. Transfer to serving dish and sprinkle with remaining cilantro and garam masala. Can use any kind of beans. I used lentils, garbanzos, and navy beans. I served this as a filling for the whole wheat Pitas. This takes a little work but is so worth the effort. Posted by SayHey.

### Spaghetti Squash Frittata

1 Cup spaghetti squash cooked and separated into strands.  
 4 eggs lightly beaten  
 2 TB chopped Italian Parsley  
 3 TB grated Parmesan cheese  
 1 Cup finely chopped red onion  
 3-4 garlic cloves, minced  
 1/2 tsp salt  
 1/2 tsp pepper  
 1/8 tsp cayenne  
 1 Tb butter

Preheat boiler. Combine all ingredients in a large bowl. Melt butter in a large skillet. Pour mixture into the skillet and cook over low heat for about 12-15 minutes. Transfer to broiler for 2 to 3 minutes or until top is browned. Posted by PHoffer.

### Spaghetti Squash Alfredo

1/2 medium spaghetti squash  
 4 tablespoons unsalted butter  
 1 cup heavy cream  
 1 clove garlic, crushed  
 1 1/2 cups freshly grated Parmesan  
 1/4 cup chopped fresh parsley leaves  
 Fresh basil leaves  
 Grape or cherry tomatoes, sliced in 1/2

Slice spaghetti squash in half lengthwise. Scoop out the seeds with a spoon and clean as you would a pumpkin. Completely submerge 1 half at a time, in a large pot of boiling water and cook for about 20 minutes until the inside is just tender to a fork and pulls apart in strands. (Cook's Note: It is better to undercook if you're not sure.) Remove, drain and cool with cold water or ice bath to stop the cooking. Scoop out the cooked squash from its skin with a spoon as you would an avocado and discard the skin. Use a fork to fluff and separate the squash into "spaghetti"- like strands. You can also use your hands. Reserve the separated cooked squash and dip with a strainer into boiling water to reheat just before serving. (Cook's Note: If after cooking, the spaghetti squash is a little too al dente, you can cook it more in the hot water just before serving.) Melt half the butter in a medium saucepan over medium-high heat. Add cream and reduce for about 2 minutes, then add garlic and cheese and whisk quickly, heating through. Stir in the rest of the butter and parsley. Place spaghetti squash in a large serving bowl, and pour Alfredo sauce over squash. Garnish with basil and tomatoes. Food TV. Posted by DebB.

### Garlicky Spinach "Pasta"

1 spaghetti squash, cooked  
 1 16 oz pkg frozen spinach  
 2-3 heads of garlic (and yes, I mean heads, not cloves-I love garlic-I use 3)or 1 head of elephant garlic  
 1 Tbsp red pepper flakes, or more for your taste  
 salt and pepper  
 olive oil or butter  
 powdered parmesan cheese and shredded parmesan cheese from your grocers deli aisle

Peel garlic and coarsely chop them about the size of garbanzo beans. Heat pan, add olive oil or butter (I used a combo of both). When oil is heated, add garlic and cook till light brown and very soft and tender. Add frozen spinach; sprinkle red pepper flakes and salt and pepper to your liking; stir. Place hot spaghetti squash in large bowl; add garlic/spinach mixture and mix well. Place serving on plate and sprinkle powdered parmesan cheese and grated parmesan cheese. This dish is out of this world. My whole family loved it. I used to make this with angel hair pasta, but I've just made this the somersize way, and man, I just discovered one of my new weekly menu dishes. I absolutely loved this. and it's so easy! Posted by karma.

## Eggplant Rolatini Casserole

### Eggplant:

3 eggs  
 2 tablespoons grated Parmesan  
 1 tablespoon water  
 1 teaspoon kosher salt  
 1/2 teaspoon dried oregano  
 1/8 teaspoon garlic powder  
 2 medium eggplants

### Tomato Sauce:

1 tablespoon olive oil  
 2 tablespoons diced red onion  
 2 cloves garlic, chopped  
 1 (14-ounce) can no-sugar-added diced tomatoes  
 1 (8-ounce) can no-sugar-added tomato sauce  
 1/2 teaspoon dried basil  
 1/4 teaspoon garlic powder  
 1/2 teaspoon dried oregano  
 1/8 teaspoon kosher salt  
 1/8 teaspoon freshly ground black pepper

### Cheese Filling:

15 ounces whole-milk ricotta cheese  
 8 ounces shredded mozzarella cheese  
 1/2 cup grated Parmesan  
 1/4 cup diced roasted red peppers  
 1 tablespoon chopped flat-leaf parsley  
 1 tablespoon chopped fresh oregano leaves  
 1 clove garlic, minced  
 1/4 teaspoon black pepper

1 large egg

### Topping:

4 ounces shredded mozzarella cheese  
 1 tablespoon olive oil  
 1/2 teaspoon dry oregano

### Garnish:

Leaves from 1 bunch of basil, torn into pieces

Equipment: 9 by 13-inch baking dish

Preheat oven to 400 degrees F. Make the Eggplant: Whisk together the eggs, Parmesan, water, salt, oregano, and garlic powder in a bowl. Trim the ends off each eggplant and, using a peeler, peel off 2 large swaths of skin on 2 sides. Cut each eggplant lengthwise into 6 slices about 1/2-inch thick. (If you end up with more than 12 slices, just pick out the best ones.) Dip each slice into the egg mixture and transfer to a vegetable spray-coated baking sheet with sides. (If the baking sheet seems crowded, divide the slices among 2 baking sheets.) Pour any remaining egg mixture over the eggplant and bake until lightly browned, about 12 minutes. Let cool slightly before carefully loosening each slice from the pan with a flat spatula. Turn oven down to 350 degrees F. Meanwhile make the Tomato Sauce: Heat the oil in a saucepan over medium heat. Add the onion and garlic and cook, stirring, until soft and translucent. Add the remaining ingredients and cook, stirring, for 2 minutes more. Make the Cheese Filling: Mix all of the ingredients together in a bowl. To assemble the Rolatini: Place two tablespoons of cheese filling in the center of each eggplant slice and roll them up. Place the rolls in a single layer, seam side-down, in the baking dish, and pour the tomato sauce over the top. Cover the rolattini with the topping ingredients. Bake for 25 minutes until cheese starts to brown on top and filling starts to ooze out of the rolls. Remove and serve garnished with the basil. This is a recipe I found, it's wonderful. You can use any legal jar sauce to save time. Posted by loveTOSomersize.

## Yummy SS Eggplant Parmigiana

Slice eggplant as thin as you can get it, coat slices in egg and then parmesan cheese. Cover fry pan in olive oil and fry each slice until cheese turns brown. Layer eggplant pieces and SS marinara with parmesan in baking dish. Bake at 350 for 30 min. Posted by geminigirl34am.

## Eggplant and Mushroom Parmesan

2 medium eggplants, cut into 1/4" slices	4-5 garlic cloves, minced
Olive oil	1 cup freshly grated parmesan cheese
Freshly ground pepper	16 oz grated mozzarella cheese
Salt	6 cups tomato sauce (I use 2 jars Wild Oats organic pasta sauce - "Norma")
2 onions, finely chopped	3/4 cups fresh basil leaves, roughly chopped
2 10 oz packages mushrooms	

Preheat oven to 400 F. Cut eggplant in very thin slices. Heat oil in a large skillet. Fry eggplant until golden brown each side. Sprinkle with salt & pepper, then drain on paper towels. In same skillet, sauté onions until translucent. Add garlic & mushrooms. Sauté until tender. Pour some tomato sauce into a 9 x 13 casserole dish. Layer half the fried eggplant over sauce. Spoon half the onion/mushroom mixture over eggplant, then cover with tomato sauce, half the mozzarella & half the parmesan. Layer remaining eggplant, onion/mushroom mixture, tomato sauce, mozzarella, then parmesan. Sprinkle top with fresh basil. Bake 40 mins. Let sit for 10-15 mins before cutting. What a winner! The two of us ate almost half! It was even better after a couple of days. Posted by Chelle14.

## Sauced Tomato or Peppers

either roughly chopped tomatoes or slices of red or orange peppers  
 Your favorite legal tomato sauce  
 feta cheese  
 oregano  
 sour cream

Mix tomato sauce, feta cheese, oregano together, heat till feta starts melting. Dip strips of red peppers into it like a dip or pour over chopped tomatoes & a dollop of sour cream. (A little Tabasco is nice if you're in the mood.) If the tomato sauce you are using isn't tasty or too sharp add some sour cream to the dip. It's strangely satisfying, especially poured over the tomatoes with sour cream. I like mine with a lot of feta. Is like a meal and good for if you are on the run. I made this a few times, with either roughly chopped tomatoes or slices of red or orange peppers. Posted by Erinn.

## Lemon Risotto

4 cups vegetable stock	1/2 tablespoon finely grated lemon zest
3 ounces yellow onion (about 1 small onion), chopped (about 1/2 cup)	1/4 cup freshly squeezed lemon juice
2 tablespoons dry white wine or water	Freshly ground black pepper to taste
1 1/4 cups brown rice or wild rice	2 tablespoons freshly grated fat-free Parmigiano-Reggiano cheese
2 tablespoons non-fat egg substitute	

Bring the vegetable stock to a boil in a medium saucepan. Reduce the heat to maintain a simmer. Combine the onion and wine or water in a large, heavy-bottomed pan. Stirring constantly, cook over medium heat for 5 to 6 minutes, until translucent. Add the rice. Cook and stir for 2 minutes more. Slowly add 1 1/2 cups of the stock, stirring vigorously over medium heat. When the stock has been mostly absorbed and small craters dot the surface, add another 1/2 cup. Stir and bring back to simmer. Continue to add the remaining stock, 1/2 cup at a time, stirring after each addition. After the last addition, keep stirring until the liquid has been absorbed and the rice is creamy. Preparation of the risotto should take 18 to 20 minutes from the first addition of stock. Meanwhile, combine the egg substitutes, lemon zest, and lemon juice in a small bowl. Stir the lemon mixture and the black pepper into the finished risotto. Serve 1 cup to each person, topping each serving with 1/2 tablespoon grated fat-free Parmesan. Posted by twiggy88.

## Baked Cheese Crepes

6 large eggs  
 1/3 cup heavy cream  
 1/2 teaspoon salt  
 1/4 teaspoon freshly ground black pepper  
 4 Tablespoons (about) unsalted butter  
 8 ounces fontina cheese, cut into 1/2-inch cubes  
 8 ounces fresh water-packed mozzarella, drained, cut into 1/2-inch cubes  
 1/4 cup thinly sliced fresh basil leaves  
 1 cup Marinara Sauce, recipe follows  
 1/4 cup freshly grated Parmesan

Whisk the eggs, milk, salt, and pepper in a medium bowl. Heat a 6-inch nonstick skillet over medium-low heat. Brush the skillet with some butter. Working quickly, pour 3 tablespoons of the egg mixture into the pan, swirling to coat the bottom of the pan evenly. Cover and cook until the egg crepe is just set, about 1 minute. Invert the skillet over a plate, and allow the egg crepe to drop onto the plate. Repeat to make 10 crepes total, brushing the skillet with melted butter as needed and stacking crepes on the plate. Preheat the oven to 400 degrees F. Butter a 13 by 9 by 2-inch baking dish. Arrange 1 egg crepe on a work surface. Place some of the fontina and mozzarella cheese in the center of the egg crepe, then sprinkle with some basil. Roll up the crepe. Place the filled crepe in the prepared baking dish, seam side down. Repeat with the remaining egg crepes, cheese, and basil. Spoon the marinara sauce over the crepes. Sprinkle with the Parmesan and dot with 2 tablespoons of butter. Bake until the cheese melts and the top is golden, about 15 minutes.

### Marinara Sauce:

1/2 cup extra-virgin olive oil  
 2 small onions, finely chopped  
 2 garlic cloves, finely chopped  
 2 stalks celery, finely chopped  
 1/2 teaspoon sea salt, plus more to taste  
 1/2 teaspoon freshly ground black pepper, plus more to taste  
 2 (32 ounce) cans crushed tomatoes  
 2 dried bay leaves

In a large casserole pot, heat the oil over a medium-high flame. Add the onions and garlic and sauté until the onions are translucent, about 10 minutes. Add the celery, carrots, and 1/2 teaspoon of each salt and pepper. Sauté until all the vegetables are soft, about 10 minutes. Add the tomatoes and bay leaves, and simmer uncovered over low heat until the sauce thickens, about 1 hour. Remove and discard the bay leaf. Season the sauce with more salt and pepper, to taste. (The sauce can be made 1 day ahead. Cool, then cover and refrigerate. Re-warm over medium heat before using.) Yield: 2 quarts. This is a recipe I got from FoodTv.com (Everyday Italian). The recipe is completely legal for level 1. I have not made it myself but plan to very soon. Posted by sapphire24. Notes by MsTified: Okay, I made these for Mother's Day Brunch and they were fabulous! Of course, I couldn't leave them alone - I had to improvise a bit! I blanched some fresh spinach and added it along with the cheese. And I served Italian Sausage patties along side. Now, let me elaborate a bit on the recipe. First, the 6 eggs make 14 crepes, and at 2 crepes per person -- that's a serving size of 7! I made a note to only use 3 eggs next time. Also, the 8 ounces of each cheese was way too much so you may not want to cube the entire 8 ounces of each. I loved the mixture of the Fontina and fresh Mozzarella -- very tasty! But almost any kind of cheese would work. I would say, tho, that at least try to find the fresh Mozzarella, even if you can't find the Fontina. It melts into this gooey, wonderful taste treat!!! I prefer to flip my crepes, so I cooked them on one side for about 45 seconds and then very carefully flipped them over and cooked for another 15 seconds. The Marinara Sauce recipe makes a LOT! I have enough left over to use it as a spaghetti sauce over pasta (Level 2 meal) or zucchini noodles one night this week!!! It's really good, tho.

## Manicotti

16 Egg Crepes-for mine, I use 7 eggs, a splash of cream and salt and pepper, whip together and I make them in a 8 inch non-stick skillet, using about 1/8 cup of the mixture at a time.

Spaghetti sauce – use your favorite legal brand

Filling-

1-16 oz container of whole milk ricotta

4 oz of cream cheese

1 egg

Freshly ground black pepper to taste

2-3 tbs of parsley (fresh or dried)

1/4 cup grated mozzarella

fresh grated parmesan cheese (use however much you want)

Mix all these ingredients up-I just put it all in my kitchen aid mixer with the beater paddle and turn it on med-high till fairly smooth. Next take a little bit of your favorite spaghetti sauce and put in the bottom of a 9 x 13 pan. Next taking one egg crepe at a time, put a good amount of the filling in a line down the middle of the crepe, then roll the crepe up and put it in the pan. Keep doing this till all your crepes are used up. After completing all your crepes and putting them into the pan, generously spread some more of your favorite spaghetti sauce over the top of the manicotti/crepes. Top this with more shredded mozzarella cheese and bake at 350 degrees for about 20 to 30 minutes, till bubbly and cheese starts to brown. This is great and you won't miss the fact that it is not real pasta. Posted by jimmac86.

## Baked Manicotti

Shells:

Mix together

5 eggs

4 Tbs Atkins Baking mix

2 Tbs grated parmesan (or romano)

Filling:

Mix together

Small container of Ricotta cheese (whole milk)

1/2 small package mozzarella cheese - shredded. (Use the other half to sprinkle over the top before baking)

Italian herbs and spices to taste (I used garlic powder, oregano, basil and parsley)

Put a little olive oil in a small frying pan. Pour a little bit of the egg mixture in the pan (not too much, just enough to cover the bottom of the frying pan - I tried to make it as thin as possible). When the eggs are set, I flipped the crepe over just to make sure the other side was cooked well. After the shells are done, spoon the cheese mixture onto the shell and roll it up. Put some tomato sauce in the bottom of a baking dish and lay the manicotti in a single layer (rolled side down) top with some more sauce and the rest of the shredded mozzarella. Bake at 400 until the cheese is melted. For once I wrote down measurements as I was cooking so I could share! NB: the Atkins baking mix would probably make this almost level 1 or level 2. Posted by MaryAnnT.

## Mexican Fudge

8 oz Monterey Jack cheese

8 oz cheddar cheese

1 can green chilies, chopped

1 cup heavy cream

4 eggs

Spread Monterey cheese on bottom of a greased 8" square glass casserole. Spread green chile over jack cheese. Then spread cheddar over the chilies. Beat eggs with the heavy cream and pour over the cheese and chile. Bake at 350 F for 45 mins. Cut into 2 inch squares and serve warm. You can just shred the cheese. Posted by PHoffer.

### Leek Quiche

2 large leeks(1 1/2#) white portion and 1 inch of the green, thoroughly cleaned and thinly sliced  
 2 Tbsp unsalted butter  
 3 large eggs  
 1/2 cup heavy cream  
 1/2 tsp salt 1/4 tsp pepper  
 1 cup Gruyere cheese, grated and divided( I used fresh Parmesan, the other was way to expensive)

Preheat oven to 350. In a medium skillet over medium heat melt butter, add leeks and sauté approx 7-9 minutes, stirring occasionally. Remove from heat and stir in cream, let stand for 5 minutes. In med bowl, whisk eggs with salt and pepper. Stir egg mixture into the leek and cream mixture. Sprinkle 3/4 cup cheese on bottom of lightly buttered quiche dish, pour egg mixture on top of that, then sprinkle with remaining cheese. Bake approx 40 minutes or until just set in the middle and browned on top. Make sure that you split the white bulb of the leek in half then clean thoroughly under running water or you will have sand in your food. Very important to do this step. This dish made 4 meals for me alone so it is an inexpensive dish for sure. This recipe came from the Atkins recipe file but I wanted to post it because it is level 1 and delicious. Don't let the thought of a leek quiche scare you away. After sautéing you can't even tell they are there, it is wonderful with a salad for dinner. Posted by wkingto125.

### Grilled Onion Quiche

#### CRUST:

4oz. cream cheese, softened  
 2 eggs  
 1/4 cup Parmesan cheese, grated  
 1/2 teaspoon oregano  
 1/2 teaspoon garlic powder  
 2 cups mixed cheddar and mozzarella, grated

Preheat oven to 375F. Beat together cream cheese and eggs until smooth. Add Parmesan and spices and mix again. Grease an oblong casserole dish with olive oil and sprinkle shredded cheeses onto the bottom. Pour egg mixture evenly over cheese. Bake for about 20-30 minutes, then remove from oven. Let stand while you prepare the topping.

#### ONION TOPPING:

1/2 large onion, chopped into larger pieces  
 5 cloves garlic, minced  
 4oz. cream cheese, softened  
 Salt & freshly ground black pepper  
 5 eggs  
 1/2 - 1 cup grated cheddar cheese  
 1 teaspoon oregano  
 1 teaspoon McCormick Herb & Garlic seasoning (optional)

Sauté onions and garlic in olive oil until onions are nicely browned and softened. Remove from heat. Blend the remainder of the ingredients except for the cheddar until frothy. Add grated cheddar and onions to eggs then pour the whole thing over the prepared crust. Put back into the oven and cook for about 25 minutes. Remove from oven and lay very thin slices of tomatoes over the top of the quiche (or peppers, mushrooms...), and some grated mozzarella, then cook for another 10 minutes. Remove from the oven and let sit for 5-10 minutes before serving. Simply scrumdillyicious! This is another creation using the Deep Dish Pizza crust recipe! Needed to do something with the onion I had at home a couple of weeks ago, and made this up. Pro/Fats and Veggies - Level One. Posted by artgirl67.

### White Garlic Pizza

8 portobello mushrooms, stems trimmed; OR Deb's Pro-Fat Buns  
 20 ounces grated Pecorino Romano  
 2 cups mayonnaise  
 2 tablespoons chopped parsley  
 2 1/2 tablespoons minced garlic (If you have the time, roast the garlic)  
 2 1/2 tablespoons lemon juice  
 Pinch cayenne pepper  
 Dash hot red pepper sauce

Mix all ingredients together in a large bowl. Broil mushrooms 2-3 minutes on each side. Fill mushroom caps with spread. Place under broiler until bubbly. Posted by Chelle14.

### Portobello Pizza

12 Cherry tomatoes, halved  
 4 teaspoons fresh thyme leaves  
 2 Tablespoons extra virgin olive oil  
 1 Tablespoon Roasted Garlic (EGLW)  
 Salt for taste  
 Freshly ground pepper to taste  
 8 portobello mushrooms, stems trimmed  
 4 1 1/2 x 3" shavings Parmigiano-Reggiano cheese (about 1/2 oz)  
 4 very thin slices prosciutto (about 1 oz)  
 4 Tablespoons basil pesto (EGLW)

Prepare grill or griddle. Combine tomatoes, thyme, 2 teaspoons olive oil, roasted garlic, and salt and pepper in small bowl and toss. Set aside. Brush top and bottom of each mushroom with remaining oil. Sprinkle with salt and pepper then grill until tender - about 4 minutes per side. Place mushroom, stem side up, on serving plate. Arrange equal amount of the tomato mixture on 4 mushrooms. Top each with cheese shaving. Arrange a slice of prosciutto on each of the remaining mushrooms and spread 1 tablespoon of the pesto on top of each prosciutto slice. Posted by Chelle14.

## POTPOURRI

### "Pumpkin" Butter

3 ½ cups cooked, drained and pureed spaghetti squash  
 2 teaspoons cinnamon  
 1 teaspoon ginger  
 ½ teaspoon ground cloves  
 6 to 12 tablespoons SomerSweet(to taste)

Mix together in a saucepan over low heat. Cook down until desired thickness, stirring often. Pour into a quart mason jar and store in refrigerator. Great on toast or Spelt English Muffins. VARIATION: May use 1 tablespoon of pumpkin pie spice instead of listed spices. NOTE: To use another sweetener, use sweetener to equal 4 ½ cups of sugar. Posted by mjlibbey.

### Whipped Butter

1 lb. butter (softened)  
 1 cup cream  
 1/2 cup olive oil  
 a few drops of yellow food coloring (optional)  
 about 1 Tablespoon butter flavor extract by McCormick (optional - makes it smell like bought butter)

Whip with a mixer until it looks like a creamy cake icing. I changed it from the way my mom made homemade white cow butter. I store mine in a big country crock butter tub. GARNET2002. (I like to add some more salt to this mix - blueladybug).

### Berry Jam

9 cups crushed berries  
 sweetener to equal 6 cups of sugar

Use for blackberry, blueberry or raspberry. Combine berries and sweetener; bring to a boil over low heat. Stir occasionally until sweetener is dissolved. Turn up the heat to medium and cook to desired thickness. As mixture thickens, stir more frequently to prevent sticking. Pour into hot jars, leaving 1/4 inch head space. Adjust caps. Process 15 minutes in boiling water bath. Makes about 3 to 4 pints. Posted by mjlibbey.

### Strawberry Jam

2 quarts crushed strawberries  
 sweetener to equal 6 cups of sugar or to taste

Combine berries & sweetener; bring to boil over low heat. Stir occasionally til sweetener is dissolved. Turn up heat to medium & cook to desired thickness. As mixture thickens, stir more frequently to prevent sticking. Pour into hot jars, leaving 1/4 inch head space. Adjust caps. Process 15 mins in boiling water bath. Makes about 3 to 4 pints. Posted by mjlibbey.

### Rhubarb Jam

5 cups sliced rhubarb  
 4 cups sugar substitute (I use splenda)  
 2 small packages strawberry "jello" (I can only find Gelatin sweetened with nutrasweet so far)

Combine & let sit over night (will make lotsa "juice"). Bring to a boil & simmer until rhubarb starts to fall apart & mixture gets thick. Remove from heat. Add jello. Mix & place in a clean jar & store in the refrigerator. You can seal as you would any jam or freeze it. Use on bread or pancakes. You can omit the jello - you will have to add more sweetener - check for taste. I found my moms recipe & altered it. Posted by Medicmom.

## Red Pepper Jam

6 large sweet red peppers  
2 Tbsp salt  
1 cup cider vinegar

2 cups sugar substitute  
red food coloring

Seed peppers & grind coarsely in food processor. Put peppers in a large bowl, add the salt, cover and let stand overnight. Drain off about half of the liquid, pout the peppers into a heavy saucepan and add the vinegar & sugar substitute. Bring to a boil, reduce heat and simmer for about 1 hour, stirring occasionally. Remove from heat and add the red food coloring a few drops at a time to make the jam a bright red. Cool slightly, stirring occasionally, and spoon into sterilized jars. Store in a cool, dark place and refrigerate after opening. Posted by wired\_foxterror.

## Pepper Jelly Dip/Sauce

I love pepper jelly. If you mix about 6 oz. of it with about 4 T. mustard you will have a great sauce/dip. I like it with fish and chicken. If you have the pepper jelly - just mix up a small portion and if you don't like it (but I think you will...) you now have a great tasting dip. The original recipe calls for currant jelly and that is supposed to be used with shrimp or crudites. Posted by jolly giant.

## "Faux" Craisens

6 cups cranberries, washed & whole (see notes)  
1 1/2 cups Splenda (see notes)  
1 cup water

Combine everything in a saucepan, bring to a boil, then simmer 60 minutes. Stir once in a while. You should have a pretty smooth sauce when it's ready. Spread the mixture evenly into a 11" x 14" rectangle on a silpat covered baking sheet and place in an 120° oven. Dry 36 hours, or until you have a leathery fruit roll. Snip into pieces approximately 1/2" square, and store covered in the fridge. Makes a total of 2 cups of craisens.

Notes:

- 1 - I started out with 2 12 oz. bags of cranberries; after I sorted out the yucky ones, I had 6 cups.
- 2 - I don't bother chopping the berries
- 3 - The longer you simmer the sauce, the thicker it'll be, and the shorter your drying time in the oven.
- 4 - I tried drying a batch on a parchment-lined baking tray (in case you don't have a silpat). It doesn't work very well; the fruit leather sticks to the parchment. So I tried it again, spraying the parchment paper lightly with cooking spray first, and that worked really well.
- 5 - I deliberately made the cranberry mixture very plain; but you could add orange peel or flavoring if you prefer.
- 6 - I use a liquid product for sweetening (0 carb's). Fiberfit would work really well, too. If you use granular Splenda, add the appropriate number to the carb count.
- 7 - Using the USDA data base info, here's the info for a whole recipe: 264 calories, 72 g. carbs, 24 g. fiber
- 8 - I use 1/2 cup of the craisens added to a batch of 12 muffins, but you could use more or less, depending on how many carb's you're willing to add to your finished product. DeeNC @ TLC Posted by DebB.

## Pickled Zucchini

4 lbs zucchini thinly sliced crosswise  
1 lb onions thinly sliced  
1/2 cup kosher salt  
1 qt cider vinegar  
2 cups sugar substitute (I use whey low)  
2 tsp celery salt

2 tsp turmeric  
2 tsp dry mustard  
2 tsp mustard seed  
2 tsp celery seed  
1 sweet red pepper cut into thin strips

Cover zucchini & onions with salt & water to cover and let stand for 1 hour, stirring occasionally. Drain well, using your hands to gently press out moisture. In a large saucepan bring remaining ingredients to a boil. Add zucchini & onions, turn off heat and let stand for 1 hour. Return to heat and bring to a boil. Remove from heat. Fill sterilized jars to within 1" to top and seal. Let stand for 24 hours and tighten lids once more. Turn jars upside down for 48 hours. Store in a cool place. Posted by wired\_foxterror.

## Relish

7 cups diced peeled seeded cucumbers (about 5 medium to large)  
 4 cups diced onions (3 to 4 large onions)  
 3 cups zucchini diced (2 medium)  
 4 red peppers  
 2 green peppers

Once all vegetables are diced put in large pan and sprinkle with 1 tablespoon salt. Stir. You can leave this now for overnight or a minimum of 3 hours. When you are ready to can the relish put diced vegetables in colander and let drain 20 minutes or so. Do not rinse. While vegetables are draining, make syrup for relish.

5 cups cider vinegar  
 5 cups Splenda  
 1 teaspoon celery seed  
 1 teaspoon mustard seed

Put syrup ingredients in pan and put on flame until boiling. Once liquid is boiling add vegetables and boil for 20 minutes. Ladle into sterilized canning jars. Process jars in boiling water bath for 20 minutes. Sounds like a lot of work but it is really worth it!!! I used the extra burner on my outdoor grill so I didn't overheat the house and I even chopped the vegetables while sitting outside. I figured I had a winning day. I was given a recipe for canning sweet relish. Yesterday I fooled around with it and came up with a reasonable copy of the real thing. The recipe makes 7 pints. Posted by queenob.

## Old Bay Seasoning

1 Tbsp. Celery Seed  
 1 Tbsp Whole Black Peppercorns  
 6 Bay Leaves  
 1/2 tsp. Whole Cardamom  
 1/2 tsp. Mustard Seed  
 4 Whole Cloves  
 1 tsp. Sweet Hungarian Paprika  
 1/4 tsp. Mace  
 Dash of Salt

In a spice grinder or small food processor, combine all of the ingredients. Grind well and store in a small glass jar. From TLC website, posted by DebB.

## Old Bay Seasoning from Top Secret Recipes

1 tablespoon celery salt  
 1/4 teaspoon paprika  
 1/8 teaspoon black pepper  
 1/8 teaspoon cayenne pepper  
 pinch ground dry mustard  
 pinch mace  
 pinch cinnamon  
 pinch cardamom  
 pinch allspice  
 pinch ground clove  
 pinch ginger

Makes 4 teaspoons. Posted by DebB.

### Southwest Seasoning Mix

2 Tablespoons chili power  
 2 Tablespoons paprika  
 1 Tablespoon ground coriander  
 1 Tablespoon garlic powder  
 1 Tablespoon salt  
 2 teaspoons ground cumin  
 1 teaspoon cayenne pepper  
 1 teaspoon crushed red pepper  
 1 teaspoon black pepper  
 1 teaspoon dried oregano

Combine & store in airtight jar or container. Use when you want that "Southwestern" flavor. Posted by hleva.

### Lawry's Seasoned Salt

2 tablespoons salt	1/4 teaspoon onion powder
2 teaspoons sugar (use legal sweetener)	1/4 teaspoon garlic powder
1/2 teaspoon paprika	1/4 teaspoon cornstarch (omit)
1/4 teaspoon turmeric	

Combine all ingredients in a small bowl and mix well. Pour blend into an empty spice bottle to store. (<http://www.topsecretrecipes.com>) "Shake on meat, poultry, fish, and eggs. Accent vegetables, salads and popcorn. Use while cooking, or at the table." reads the label of one of America's most popular spice blends. This seven-ingredient clone of Lawry's Seasoned Salt can be made in a small bowl, but is best used when poured into an old spice bottle that you've cleaned out and saved. Makes 1/4 cup. Posted by DebB.

### Salt Rub for Whole Chicken

1 (3 pound) whole chicken  
 1 onion, peeled and quartered  
 Rub:  
 2 teaspoons salt  
 1 teaspoon paprika  
 3/4 teaspoon black pepper  
 1/2 teaspoon onion powder  
 1/2 teaspoon ground thyme  
 1/4 teaspoon garlic powder

Place onion inside chicken. Combine seasonings together. Rub on whole chicken and bake in a preheated 350\* oven until done. Since I came across this, I buy a whole chicken every week and make my own. I use this for lunch instead of deli meat. It tastes better and costs much less. Posted by mjlibbey.

### Onion Soup Mix replacement

3 packs of Herb Ox beef bouillon (I prefer the very low sodium kind)(you can use any granulated beef bouillon powder as long as it's for 20-24 oz of liquid)  
 2 tsp dried parsley  
 1T dried onion flakes  
 1 tsp onion powder  
 1/2 tsp garlic powder  
 2 tsp dried celery if you can find it, if not then use 1/4 tsp celery seed

Mix well and use where you would use 1 packet Lipton onion soup mix. (For recipes that call for a pack of Lipton Beefy Onion Soup Mix.) (\* If you want it less 'beefy' you could cut down on the bouillon.)

### Leyla's Eggplant Sandwich

2 eggplants, cut in 1/2  
 8 ounces of sliced mozzarella  
 3 1/2 ounces of sliced prosciutto  
 2 eggs  
 approx. 2 C grated parmesan  
 salt, pepper  
 oil

Sprinkle salt on eggplants, let them sit for 30 minutes. Blend eggs with pepper. Rinse then dry eggplants, put on 1/2 of them 1 slice of mozzarella and 1 of prosciutto, cover with the other 1/2 eggplant (just like a sandwich). Immerse in eggs then in parmesan. Fry in hot oil and enjoy!!! Posted by Mavie Blanka.

### Eggplant Pizza

Slice Japanese or Italian (my favorite) eggplant in 1/4 inch slices (3 inch wide), slather on pizza sauce, top with mozzarella, pepperoni, and mushrooms, cook in 350 degree oven until brown and bubbly. Nothing beats eggplant pizza - I hate eggplant, but this is incredible. Posted by squeaky.

### Quickie Pepperoni Pizza (Kinda)

Open a package of string cheese, put a teaspoon of oil in a non-stick skillet and turn it on low heat. Take your string cheese and put it in the oil and let it begin to melt, do not touch it. When it is almost melted sprinkle it with a pinch of garlic powder. (Here is where I added the pepperoni, right after I put on the garlic.) By the time the top is melted the bottom will be browned and crunchy. Remove it from pan and cool enough to handle. Eat it warm, you'll never miss garlic bread with you're Italian food again. Less than 1 carb each. BettyR @ LCF Can add a sprinkle of parsley flakes too. Cook this with vegetable oil (not olive). Cook on medium-low heat and do NOT touch it while it's cooking. Let the pan get hot first. This was pretty good and very quick. Using this recipe as the base, I just omitted the parsley and added pepperoni while it was cooking. These tasted like I remember pizza tasting once dipped in sauce (sauce is not necessary, they are good without it). I can cook 3 string cheese at once and that is perfect for me dinner or lunch. It cooks in about 5 min. so it really is no time at all. Posted by FrozH2O.

### Pizza Frittata

3 eggs  
 1/4 cup water  
 1 Tbsp chopped fresh parsley  
 1/2 tsp salt  
 Pinch each of pepper, dried oregano, dried basil  
 1 tsp olive oil  
 2 Tbsp tomato sauce or pizza sauce or spaghetti sauce  
 1/4 cup assorted pizza toppings (i.e. chopped tomatoes, sliced pepperoni, sliced mushrooms, diced green peppers)  
 1/4 cup grated mozzarella cheese

Whisk together eggs, water, parsley, salt, pepper, oregano, and basil; set aside. Heat olive oil over medium-high heat in an 8-inch non-stick omelette pan. Pour in egg mixture and cook over medium heat. As mixture sets at the edges, with spatula, gently lift cooked portion to allow uncooked egg to flow underneath. Cook until bottom is set and top is almost set. Turn off heat. Spread tomato sauce over frittata. Garnish frittata with pizza toppings. Sprinkle mozzarella cheese over toppings. Place under a preheated broiler for 1 to 2 minutes to melt cheese or cover skillet with lid and cook for another minute. Loosen edges and slide frittata onto a warm plate. Serves 1. Posted by Twiggy88.

### Chiles Rello's Bigdad Style

For the spice:

2 tbs chile powder  
1 tbs Paprika  
1 tbs Kosher salt  
2 tbs cumin  
1 tbs black pepper  
1 tbs granular garlic

5 -6 or how many you want to eat pablano chiles  
1-2 or how much you want to eat ground meat  
1 can tomato sauce size?? depends on how much you're making  
1 can el pato  
1 onion med to big diced

Cook ground meat till done draining off excess ucky stuff. When just about done, add onions, as much spice as you think you will like, tomato sauce and el pato. Cook until heated through. Taste to see if you need to adjust the flavor or heat. Steam the peppers in the microwave. Faster than charring and peeling them. Make a slit in the pepper and remove the seeds. Stuff with the meat mixture. Place in a baking dish cover with more tomato sauce and el pato and your favourite cheese. Broil until cheese is hot and melted. Posted by bigdad.

### Deep Fry Batter

1/2 cup prepared Bake and Fry mix  
1/2 cup heavy cream  
1/2 cup club soda  
1/2 teaspoon baking powder  
3 eggs

Mix well in blender until smooth. I battered fish and vegetables, dusting the fish in (no carb) protein powder before dipping in the batter. I think the batter tasted good, though my non-somersizing husband said it was "OK". I was determined to make a real batter that stuck. Unfortunately while experimenting, I lost track of exact amounts. This is approx what I did. Posted by Red DiSH.

### Deep Fry Batter

1 egg  
water (about 1T or a little more, to thin out egg)  
2T unflavored protein powder  
2T parmesan cheese  
1/4t each-onion powder, garlic powder, salt  
1/8t paprika

Except for the egg, all measurements are approximate. Mix egg and water; set aside. Mix rest of ingredients in separate bowl. Dip meat in egg, then dry coating; fry as usual. If oil is too hot (smoking) the protein powder burns, so be careful. You can use whatever spices you like, as long as you have equal parts of parmesan cheese (powdered kind) and natural flavored protein powder. It seems that everyone has their own preference for a fry coating, but this is what I use, and I have not had any problems with it. I prefer the breaded type as to the batter type. I use it for chicken fingers and fish, mainly, and if I want to use it for baked chicken, I dip the chicken pieces in melted butter first instead of the egg, and bake as usual. Posted by marie172.

### "Happy Hounds"

Take 2 romaine leaves and put them on top of each other in opposite directions to make a sturdy "bun". (I'm sure you could also make blueladybug's hot dog buns, but I didn't have those handy!) Put a line of mustard down the center. Put some chopped red onions on top of that, followed by Mt. Olive sugarfree pickle relish. Add one hot dog, put slices of fresh tomato down one side, and top the whole thing with shredded cheddar cheese. Mmmmmmm!!! These were to die for good! Ok, so Happy Hound is the name of a great hot dog place near my home. It has been years since I've had one of their hot dogs, but I was reminded of them this afternoon when a neighbor brought me some gorgeous just-picked tomatoes. Posted by September.

## Pro/Fat Sandwich Buns

### \* Basic \* Buns

6 egg whites  
 4 egg yolks  
 6 Tbls. sour cream (can also used softened cream cheese)  
 2 pkgs. Splenda (can omit)  
 1/4 teas. cream of tartar  
 pinch of salt

Beat egg whites & cream of tartar until very stiff. Turn bowl upside down and if the whites don't slide, they are stiff enough. In a small bowl mix together the other ingredients. Gently fold the yolk mixture into the whites. Rubber spatula works best. Generously spray a non-stick \*crown muffin pan\* with Pam. Fill the indents evenly. Bake for about 50 minutes (or less) in a 300 degree oven. These will puff up while in the oven, but don't be surprised when they fall quite flat when you remove them, that's the way it is. Remove with an egg lifter onto a plate and let cool. Put in a plastic bag after it has cooled. (I poke holes in a ziploc bag to keep them from getting sticky and I store them in the fridge). The above recipe will make 2 pans full (12 total) ~ can be halved.

### \* Parmesan Buns \*

To the Basic recipe, add in with the yolk mixture:  
 1/4 cup grated (powdered) Parmesan Cheese  
 1 teaspoon granulated garlic  
 any other spices you may like

When you form them, sprinkle on dehydrated minced onions and bake as above. They really taste much more like 'onion buns'.

### \* Sweet Cinnamon Buns \*

To the Basic recipe, add in with the yolk mixture:  
 3-4 packets Splenda (equals 6-8 tsp sugar)  
 1 teaspoon cinnamon (or to taste)

Bake as above, but I prefer about 40 minutes instead of 50 on these. These are great for making french toast with, or spreading some sweetened cream cheese 'frosting' on top.

\*Freezing the Buns\* Thank you to Nanz and KnottyKitty who experimented with freezing the buns. They froze them in a ziploc bag and reported that when thawed, they were just fine.

\*Egg Beaters\* These recipes will work substituting EBs for the egg yolks.

Deb's note - I don't make Basic Buns anymore - I make Parmesan Buns, unless I'm going to make French Toast or bread pudding - then I'll make cinnamon buns. This is a SSeD tweaked version of Atkins Revolutionary Rolls.

## Pro/Fat Bowl Buns

1/4 cup protein powder	1 T. cream
1/2 tsp. baking powder	2 T. water
salt, pepper, garlic powder, onion powder or other spices to taste	1 tsp. olive oil

Mix dry ingredients together. Add cream, water, olive oil & stir. Place mixture in microwave-safe bowl. Cook on high approximately 1 min 20 secs. Cut in half length-wise to get 2 pieces of "bread." You might have to "tweak" the amount of liquid to your liking & also the cooking time as all microwave ovens vary. If you use a round bowl with a flat bottom & straight-up sides, this makes a great hamburger bun. (If you have a "Grab-It" bowl, that works great.) I've also made it in a small, oblong bowl & turned it into a bratwurst bun. This is a take-off from the Bowl Muffins. I discovered that without sweetener & flavored syrups, this makes a great hamburger or hot dog/bratwurst bun, depending on what size microwave bowl you use. I never had good luck with DebB's pro/fat sandwich buns (operator error, I'm sure!), so this is a nice alternative. And so quick & easy! Posted by acmatters.

### Pro/Fat-Hoagie/Burger Bun

6 egg whites  
 1/4 tsp. cream of tartar  
 4 egg yolks  
 6 Tbsp. sour cream  
 2 pkts. Splenda  
 pinch of salt  
 1 tsp. garlic powder  
 1/4 cup Kraft parmesan cheese (powdered)  
 1/2 c. pork rind flour (I use Baken-ets by Frito-Lay)

Pre-heat oven to 290. Put parchment paper on a large cookie sheet. First I mix the egg yolks, sour cream, splenda, salt, parmesan cheese, and garlic powder together. Then I beat the egg whites and cream of tartar with a hand mixer till stiff, THEN I add the pork rind flour to the yolk mixture (it starts to thicken pretty quickly, it's easier to fold if you add it in last). Fold egg yolk mixture into egg white mixture. I then use a large plastic spoon (what you would turn rice with) to make my hoagie shapes. I take a full spoon of batter, place it on the cookie sheet, and sort of drag my hand down so the batter pours itself out into a long, fat tube shape (hoagie) Since it's not runny at all, you can make whatever shape you like. I make round for burgers. Bake for 50 minutes. The above recipe will make about 6-8 pieces, depending on how long you form them. You would use 2 separate ones to make 1 sandwich. \* I sometimes use 5 egg yolks, it doesn't change the recipe at all. I just don't like throwing out 2 unused yolks every time I make this. \* recipe can be halved. \* Use the same parchment paper you baked on to wrap each leftover piece individually, it won't stick by doing this. Store in fridge, lightly toast when ready to eat. I added pork rind flour to DebB's buns and have been in heaven ever since. The texture is unbelievable. Posted by ChubChub.

### Pro/fat Hamburger Bun

6 eggs separated  
 1/2 cup sour cream  
 1/2 cup mayo  
 1 tsp baking soda  
 1 tsp salt  
 1 cup sifted whey protein powder

Pre heat oven to 350 (bake 25 minutes). Beat egg whites till very firm and won't slide out of bowl when tipped sideways. Set aside. In another bowl add egg yolks, sour cream and mayo. Beat together. I sift the whey protein into a cup. The fluffier the better. I add the soda and salt on top of the whey, just pour them altogether into bowl and blend in with beaters. Fold the egg whites in. This recipe will make 12 small quich sized pans. (A great size for hamburgers) I am going to try to spread the batter out even more, to make 1 or 2 more buns, (since they seem to not fall as bad, there is more bread). Bake 25 minutes. The soda seems to help the bun from falling in the middle and we are getting a drier bun. I cut them in half and freeze in sandwich bags. \*These can also be used to make grilled cheese sands. \*(Pie tins the size of a pot pie make a great hamburger size too. \*You can use just sour cream, leaving out the mayo if you choose. \*These can be toasted just a smidge, they burn fast. They don't toast like bread though. This bun is a take off from the nuthin muffin. I have changed it so much that it is it's own recipe now! Posted by blueladybug.

### Cheesy Garlic Bread

I made some cheesy garlic bread with my spaghetti & it was pretty darned good! I just used the pro/fat hamburger bun recipe for my buns, toasted them to dry them out a little, brushed with melted butter, sprinkled with garlic powder, topped with lots of shredded mozzarella cheese & sprinkled just a little more garlic powder on top. I then broiled until the cheese was melted & starting to brown. Be sure to cover the entire "bun" or the exposed parts will burn before the cheese is melted. My second batch will be with the "hotdog" buns as they have a flatter surface. I might even try to just spread out the bun batter on a cookie sheet the size of a loaf of "Italian" bread. Posted by beebie1.

### Sausage & Herb Stuffing

3/4 lb turkey sausage  
 1/4 cup finely chopped celery  
 1/4 cup chopped red onion  
 2 eggs  
 2 cups coarsely chopped cauliflower  
 1/2 cup diced yellow squash  
 1/2 cup grated Parmesan  
 1 TB chopped parsley leaves  
 3 TB chopped fresh sage leaves  
 3 TB chopped fresh thyme leaves  
 1 TB minced garlic  
 1/8 tsp salt  
 1/8 tsp fresh ground black pepper

Preheat oven 350 degrees. Remove sausage from casings and crumble into a pan over medium heat. Add the celery & onion and cook, stirring until browned. Drain fat if necessary. Beat eggs in a bowl, using a spoon, mix in the sausage mixture and all the remaining ingredients. Pour the stuffing into the baking dish and bake until hot and browned, about 30 minutes. Serve immediately. Posted by PHoffer.

### Wild Mushroom Turkey Gravy

2 cups drippings from turkey from roasting pan or chicken stock  
 1/2 cup heavy cream  
 3 TB unsalted butter  
 10 oz. shiitake mushrooms rinse stemmed sliced  
 1 TB chopped fresh thyme leaves  
 1 clove garlic minced  
 1/4 cup dry sherry  
 salt and black pepper  
 1/2 tsp. red wine vinegar

Bring the juice to a simmer in a small saucepan over medium high heat and reduce by half. Add the cream and cook until reduced enough to coat the back of spoon, about 8 minutes. Heat the butter in a skillet over medium high heat. Add the mushrooms, thyme, garlic and sherry and cook, stirring occasionally, until tender and almost dry, about 6 minutes. Combine the mushrooms with reduced gravy and season with salt and pepper. Reheat if necessary and stir in the vinegar. Transfer to a gravy boat and keep warm until serving. I found this over the internet and tried it and it is super good! Posted by PHoffer.

### Turkey Gravy

Pan juices  
 1/4 cup skimmed turkey fat  
 1 tablespoon ThickenThin  
 1 cup chicken broth  
 1/2 cup light cream  
 Few drops LorAnn brandy oil, to taste (optional)

Measure juices from turkey roasting pan, scraping up brown bits. Skim off fat - reserve 1/4 cup. Measure pan juices, adding water if necessary to make 1 cup. Set aside. In saucepan, combine 1/4 cup reserved turkey fat & the ThickenThin, & whisk to combine. Add the 1 cup reserved pan juices & the chicken broth. Stir in the light cream. Cook & stir until thickened & bubbly. Cook & stir 1 minute more. Stir in brandy oil, if desired. Serve with turkey. I never used to use a recipe for gravy, until I found this one that I adapted from one from the Mount View Hotel in Calistoga, CA. It's really, really good! Posted by iwillrejoice.

### Berbere Marinade

1 small onion  
 2 teaspoons garlic (about 4 cloves)  
 1-inch piece fresh ginger  
 2 teaspoons cracked black peppercorns  
 1 teaspoon red pepper flakes, or to taste  
 1 teaspoon coriander seeds  
 1 teaspoon cardamom seeds  
 1 teaspoon fenugreek seeds, optional  
 1/8 teaspoon ground cinnamon  
 1/8 teaspoon ground cloves  
 1/8 teaspoon ground allspice  
 1 tablespoon salt, or to taste  
 1/3 cup imported paprika  
 1/2 cup olive oil  
 1/4 cup freshly squeezed lemon juice (which is about 1 1/2 lemons)

Finely chop onion. Mince garlic and ginger. Place onions, garlic, ginger, peppercorns, red pepper, coriander, cardamom, fenugreek, cinnamon, cloves, allspice, salt and paprika in large, dry skillet and cook over medium heat 3 to 4 minutes, or until spices are lightly roasted and fragrant. Combine roasted spice mixture, olive oil and lemon juice in blender and puree to smooth paste. Spread paste on meat and marinate overnight. Gail's Notes: I marinated 2 pork tenderloins. The next day, I just popped them under the broiler for ~10 minutes per side. They were juicy & fork-tender. Delicious! The Berberes are a nomadic tribe in northern Africa. This spicy marinade is delicious on tuna steaks, pork tenderloin, or sirloin steak. The fenugreek is optional, but very good. It's a rectangular-shaped seed with a pleasant flavor. Look for it in Middle Eastern or Indian grocery stores. Adapted from FOODday, 7/9/91. Posted by iwillrejoice.

### Boursin Cheese

16 oz. Cream cheese (softened is easier)  
 8 oz. Butter or margarine (softened is easier)  
 2 cloves garlic minced  
 1 t oregano  
 ¼ t each of:  
 Thyme  
 Basil  
 Marjoram  
 Dill Weed  
 Black Pepper

Cream together cream cheese and butter. Mix in the seasonings and let sit for 4-5 hours before serving to blend the flavors. Refrigerate. This is a delicious recipe for Boursin Cheese. I usually add more garlic. Posted by jdrose.

## SOUPS AND STEWS

### Steak Soup

1 Large sirloin steak, charcoal grilled then cut into bite size pieces  
 1 8 oz can tomato sauce  
 4 cups water  
 2 green onions, chopped  
 1 tsp beef bouillon paste or one cube dissolved in 1/2 c hot water  
 2 cups sliced zucchini  
 2 stalks celery rough chop  
 dash each of garlic, salt, basil

Simmer all ingredients except seasonings together until zucchini and celery are tender, season to taste and serve.  
 Posted by PHoffer.

### Slow Cooker Beef Vegetable Soup

1 lb. lean stew, cut in small pieces  
 1 (28 oz.) can tomatoes  
 12 oz. frozen mixed vegetables  
 4 tsp beef bouillon powder  
 1 medium onion, chopped  
 water (fill pot to 1-inch of rim)  
 1/2 cup thin zucchini noodles or egg noodles

Put all ingredients except noodles in slow cooker and cook on low for 24 hours. Add noodles 3 to 4 hours before serving. Makes 3 quarts. Posted by Twiggy88.

### Chinese Beef Soup

1 lb Ground beef  
 1/2 small onion diced  
 1/2 lb mushrooms, diced  
 1 head bok choy, leaves shredded and stalk diced  
 2 cans chicken, beef or veggie broth  
 1 Can black soy beans drained and well rinsed (this would be funky on level 1)  
 Soy, garlic and pepper to taste

Sauté beef, onion, and mushrooms until fully cooked. Drain. Add bok choy and cook until wilted. Add Beans, broth, soy, garlic and pepper. Allow to simmer for at least 10 minutes. Adjust seasoning to taste. This would be great with other meats as well. Cathy @ TLC. Posted by DebB.

### Chicken Noodle Soup

2 cups chicken broth	1 cup cooked spaghetti squash
2 Cooked diced chicken breasts	1 diced & quartered zucchini
1 bouillon cube (I used Knorr) OPTIONAL	1/2 tsp sweet basil/salt and pepper to taste
2 diced celery stalks	3 Tblsp. butter
3 diced green onions	

In saucepan melt butter & add celery & green onions. Cook until tender, add s & p & basil, add a little broth if needed to get veggies tender. Add remaining broth, bouillon cube & rest of the ingredients. Cook until zucchini is tender. \*I didn't add chicken, I wanted the flavor without the meat. This was so good. Posted by JCNmyheart

### Simple Chicken Soup

1 diced green onion  
 1/2 of a zucchini diced and peeled  
 2 tbsp. butter  
 1 can chicken broth

Sauté green onion and zucchini in butter till tender. (DO NOT LET BUTTER BROWN!!!) Add can of chicken broth and simmer for a couple of minutes. Then splash a SMALL bit of soy sauce and pepper. I love this. I have eaten this for the past 3 days and thought it was worth sharing. I sometimes don't want a rich food or soup, just need something lite and simple. This hit the spot for me. Posted by JCNmyheart

### Spicy Chicken Soup

1 qt chicken broth  
 1 onion  
 1 can diced tomatoes  
 1 cup salsa  
 about 2 cups cooked chicken  
 16 oz of your favorite legal veggies  
 2 tbsp of paprika  
 1/2 tsp of garlic  
 1/2 tsp cayenne pepper (to your taste)  
 1 tsp of dried oregano (about 2tbsp if using fresh)

Sautee onion in a bit of olive oil, add tomatoes after onions go translucent. Simmer for about 5 minutes, add salsa and seasonings. Stir, add broth. Add chicken and frozen veggies. Cover, simmer for about 30 minutes. There are a million different ways to change this, but that's the bare bones. Change around the seasonings to your taste, but I'd definitely use plenty of paprika, it gives it that smokey flavor. I usually use shredded chicken leftover from a chicken served earlier in the week, but I have thrown in two frozen boneless skinless chicken breasts and cooked it in the soup, shredded, returned to the pot and served. Recently I ran out of broth and used bouillon cubes- turned out well, just remember not to salt it if you do. I've changed it a bit using a can of tomato paste, it thickens it nicely. Changes it from being a typical chicken broth soup, though. I use lots of veggies, as I'm forever finding a way to sneak them into my picky monster kid, lol. There are usually plenty of snow peas, sugar snap, green beans, lima beans. Lima's don't taste anything like limas in this soup, they just taste spicy. Broccoli doesn't really fare well in this, so I'd not use it. I made this soup up out of desperation, and now it's a family favorite. Posted by AniZilla. NB: using lima beans would be a level 2 option.

### Mexican Lime Chicken Soup

6 cups chicken stock (Better then Boullion brand is great! - has no MSG)  
 4 precooked chicken breasts cut into cubes or strips  
 1 tbsp olive oil  
 12 cloves garlic, minced  
 1 tbsp dried minced onion  
 1 can diced tomatoes (drained)  
 1/3 cup chopped cilantro  
 3 or 4 jalapeno peppers - slice in half remove all the insides, then dice very small  
 1/3 cup lime juice  
 salt and pepper to taste

Heat oil in a large sauce pan. Add onion, garlic and peppers and cook for about 5 minutes until lightly browned. Stir in stock and remaining ingredients, except cilantro and adjust seasoning. I usually double this, as it tastes better the second day. Serves 4 to 6. Posted by glassart.

### Great Soup

2 cans low sodium chicken broth  
 2 cans white beans (rinsed and drained)  
 1 jar salsa verde (green salsa)  
 2 cans chicken breast (the ones that are a bit larger than tuna cans)

That's it - heat and eat! I add cheese on top and my husband loves it too. This is a great 4 ingredient soup - it's not level one because it has beans in it, but I have been losing steadily while consuming it daily this last week. NB: This is a level 2 recipe. Posted by mitimbili.

### Pizza Soup

1-16 oz. can crushed tomatoes  
 2-16 oz. beef consume  
 1-16 oz. mushrooms  
 1 lb. Italian sausage  
 3 oz. sliced pepperoni cut in two lengthwise  
 1 t. garlic powder  
 2 t. oregano  
 2 t. Italian seasoning  
 1 medium diced green pepper  
 1 small diced onion  
 1 c. freshly grated mozzarella cheese  
 1/4 c. grated Parmesan cheese

Brown sausage and drain. Put all ingredients in slow cooker, except the onion, green pepper and cheeses. Cook on high for 3 minutes then turn to low for about 6 hours. Add the green pepper and onion, turn up to high and let cook an additional hour. Spoon into bowls and sprinkle cheese just before serving. I got this recipe from the Low Carb Recipe Box on Yahoo. I don't know who the originator was or I'd give them credit due. I used dried sliced shitake mushrooms and added red pepper flakes. The recipe called for 1/2 lb. pepperoni, but I only used 3 oz. cut and that was quite enough for me. It also said to put everything but the cheese into the pot, but I don't like green pepper and onions cooked that long so I modified the recipe to put them in the last hour. My husband really loved this soup and so did I. NB: The Italian sausage should be removed from the casing before frying. Serves 8. Posted by LadyJ.

### Mexican Meatball Soup

1 lb ground beef  
 1 16 oz can stewed tomatoes broken up  
 1 13 3/4 oz can beef broth  
 1/2 c Ortega Salsa Homestyle Recipe Mild  
 3/4 tsp ground coriander  
 3/4 tsp ground cumin  
 1/2 tsp salt  
 2 medium zucchini thinly sliced

Heat tomatoes, broth and salsa to a boil in large saucepan over high heat. Reduce heat then simmer 25 minutes. Meanwhile combine meat with all seasonings, mixing lightly. Pinch off 1 inch pieces of beef mixture to make 32 freeform meatballs. Cook in heavy non-stick skillet over medium heat, brown evenly. As meatballs brown, add them to tomato mixture. Add zucchini during the last 10 minutes of cooking time. Garnish with fresh cilantro and serve with legal bread if you like. Posted by PHoffer.

### Albondigas Soup

1 1/2 lbs ground beef	1 med green pepper seeded & diced
1/2 cup grated parmesan cheese (canned)	3 med onions diced
1 egg beaten	1 quart hot water
3 Tbsp chopped fresh parsley	1 1/2 cups red wine
6 cloves garlic	2 cans tomatoes (diced, crushed or whole)
2 Tbsp minced fresh mint	1 Tbsp vinegar
3 tsp salt	1 Tbsp sugar substitute
4-6 Tbsp olive oil	1 tsp dried oregano

In large bowl combine meat, broken into bits with a fork, cheese, egg, parsley, 3 crushed cloves garlic, mint leaves & 1 1/2 tsp salt. Mix thoroughly with a fork or with hands. Form meat mixture into balls about 2 inches in diameter. Brown in olive oil in large dutch oven over moderate heat for about 7 mins, Remove meatballs & set aside. Sautee the pepper, onions & 3 crushed garlic cloves over moderate heat for 5-7 minutes in the drippings remaining in the dutch oven. Add 1 1/2 tsp salt & all the other ingredients & cook the soup over moderate heat for 20-30 mins. Add the meatballs, cover, & simmer the soup for 1 1/2 hours. Posted by wired\_foxterror.

### Albondigas

1 to 2 lbs. ground beef  
 1 egg  
 handful of grated parmesan  
 handful of dehydrated onion  
 1 med. diced onion  
 2 stalks diced celery  
 2 large zucchini cut into large chunks  
 S & P  
 1 bunch cilantro

Mix meat, egg, dehydrated onion and parmesan together and make 1/2 - 3/4 inch meatballs. Place them in a pot and cover with water, maybe about 1 or 2 inches above the meatballs. Add onion, celery, S & P, and about a small palm full of cilantro that is cleaned and chopped. Bring to a boil and reduce heat to simmer for about an hour... the last 20 minutes drop in the zucchini chunks. If you do this too early they get really soggy. This is a SS version that I make. Very mild flavor but reminds me of my Aunt who always made this. Posted by JCNmyheart.

### Sausage Soup

olive oil  
 1 pound sausage  
 1 large chopped onion  
 chopped garlic  
 salt & pepper  
 red pepper flakes ( I use lots- I like it hot and spicy!!)  
 2 cans beef broth  
 chopped tomatoes OR legal chunky sauce  
 1/2 or more package Kale rinsed (I leave in the stems)

In olive oil in a heavy pot, cook sausage - crumble and brown with onion & chopped garlic, salt & pepper and red pepper flakes. Add beef broth, bring to a boil. Add tomatoes OR sauce, bring back to a rolling boil. Add kale, simmer 30 - 45 minutes till kale is reduced. Great on a cold winter eve (like tonight). I had several packages of breakfast sausage from the last pig we got that I didn't really like, so I took it and made soup - and it actually turned out nice and thick and hearty. Posted by Medicmom.

## Italian Soup

### Meatballs:

1 small onion, grated  
 1/3 c chopped fresh parsley  
 1 large egg  
 1 tsp minced garlic  
 1 tsp salt  
 1/2 to 3/4 c Parmesan cheese  
 8 oz ground pork  
 8 oz ground beef  
 fresh ground black pepper

### Soup:

12 Cups low sodium chicken stock  
 1 lb curly endive coarsely chopped or  
 1 lb escarole can be used  
 2 large eggs  
 2 TB freshly grated Parmesan Cheese  
 salt and pepper to taste

To make meatballs: stir first 5 ingredients in large mixing bowl to blend. Stir in cheese, beef, & pork. Shape into 1" balls, place on baking sheet. To make soup: bring broth to a boil in a large pot over medium-high heat. Add meatballs & curly endive & simmer until meatballs are cooked through & curly endive is tender, about 8 mins. Whisk eggs & cheese in a medium bowl to blend. Stir soup in a circular motion. Gradually drizzle egg mixture into the moving broth, stirring gently with a fork to form thin strands of egg, about 1 minute. Season the soup to taste with salt & pepper. Ladle the soup into bowls & serve. Can garnish with Parmesan cheese. Posted by PHoffer.

## Zuppa Toscana with Cream

1 16 oz package Italian sausage  
 6 slices bacon  
 1 med onion, chopped 3/4 cup  
 2 to 3 garlic cloves minced  
 1 quart water  
 2 tb chicken base or instant granules use SS  
 2 cups cauliflower to replace potatoes  
 2 cups kale shredded  
 1/8 to 1/4 tsp crushed red pepper  
 1/3 cup heavy cream

In large cooking pot or dutch oven, cook sausage over med. high heat until done. Remove from pan and slice into 1/2" pcs. Set aside. In same pot, fry bacon until crisp. Remove, drain on paper towels, crumble and set aside. Drain all but 1 TB bacon fat from pot. Add onions to same pot and cook until soft, add garlic and cook for 1 more minute. Add the water, chicken granules and cauliflower. Bring to boil reduce and simmer covered for 15 minutes or until veggies are done. Return sausage to pot and crumbled bacon, add the kale and crushed red pepper and simmer 4 more minutes. Stir in cream and cook until heated through without boiling. Serve hot. Posted by PHoffer.

## Easy Italian Wedding Soup

6 qts. chicken stock  
 escarole, chopped, washed & drained ( I use about 6 cups)  
 1lb. ground chicken

In large stockpot heat chicken broth (if using store bought, please make sure it's legal SS). Bring broth to slow boil. Meanwhile, make small meatballs of ground chicken & set aside. When broth boils, drop in meatballs & lower heat. Continue cooking on low heat till meatballs are cooked through. Next, add chopped escarole & continue to cook about 5 to 7 mins longer, salt to taste. Remove from heat & serve. Posted by Pat Polito.

## Hot & Sour Soup

4 – 5 Dried Mushrooms  
 20 Dried Lily Buds (available at Oriental groceries or can leave out)  
 1 Boneless, Skinless Chicken Breast (or equivalent pork)  
 1 Tbsp. Dry Sherry (slight imbalance, can leave out)  
 2 C. Chicken Broth  
 2 C. Beef Broth  
 ½ C. Sliced Bamboo Shoots, drained  
 ½ C. Sliced Water Chestnuts, drained  
 4 Oz. Bean Curd, drained & cubed (tofu is considered funky, should leave out)  
 3 Tbsp. White Vinegar  
 1 Tbsp. Soy Sauce  
 ½ tsp. White Pepper  
 2 Tbsp. Corn Starch (funky, substitute another thickening agent)  
 3 Tbsp. Water  
 1 Egg, lightly beaten  
 1 tsp. Sesame Oil  
 2 Green Onions, slivered  
 2 Tbsp. Cilantro

Place dried mushrooms and lily buds in separate bowls; cover with hot water. Let stand 30 minutes, drain, and squeeze out excess water. Cut mushrooms into thin strips, discarding stems. Cut off hard tips from lily buds and tie each bud onto itself to make a knot in the center of the bud. Cut chicken crosswise into thin strips; sprinkle with sherry. Let stand 15 minutes. Bring chicken and beef broths to a boil in a 3 quart saucepan. Add mushrooms, lily buds, chicken, bamboo shoots, and water chestnuts. Reduce heat and simmer, uncovered, 3 minutes. Add bean curd, vinegar, soy sauce, and pepper; cook 3 minutes more. Blend cornstarch and water in a small cup; stir into soup. Cook, stirring until slightly thickened. Turn off heat. Stirring constantly, slowly pour egg into soup. Stir in sesame oil and onions. Sprinkle with cilantro just before serving. This is for jcinmyheart who was looking for a way to use some bok choy. Although this recipe doesn't specifically call for it, I think that it could easily be added. I would suggest shredding it for this soup. Posted by Jillybean.

## Spicy Skillet Soup

1 T. olive oil  
 2 T. cilantro, chopped (plus extra for garnish)  
 1 t. chopped garlic (I used the jarred stuff)  
 1/4 - 1/2 c. chicken cooked, chopped or shredded (any leftover chicken would do)  
 1 can El Pato Tomato Sauce (found in Mexican section of most grocery stores)  
 1 cup (approx.) cream (really just fill the empty can of El Pato with cream and pour in.)

In a med. sized skillet (8-10in) or med. sauce pan put olive oil and heat slightly. Add garlic and cilantro. Cook for a couple minutes. Add chicken. Heat through, stirring well so you don't burn chicken. Add El Pato tomato sauce. Heat through. Fill the El Pato can with cream and add to the soup mixture. Heat through. Remove from heat and serve. Garnish with fresh cilantro. (I have also tried adding a dollop of sour cream. Very tasty but really not necessary.) This is excellent soup. I made it for my parents (increased everything by 5 for a huge pot) and we ate it on Sunday. My mom took some to work for Mon. and my dad said he finished it off on Tues. and it was very good. He said it got milder as it sat. One more thought - I was thinking maybe Suzanne's Cilantro Lime pesto might be good in this to replace the plain old cilantro. I haven't had hers yet. I am ordering it while it is on sale. I will let you know how it is. I call this skillet soup because that is what I first used to make this. It cooks very easily and quickly in the skillet. I think everything could be made up to the adding of the cream and then frozen for reheating later if needed as well. However, this is so quick and easy I can't imagine needing to do that. Level One - Pro/Fat. Serves one – two - can be doubled, tripled etc. Posted by FrozH2O.

## Pasole

8 cloves garlic  
 4 chicken bullion cubes  
 Sm. pinch fresh oregano  
 9 pieces chicken  
 8 qu. Saucepan 1/2 full H2O  
 1 lg. onion-peeled-whole  
 California chilli - seeded & sliced  
 Additional items:  
 Limes-wedged Avocado-sliced  
 Radish-sliced THIN  
 1 bottle Tapatio sauce Salsa (hot sauce, like Tabasco)  
 Sour cream Shredded cabbage

Put H2O, onion, 7 garlic cloves, bullion's, oregano in pot & boil 20 min. Add chicken and lower to med./low. Cook covered 30 min. Boil 1-cup pasole broth with California chili 15 min. Put this and 1 garlic clove in blender. Blend till smooth. Strain and put in soup. Done. Dish into bowls and add any additional items. Posted by momof7.

## Egg Drop Soup

For 4 servings: Combine 5 cups chicken broth with 1 teaspoon of ThickenThin not/Starch thickener. Bring to boil. Beat 1 or 2 eggs. Remove soup from heat. Gently stir in egg so that it forms "flowers." Sprinkle chopped scallion on top. Season with a little soy sauce. Serve immediately. Recipe from Thicken Thin website, posted by DebB.

## Leftover Turkey Soup

I took my turkey carcass, put in the pressure cooker, with 1 huge onion left whole - covered 1/2 way with water. Cooked it for about an hour. Released steam. Strained into a big bowl - Put the broth back in the pressure cooker. Removed as much remaining meat from the carcass as I could & added it to the broth. I added 1 pack of frozen (defrosted) chopped spinach. I made it Level 2 by adding a small box of wild rice but I'm sure it would have been just as good without. Put it back on the stove (uncovered) until the rice was cooked (about 45 mins on medium). Served sprinkled with grated romano cheese. \*I had some mashed up sausage & (legal)meatballs left over from an (illegal) lasagne so I added some of that to my husbands soup & he REALLY liked it! Posted by MaryAnnT.

## Turkey & SS Stuffing Soup

Saute about 3/4 to 1 cup each of diced onions & celery in olive oil. As it starts to brown on the bottom of the pot, add leftover stock from the turkey (approximately 2 quarts). Note: You can substitute low-sodium chicken stock for turkey broth. Let veggies & stock simmer approximately 10 mins. Add shredded turkey (dark & white meat) - approximately 2 cups. Add leftover sausage/mushroom stuffing from Suzanne's book (about 1 1/2cups). Let simmer 10 minutes. Serve. Note: I used 1 # of chicken sausage & 1# of turkey chorizo in the stuffing & a combo of shiitake, button, & baby bella mushrooms in the stuffing. This recipe can easily be adapted using a rotisserie chicken & low-sodium stock. This is a recipe I tried after Thanksgiving. It was a big hit. Posted by capecodchris.

## New England Clam Chowder

about 3 dozen clams or use 1 can 6 oz. chopped clams	1 bay leaf
5 pcs, bacon diced	2 TB minced fresh parsley
1 med onion diced	2 cups heavy cream
2 cups seafood stock or you can use chicken stock	salt and pepper to taste

If using fresh clams, wash and steam clams in approx. 6" of boiling water until shells open--about 4-5 minutes. Strain the water and use for all or part of the stock, Chop the clams coarsely. Cook bacon in large skillet over low heat until browned. Add onions and cook until translucent. Add stock salt and pepper, parsley, and bay leaf. Simmer for about 5 minutes. Add clams and simmer about 10 minutes more. Lower heat and stir in cream. Cook until just heated but do not boil. Serve and enjoy! Posted by PHoffer.

### Susan's Homemade Clam Chowder

1 huge can of clams from Costco  
 olive oil  
 2 onions, chopped  
 4 stalks celery, sliced  
 1/2 bulb garlic, chopped  
 4 Campari tomatoes, diced  
 4 red skin potatoes, diced  
 salt, pepper

Pour some olive oil into a Dutch Oven (or a pan of equal size). Slide the onions and celery into the oil; stir well and cook under medium heat for a few minutes. Next, add the potatoes and mix them well with the onions and celery. Cook for about 10 minutes between low and medium. Season to taste with salt and pepper. Add garlic and toss again. Now, throw the tomatoes on top and put on a lid, and simmer for about an hour or so. Next, drain juice off of clams into pot. Let that simmer until potatoes are done. Add clams and mix everything well. When everything is all heated thru, it's time to eat! If you're too afraid to use potatoes, just leave them out. I would not put cauliflower in there in there place but that's up to you. I like tasting the clams! I made this up yesterday. No bacon since dd is a vegetarian, no cream since dh has bad cholesterol (and won't SS), and no flour because of ME! It was absolutely delicious. Posted by silenagig. Note: potatoes would make this level 2.

### Mary's Salmon Chowder

7 1/2 oz canned Alaskan salmon  
 1/2 cup chopped onion  
 1/2 cup chopped celery  
 1 garlic clove minced  
 2 Tbl butter  
 1 cup diced parsnips  
 2 cups chicken broth  
 3/4 tsp "Herbs de Provence"  
 1/4 tsp (or to taste) black pepper  
 1/2 cup chopped broccoli  
 1/2 cup chopped cauliflower  
 1 1/2 cup cream mix: 3/4 cream, 3/4 water  
 minced parsley

Drain and flake salmon, RESERVING the liquid. Sauté onions, celery, garlic and parsnips in butter. Add cauliflower, reserved salmon liquid, chicken broth, and seasonings. Simmer, uncovered, about 20 minutes, or until the vegetables are tender. Add broccoli and cook 5 more minutes. Add flaked salmon and cream/water mixture and heat thoroughly. Posted by naturelover.

### Seafood Bisque

1 Cup chopped celery	1 TB minced garlic
1/2 cup chopped green onions, including green parts	1 tsp. dried basil
butter	dash of Old Bay Seasoning
1 can chicken stock	1 can minced clams
2 cans water	1 can shredded crab meat
1 can -8 Oz. tomato sauce	1 can small shrimp
salt and pepper to taste	1/2 cup heavy cream
	sour cream for garnish

Sauté celery & onions in butter. Heat chicken stock water & tomato sauce in soup pot. Add the celery & onions. Add the seasonings & simmer one hour. Then 30 mins before serving add the seafood & the cream, allow to simmer over low heat for at least 10 mins. Serve with a garnish of sour cream. Serves 6. Posted by PHoffer.

### Seafood Gazpacho

5 ripe tomatoes peeled  
 1 pimento  
 1/2 onion  
 3 finely chopped garlic cloves  
 1 stalk celery  
 5 cups tomato juice  
 1/3 cup red wine vinegar  
 salt & pepper to taste  
 white pepper to taste  
 Tabasco sauce to taste  
 2 Tbsp olive oil  
 1/4 lb small shrimp cooked & shelled

Run vegetables through blender or food processor to produce a rough textured blend. Stir in tomato juice & vinegar. Season well, whip in olive oil and chill. Add shrimp, adjust seasonings, and serve in individual cups or bowls with individual dishes of chopped vegetables (cucumber, scallions, green pepper, dill) on the side. Posted by wired\_foxterror.

### Stromboli Stew

2 Packages Johnsville Sausage I used mild  
 1 med onion chopped  
 1 green pepper chopped  
 minced garlic  
 pepperoni sliced or chopped to taste  
 1 Med. can mushrooms drained  
 1 lg can peptite diced tomatoes in juice  
 1 cup chicken broth  
 Approx 1 Cup of 4 Blend Italian Cheeses  
 1 lb mozzarella cheese shredded  
 1/4 Cup Cream  
 1 tsp each of basil and oregano

Cut sausage in bite size pieces & fry in 2 to 3 TB extra virgin olive oil. Add green peppers, onion, sauté. Add pepperoni, then add mushrooms & garlic to taste. Then add canned tomatoes & chicken broth. Let simmer add seasonings to taste. Add approx 1 cup of 4 blend Italian cheese shredded & 1/4 heavy cream. Let simmer, then top with Mozzarella cheese, let the cheese melt & serve. Tastes just like Stromboli without the dough. This recipe was brought to my attention by KayB, thank you Kay. Now Kay did not give the amounts but putting everything together by taste buds worked for me. KayB also didn't use the heavy cream, I added that. Posted by PHoffer.

### German Soup with Sour Cream

8 oz. bacon, diced	4 oz cream cheese, room temp.
3/4 c chopped cabbage	( I put the cream cheese in to replace flour)
2 cups cauliflower chopped	1/4 c cider vinegar
3/4 sliced zucchini	1 clove garlic, crushed
1/2 c chopped onion	2 tsp Worcestershire sauce
1/2 c chopped celery	1 tsp caraway seed
4 cups seeded and chopped tomatoes	1 tsp salt
4 cups beef broth	1/4 tsp dried thyme
2 cups warm water	sour cream for accompaniment

In heavy saucepan, sauté bacon on med high heat drain most the fat. Add cabbage, cauliflower zucchini, onion, celery. Reduce heat & simmer about 20 mins. Add chopped tomatoes, beef broth, simmer 2 hours. Just before 2 hours are up, combine water & cream cheese, blend well & stir into soup. Add vinegar, garlic, Worcestershire sauce, caraway seed salt & thyme. simmer for about 15 mins. Garnish with sour cream. Posted by PHoffer.

### Kraut & Rib Soup

3 to 3 1/2 lbs country style pork ribs, trim some fat off  
 3 TB white wine vinegar  
 2 TB vegetable oil  
 1 large onion, thinly sliced  
 1 tsp caraway seeds  
 2 dry bay leaves  
 1 32 oz package sauerkraut drained and rinse  
 1/2 lb cabbage, shredded  
 1 14 1/2 oz can diced tomatoes in juice  
 2 quarts beef broth

Cook ribs in a deep dish 6 to 8 quart pan over medium high heat, turning as needed, until browned on all sides, about 25 minutes. Remove ribs from pan set aside. Add vinegar to pan and stir to scrape browned bits free. Add oil, onion, caraway seeds and bay leaves. Cook stirring until onion is translucent, about 3 minutes. Stir in kraut and cabbage and tomatoes with their juice. Return ribs to pan, pour in broth. Bring to a boil over high heat, then reduce heat, cover and simmer until meat pulls easily away from bones, about 2 1/3 to 3 hours. You can skim off some of the fat from the top if you like. If made ahead, let cool, then cover and refrigerate for up to 3 days. Reheat before serving. P.S. This recipe did call for 1/2 cup of barley but I have omitted that. Posted by PHoffer.

### My Tomato Soup

1 can Hunts Tomato Sauce  
 1 can Hunts (or other brand) tomatoes and chilies (depending on how hot you want, or you could add a can of Hunts Crushed Tomatoes)  
 1 TBS. or so Dried Tarragon Leaves, crushed  
 1 can Swanson Chicken Broth  
 1 cup or so heavy cream

Mix everything except the cream in a pot. Bring to a boil then let simmer until reduced by about 1/3, remove from heat and either put in a blender a little at a time and process until smooth or whip at the stove with an immersion blender. Add the cream until it's the consistency of cream to tomato that you like, add salt and pepper. Heat for a few more minutes but don't boil. If you used vegetable broth and skim milk this could be a carb meal also. Tis the season for comforting, easy soup. This is my version of tomato soup. Posted by LadyJ.

### Teri T Tomato Soup

1 (28 oz can) tomato puree  
 1/2 teas. garlic powder  
 1/4 teas. onion powder  
 1 can Nestle Table Cream or 1 cup heavy cream  
 1/4 teas. white pepper  
 sugar free sweetener of choice, to your desired degree of sweetness (I use 3 tbs. of pure crystalline fructose)  
 1 - 2 cups water to desired thickness you prefer

Simmer over low heat, stirring occasionally until heated through. Tastes great! Posted by Teri T.

### Pennsylvania Dutch Style Tomato Soup

Tomato Paste	butter
Heavy Cream	hard boiled eggs chopped
water to thin out if needed	small can stewed tomatoes

Heat all together until nice and hot. Should have a more whitish/red color to it. It tastes soooooooo good. We used to put saltines in this, but since they are funky maybe you could make cheese crisps to put in it. No specific amounts just go by taste. Posted by PHoffer.

### Creamy Tomato Soup

4 slices bacon	1 tablespoon sweetener
2 cloves garlic, minced	1/4 teaspoon black pepper
2 cans (28 oz ea) whole tomatoes in juice	1/2 cup heavy cream
1 cup chicken broth	1 tablespoon balsamic vinegar

Heat a large pot on med heat: add bacon and cook until barely crisp, about 5 minutes. Remove bacon and reserve. Remove all but 1 tablespoon of drippings. Add garlic and cook 1 minute stirring. Add tomatoes and their juice, breaking up tomato pieces. Add broth, sweetener and black pepper. Bring to a boil, then reduce heat and simmer for 15 minutes with a cover ajar. Puree soup in batches in a blender or food processor. Return to pot, stir in cream until incorporated and heat through, 2 to 3 minutes. Remove from heat and stir in vinegar. Serve, garnished with crumble bacon. My notes: I pureed the tomatoes before putting them in the pan. I also used about 3/4 cup cream. I like it really creamy. I didn't measure the vinegar either. Just poured from the bottle. Prep time: 5 minutes. Cook time: 24 minutes. Posted by matantej.

### Tomato Tarragon Bisque

1 Tbsp. olive oil  
 2 cloves garlic, minced  
 2 Tbsp. fresh tarragon, finely chopped  
 3 - 4 fresh tomatoes, chopped  
 2 cups chicken broth  
 Salt and fresh ground pepper to taste  
 1 cup sour cream  
 Extra tarragon sprigs for garnish

Heat oil in large pan and saute garlic for 1 min, add tarragon and tomatoes and stir for 2 - 3 minutes. Add chicken broth and salt and pepper. Heat thoroughly over medium heat for several minutes. Stir in sour cream and pour into bowls, garnish with tarragon sprigs and fresh ground pepper. Got this from arcamax.com. Posted by matantej.

### Chilled Tomato and Dill Soup

3 cups fresh tomatoes, peeled, seeded and coarsely chopped  
 1 cup sour cream  
 1/4 cup green onions, chopped  
 2 Tbsp. fresh dill, chopped  
 Several drops of hot sauce  
 Salt and pepper to taste

Combine all ingredients in a food processor and process until smooth. Chill before serving. To peel tomatoes quickly and easily, place in boiling water for about 30 seconds. Remove with a spoon and slide skin off. For a carb meal: use ff sour cream. Posted by matantej.

### Creamy Tomato Basil Soup

4 cups whole canned tomatoes, crushed  
 4 cups unsalted legal tomato juice  
 12 to 14 fresh basil leaves  
 1 cup whipping cream  
 1/2 cup unsalted butter, softened  
 1/4 tsp. cracked black pepper  
 salt, to taste

Combine tomatoes & juice in saucepan. Simmer 30 mins over medium low heat. Cool slightly, then place in blender. Add basil & puree. (This should be done in batches) Return mixture to saucepan. Add butter & cream. Stir over low heat til butter & cream are incorporated. Stir in salt & pepper. This is a recipe for La Madeleine's Tomato Basil Soup. It was given to me by a friend. She says it tastes like the real thing. Posted by BMWgirl.

### Cream of Zucchini Soup

3 tb minced onions  
 2 tb butter  
 2 cups chicken broth  
 1 tsp curry powder  
 1/2 tsp salt  
 1/4 tsp ground black pepper  
 2 1/2 lbs sliced zucchini  
 1 8 oz. container sour cream

In medium saucepan sauté minced onion in butter until tender. Add chicken broth, curry powder, salt and pepper. Bring to a boil, reduce heat. Add sliced zucchini, cover and simmer until the zucchini is tender, about 5 minutes. Stir in sour cream. Pour into a food processor or blend and process until smooth. Cover, serve chilled. Posted by PHoffer.

### Creamy Mushroom Soup

In a sauce pan on med. heat I dumped:

4 cups heavy whipping cream  
 1 can mushroom pieces and stems (chopped)  
 DRAIN AND SAVE JUICE FOR NEXT STEP  
 1/2 cup juice from mushrooms  
 1/2 teaspoon salt  
 1/2 teaspoon pepper  
 3/4 teaspoon garlic powder  
 3/4 teaspoon onion powder

I left it on med. heat and stirred it frequently so it wouldn't burn. After it cooks down to the consistency you like your soup turn it off. I served mine with a small pat of no salt butter on top. It was quite rich, so maybe next time I will leave the butter off. Let me know if you try it and how you like it. I can see adding things like broccoli or even cauliflower to it. I just went through my old recipes and found one for PN's cream of mushroom soup. Boy was that ever good and easy. I made some changes to my taste. Posted by Gerilynn.

### French Bacon Mushroom Soup

6 pieces of bacon  
 one tablespoon of red onion, minced  
 couple tablespoons of vermouth, (or 4 tablespoons of wine white wine)  
 1 can of mushrooms, with juice added  
 1/2 (to 3/4 )cup cream  
 1 teaspoon of onion salt  
 1 teaspoon of dill  
 salt to taste  
 4 tablespoons of sour cream

Cook bacon till \*very\* crispy (I cook mine till it's pretty dry but you don't have to if you prefer yours more chewy) and remove bacon from pan. With remaining bacon grease in pan, turn heat to medium, sauté minced onion till soft, add onion salt and vermouth (or wine). Add mushrooms with juice to pan, add cream and dill and sour cream and simmer. Chop or break up bacon with your fingers, and add to soup. Simmer/low boil until soup reaches its desired thickness. This is not really a 'thick' soup, but a very very rich one. A small bowl of it, with a nice big crunchy green salad is great. This soup is best if you let it set over night after cooking. Flavors really come together. Smell is amazing, even cold! Posted by Erinn.

### Mushroom Soup

1/2 cup butter  
 1 lb fresh mushrooms sliced  
 2 Tbsp fresh lemon juice  
 8 Tsp powdered beef stock base  
 2 1/2 cups boiling water  
 1 1/2 cups sour cream  
 3/4 cups chopped fresh parsley

Melt the butter over low heat in a 2 qt saucepan. Add the sliced mushrooms and lemon juice and saute for 8-10 minutes or until tender, stirring frequently. In a separate bowl combine the beef stock base and water and mix well. Add the liquid to the mushrooms, mixing well to blend. Remove the pan from the heat and let cool about 10 minutes. Slowly blend in the sour cream, stirring to mix thoroughly. (You can do up to here and then refrigerate, covered, until ready to serve). Shortly before serving soup, return the pan to low heat, stirring until hot enough to serve. Posted by wired\_foxterror.

### Mushroom Ragù

1/4 C extra virgin olive oil  
 1 large onion  
 2 garlic cloves minced  
 1 lb mixed mushrooms chopped ( cremini, oyster, shiitaki)  
 salt and pepper to taste  
 1/2 cup marsala  
 2 cups chicken broth  
 1/3 c heavy cream  
 5 fresh basil leaves, chopped  
 1/4 c flat leaf parsley chopped  
 1/2 c to 3/4 c Parmesan cheese

In a large skillet heat the oil. When almost smoking, add the onions and garlic over medium low heat until the onions have wilted, about 8 minutes. Add the mushrooms and season with salt and pepper. Raise heat to high and sauté until mushrooms are tender and all the liquid has evaporated. Remove pan from heat and pour in Marsala. Return pan to stove and allow wine to evaporate, about 3 minutes. Add chicken broth and simmer for 1/2 hour until the sauce has reduced by half. Add heavy cream and mix well. Take the pan off the heat and add the fresh herbs and Parmesan and mix thoroughly. Posted by PHoffer.

### Velvety Mushroom Chowder

In a pot, start with an easy 'sauce':  
 butter  
 heavy cream  
 Philadelphia cream cheese  
 onion salt  
 splash of vermouth or white wine  
 salt and pepper  
 touch of vanilla  
 one can of whole mushrooms, mostly drained

Add everything in a small sauce pan and gently boil till it thickens. Cook a piece of fish or chicken separately till done. Add the fish or chicken to the cream mixture to cook on the stove. Flake the chicken or fish to create the 'chowder'. This is for one serving, no measurements given. It's a one bowl meal. You can make this with fish or chicken. It's a nice one bowl meal that is fast level one. Posted by Erinn.

### Asparagus Soup

2 bunches of fresh asparagus, roughly chopped  
 3 leeks, finely chopped  
 2 tablespoons of butter  
 2 cups of chicken stock  
 1 cup heavy cream  
 Salt & Freshly Ground Pepper to taste  
 Goat's cheese to garnish

In large sauce pan, sauté leeks in butter for five minutes on medium heat. Add asparagus and chicken stock to pan. Simmer 20 minutes uncovered until asparagus is very tender. Remove from heat and add heavy cream, salt, and pepper. Puree soup in blender until very smooth. 1. Ladle soup in equal portions into 6 shallow soup bowls. Garnish with approximately 1 tablespoon of goat's cheese just prior to serving. Posted by Chelle14.

### French Onion Soup

1 qt. beef bouillon or brown stock  
 3 c. thinly sliced yellow onions  
 3 Tbsp. butter  
 1 tsp. salt  
 1 Tbsp. sweetener  
 1/4 c. dry red wine (optional)  
 1 c. grated Parmesan cheese

Pour bouillon stock in slow cooker. Cook onions slowly in large skillet in butter; cover and let cook for about 15 minutes. Uncover and add salt, sweetener and wine. Stir well. Add to stock in slow cooker. Cover and cook on low 6 to 8 hours (High: 3 hours). Before serving, top with grated cheese. Posted by Twiggy88.

### Roasted Garlic Soup with Parmesan Cheese

26 garlic cloves (unpeeled)  
 2 tablespoons olive oil  
 2 tablespoons (1/4 stick) butter  
 2 1/4 cups sliced onions  
 1 1/2 teaspoons chopped fresh thyme  
 18 garlic cloves, peeled  
 3 1/2 cups chicken stock or canned low-salt chicken broth  
 1/2 cup whipping cream  
 1/2 cup finely grated Parmesan cheese (about 2 ounces)  
 4 lemon wedges

Preheat oven to 350°F. Place 26 garlic cloves in small glass baking dish. Add 2 tablespoons olive oil and sprinkle with salt and pepper; toss to coat. Cover baking dish tightly with foil and bake until garlic is golden brown and tender, about 45 minutes. Cool. Squeeze garlic between fingertips to release cloves. Transfer cloves to small bowl. Melt butter in heavy large saucepan over medium-high heat. Add onions and thyme and cook until onions are translucent, about 6 minutes. Add roasted garlic and 18 raw garlic cloves and cook 3 minutes. Add chicken stock; cover and simmer until garlic is very tender, about 20 minutes. Working in batches, purée soup in blender until smooth. Return soup to saucepan; add cream and bring to simmer. Season with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium heat, stirring occasionally.) Divide grated cheese among 4 bowls and ladle soup over. Squeeze juice of 1 lemon wedge into each bowl and serve. Serves 4. Posted by sparkles.

### Roasted Red Pepper Soup

8-10 roasted red peppers, peeled and seeded.  
 large can of legal chicken stock (or make your own)  
 1 large onion sautéed till golden  
 S & P to taste  
 1 C cream

Puree sautéed onions & roasted red peppers. Add back to soup pan & add stock. S & P to taste. Heat till hot & add cream. If you want to get 'fancy', don't add the cream & place in soup bowl. Put cream in a squeeze bottle & place in a circular pattern on top of soup. Then take a toothpick or chopstick & make a 'spider web' pattern. I like to serve this soup for Christmas dinner in my Christmas soup bowls. Over the weekend I went to my local farmer's market. I bought 20 giant red peppers & roasted them this morning. I peeled & seeded them & put them in freezer bags in anticipation for Roasted Red Pepper Soup. My brother-in-law is a chef & he came up with this easy recipe, sorry for the not precise measurements but he just gives guesstimates. Roast peppers on parchment lined cookie sheets at 500 degrees until black & charred. Let cool. Seed them & peel off the skin. This will be very easy. Now you can freeze them in Ziploc baggies or make the soup. Posted by gopmom2.

### Roasted Red Pepper Soup

2 tablespoons olive oil  
 2 celery stalks, chopped  
 1 small onion, chopped  
 2 cloves garlic, finely chopped  
 4 roasted red peppers, chopped  
 2 cans (14.5 ounces each) reduced sodium chicken broth, plus 1/2 can water  
 2/3 cup heavy cream  
 Salt and black pepper  
 1/4 cup grated Parmesan

Heat oil in medium saucepan over medium heat. Add celery, onion, & garlic, & cook, stirring occasionally, about 8 minutes, until vegetables are softened. Add roasted peppers & stock. Bring to a boil; lower heat & simmer 5 minutes. Pure soup in batches in a blender or food processor until smooth. Return soup to saucepan; stir in cream. Heat gently. Add salt & pepper to taste. Sprinkle with Parmesan before serving. A little smoke flavor makes a big impact when its diffused through a medium of chicken broth & cream. Home-roasted peppers taste best, but jarred peppers (rinsed & patted dry) can be used in a pinch. From the Atkins website. Posted by DebB.

### Roasted Red Bell Pepper Soup

1 tablespoon olive oil  
 1 pound red bell pepper\* -- roasted and peeled  
 1 tablespoon garlic -- chopped  
 1/4 cup yellow onion -- julienned  
 1 bay leaf  
 1 teaspoon creole seasoning  
 1 teaspoon ground cumin (cominos)  
 1 teaspoon salt  
 1 teaspoon fresh lemon juice  
 1 teaspoon Worcestershire sauce  
 4 cups water  
 1 cup whipping cream

Heat oil in stockpot. Add peppers, garlic and onion, and cook until onion is translucent. Add bay leaf, Creole seasoning, cumin, salt, lemon juice and Worcestershire. Add water and bring to a boil. Process in blender or food processor until smooth. Stir in cream and blend in blender again (may have to do in batches). Divide among 4 to 6 bowls, and garnish with cheese. Makes 4 to 6 servings. Ruth's notes: I used two jars of roasted red bell peppers....good and easy... and no onions. Posted by glassart.

**Pumpkin Soup- Level 2**

1(15oz)can pumpkin, plain	1/4 tsp ground nutmeg
1 cup chicken broth	1/4 tsp ground allspice
1(14oz)can lite coconut milk	sweetener to taste
1/2 tsp ground cinnamon	coconut extract (to taste & optional)
1/8 tsp salt	

In large saucepan, add all ingredients, adjusting to taste. Heat to just boiling, reduce heat & simmer, uncovered, for 5 minutes. Serve in bowls or pour into mugs. Makes 6 servings, 6 grams usable carbs each. \*I used 1/4 tsp Loranns coconut oil (equivalent to 1 tsp coconut extract). It really added a nice underlying flavor to the pumpkin. I also added 1/4 tsp cayenne pepper. It added a little flavor, but I think I will leave it out next time. This tastes like dessert, but it is a great side to pork or chicken. \*To re-heat, use the stove, not a microwave. Posted by JamieAZ.

**Almost Anytime Vegetable Soup**

4 cups water  
 4 cups tomato juice  
 1 Tbsp SS Spicy Porcini Italian Mushroom Rub\*  
 1 cup cooked spaghetti squash  
 1 turnip, cubed  
 1 small onion, chopped  
 1/3 bag mixed vegetables (2 lb bag)  
 (no salt nor pepper needed)

Put everything in a pot, bring to a boil, simmer until turnips are soft. \*NOTE use less of the porcini mushroom rub if you do not want to feel its heat. This soup can be eaten with carbs or pro/fats or anytime in between (respect the fruit rule timing of course). Posted by Twiggy88.

**Vegetable Barley Soup**

4 cups tomato juice  
 4 cups water  
 1 TBSP spicy porcini italian mushroom rub  
 1/3 bag of frozen mixed veggies (2lb bag) (I like the oriental mix veggies)  
 1/2 cup barley  
 1/2 cup brown rice  
 1 small onion (chopped)  
 (no salt nor pepper required)

Put everything in a pot, bring to a boil, and simmer until barley softens. Posted by Twiggy88

**Split Pea Soup**

1 yellow onion, chopped  
 1 bunch celery, chopped  
 3 large turnips, skinned & cubed  
 1 package of split green & yellow peas and lentils (I wish I knew how big the box was -- probably 2-3 cups?)  
 About .5 cup barley  
 2 large zucchini, chopped

Put it all in a big pot with 7 cups of water, bunch of dried herbs (Italian mix, celery seed) and brought to a boil, then covered partway and put on a fairly hard simmer for an hour. Added the zucchini and then cooked for another half hour. I used an immersion blender to blend it all up a bit, but left it somewhat chunky still (you could use a blender or food processor and decide how smooth or chunky you like it). Added a good bit of salt & pepper, and yum! This is going to be a nice take-to-work lunch for me or even breakfast! I just made some yummy split pea soup, thought I'd share. I didn't really measure things but I'll approximate the best I can. Should be level 1 carb. Posted by HollowDementia.

### Lentil Soup

1lb. bag lentils (washed)	1 Tbsp. basil
2 stalks celery, sliced	8oz. can tomato sauce
1 med. onion, chopped	salt & pepper to taste
2 cloves garlic, crushed	

Wash & drain lentils, place in large stock pot, cover with water. Bring to boil, skim top. After you skim the top, add celery, onion, garlic & basil. Simmer about 1 hr. or until lentils are tender. Add in the 8 oz. can tomato sauce (You can use less than 8 oz. if you prefer) & salt & pepper to taste. Heat for 1 or 2 mins more. Posted by Pat Polito.

### Wild Rice Soup

6 c. vegetable broth	Salt & pepper
1 1/2 c. brown & wild rice blend	1 can FF condensed skim milk
1 tsp. each thyme & rosemary (approx.)	

Bring broth & rice to a boil. Add seasonings. Cover & reduce heat to low. Cook for 45-50 min. or until rice is done. Add condensed milk and cook uncovered on medium until heated through and the thickness that you like. For Level 2, I used chicken broth and added a large can of chunk chicken breast. Posted by indyemmer1.

### Peach Mango Soup

Peach chunks and Mango chunks to equal 2 1/2 cups	1 cup Orange juice concentrate
1/2 tsp Cinnamon	1 1/4 cup FF milk
1/2 tsp Cardamon	8 mint leaves or 1 tsp dried mint leaves
1 tsp Vanilla	1 tsp grated lemon peel

Place all ingredients in a food processor or blender & blend till smooth. (I placed everything in a bowl & used my stick blender) It's ready to serve. You can garnish it with sprigs of mint & twists of lemon peel. This soup can be frozen. You could freeze the fruit in advance & get that thickened ice quality. It sits in the fridge for several days too, without getting gross. This is a Level 2 recipe to beat the heat. Simple to put together. Posted by Whimsy.

### Gridmama & September's Pro/Fat Chili

1 medium onion, sliced	you can also substitute 16 oz. of tomato sauce)
3 cloves garlic, chopped	1 small can diced green chiles
1 green bell pepper	3 T. chili powder
1 red bell pepper (I used 2 reds, I didn't have a green)	1 t. ground cumin
1 1/2 lb ground very lean ground beef	1/4 t. ground Cayenne
1 28 oz. can of diced tomatoes (I used fire-roasted,	salt
	pepper

I'm reposting Grid's and my Chili Recipe. I made it yesterday and did something a bit different. I took the diced tomatoes, onions, peppers, and added more veggies (shhh don't tell) and pureed it all together in my food processor. Then proceed as usual. It is SO thick and rich and more like real chili. My family's loving it all over again! Sauté 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 to cool it off! Grid adds mushrooms, which she sautés, because they add a bean-like texture. :) I skip them! Level One, Pro/Fats. This recipe was sent to me by gridmama a very long time ago 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! Posted by September.

### **Corned Beef & Cabbage (Crock Pot)**

4lb. corned beef brisket  
 2-3 medium onions, quartered  
 head cabbage, cut into wedges  
 water to cover

Put all ingredients except the cabbage wedges in crock pot. Cover & Cook on low 10-12hrs (High:5-6hrs) Add cabbage wedges to liquid, pushing down to moisten, after 6 hrs. on low (3hrs. on high). Note: if I have more cabbage than my crock pot will handle, I cook the remainder of the cabbage in a skillet. Remove 1cup of broth from the crock pot during the last hour of cooking. Pour over the cabbage wedges in skillet. Cover and cook slowly 20 to 30 mins. Posted by Pat Polito.

### **Mediterranean Seafood Stew**

1 TB olive oil  
 1 yellow onion chopped  
 2 red peppers diced  
 3 cloves garlic minced  
 1 TB crushed dried thyme  
 1 TB crushed dried basil  
 1 14.5 oz can petite diced tomatoes  
 1/2 c dry white wine  
 2 TB tomato paste  
 1 1/2 lbs firm white fish  
 1/2 tsp salt  
 1/4 tsp ground black pepper

Heat oil in large pot over medium heat, add onion and cook until soft, about 5 minutes. Add peppers, garlic, and herbs, stir and cook for 5-6 minutes or until veggies are soft. Add tomatoes, wine and tomato paste, let simmer for 15 minutes. Add fish, cover and cook 7 to 8 minutes, or until fish flakes with fork. Season with salt and pepper. Posted by PHoffer.

### **Herbed Chicken and Shrimp**

1 tsp. salt  
 1 tsp. pepper  
 1 broiler/fryer chicken (3 to 4 pounds) cut up and skin removed  
 1/4 c. butter  
 1 large onion, chopped  
 1 (8 oz) can tomato sauce  
 1/2 c. chicken broth (or white wine for level two)  
 1 garlic clove, minced  
 1 tsp. dried basil  
 1 lb. uncooked medium shrimp, peeled and deveined (I used frozen cooked shrimp that were already peeled and deveined seeing as my small grocery store doesn't carry uncooked)

Combine salt and pepper; rub over the chicken pieces. In a skillet, brown chicken on all sides in butter. Transfer to an ungreased slow cooker. In a bowl, combine the onion, tomato sauce, broth, garlic and basil; pour over chicken. Cover and cook on low for 4 to 5 hours or until chicken juices run clear. Add the shrimp and mix well. Cover and cook on high for 20 to 30 minutes or until shrimp turn pink. I can't take credit for coming up with this recipe, but oh is it ever good and it was already somersized, lucky us :) Posted by AmyLS.

### Citrus Spice Chicken

1/3 c. lemon juice  
 2 T. splenda or 1 1/2 tsp. sommersweet  
 1/2 C. no sugar added ketchup  
 1/2 tsp orange extract  
 3 T. s/f orange syrup (davinci or torani)  
 1/2 tsp ground cinnamon  
 1/2 tsp ground allspice  
 1/8 tsp ground cloves  
 1/4 tsp cayenne powder  
 3 pounds boneless, skinless chicken thighs

Combine all ingredients but chicken in a bowl. Mix well. Add chicken to the bottom of slow cooker. Cover with sauce. Place lid on cooker and set to low and let cook for 6 hours. Serve with a drizzle of sauce on top of chicken. The original recipe called for 2 T. low sugar orange marmalade jam. I used the s/f syrup instead and added an extra Tbs. It was really good. Thanks to the original author of this recipe. This is not my recipe. I found it in a low carb cookbook. I had to change 1 of the ingredients for it was funky. This is amazing!!! Posted by JamieAZ.

### Slow Cooker Creole Chicken

4 boneless, skinless chicken breast halves  
 salt and pepper  
 Creole seasoning (I use Tony Chachere's Creole Seasoning)  
 cayenne pepper  
 red pepper flakes  
 1 (14.5 ounce) can stewed tomatoes (Muir Glen is the only legal stewed tomatoes I have found. You can get it at Whole Foods).  
 3 dashes of Tabasco sauce  
 1 stalk celery, diced  
 1 green bell pepper, diced  
 4 cloves garlic, minced  
 1 onion, diced  
 1 (4 ounce) can of mushrooms, drained  
 2 fresh jalapeno peppers, seeded and chopped

Place chicken breasts in slow cooker. Season with salt, pepper, red pepper flakes, cayenne pepper, Tabasco sauce, and creole seasoning. Stir in tomatoes with liquid, celery, bell pepper garlic, onion, mushrooms, and jalapeno peppers. \*Note: I didn't use the Tabasco so I don't know how it will taste in this dish but I will next time to spice it up. Cook on High for 4 hours. Posted by starlight5400.

### Mock Pot Pie Filling

A tasty crustless chicken pot pie: To the crock pot add the following ingredients: Mix together the following: 3 cups of ss chicken broth and 1 cup of sour cream till smooth, then add to crock pot). (I use the ss chicken bouillon, 3 Tbsp. to 3 cups of water.) Next; Cut uncooked boneless chicken breasts into bite sized pieces and add them to the broth. (I used 4 breasts.) Next add veggies: sliced celery, sliced onion, chopped broccoli, diced green peppers, sliced mushrooms, and fresh green beans. (feel free to use veggies of your choice) Add a few leaves of fresh basil, oregano and parsley. Cover and set on high for 5 hrs or on low for 8 hrs. To thicken gravy I poured the gravy into a separate saucepan and added ThickenThin not/starch thickener. After thickening the gravy I poured it into a large soup tureen along with the chicken and veggies from the crock pot and served along with a green garden salad. Posted by Pat Polito.

### Kraut & Pork

1 lb pork, steak, country style ribs (no or very little bone), loin, etc., cut up in 1 inch pieces  
 1 bag sauerkraut (sold in the refrigerated meat section) I think it is about 2 lbs.  
 1/2 onion, coarsely chopped  
 2 tsp caraway seeds  
 freshly ground pepper to taste

Brown pork in skillet. Place in pressure cooker. Pour some water in skillet where meat was browned to loosen bits of browned meat, add to pork. Place rest of ingredients in pressure cooker. Once pressure is built up, time for 15 minutes. These ingredients are "estimates" as I just buy a package of pork chops, pork steak or whatever, cut into chunks, removing any visible fat and add enough sauerkraut to completely cover the meat. I salt to taste after it is done (I don't usually need to add any salt). The meat is so tender, it falls apart & mixes well with the cooked kraut. Posted by beebie1.

### Sauerkraut & Sausage

I fix sausage and sauerkraut. I usually do it in the crock pot. I cut the sausage into about 3" pieces (on the diagonal, to expose maximum sausage inside the casing, to get the flavor in there), then I dump on the undrained sauerkraut. I have used a legal sugar-free maple syrup to replace the brown sugar. Just don't use too much though, or it will taste very maple-y. I add enough just to cut the tartness of the sauerkraut. It just all depends on how much you're making. You may have to make it once, making note of your ingredients - then tweak from there. Wish I could be more specific - but it's really one of those "to your taste" recipes. I buy a big pack of sausage (usually kielbasa from Costco) and then use the big glass jar of kraut also from Costco. I also do the same thing with ham hocks & kraut. Posted by DebB.

### Ratatouille

1 green bell pepper (cut lengthwise in strips)  
 1-2 zucchini (cut crosswise or in-half then crosswise, depending on size)  
 1 brown onion (sliced & cut into rings)  
 2-3 vine ripe tomatoes (quartered)  
 1 14.5 or 15 oz. tomato sauce  
 1 1/4 cups water  
 3-4 tbsp extra virgin olive oil  
 Salt & pepper to taste

Layer ingredients in the order listed into a 2-3 quart crockpot or slowcooker. Pour water, tomato sauce, olive oil and salt/pepper. Set on low heat for about 2-3 hours, or until desired doneness. You can experiment with different spices, but I have found less is always more with this dish. Note: This recipe tastes the best when organic vegetables and purified water are used. Posted by Shoshi.

## SIDE DISHES

### Squash and Basil Saute

1 tablespoon olive oil  
 1/4 cup sliced red onion  
 1 small yellow squash, cut into long 1/4-inch thick slices on the diagonal  
 1 small zucchini, cut into long 1/4-inch thick slices on the diagonal  
 1 clove garlic, finely chopped  
 1/2 teaspoon kosher salt  
 1/8 teaspoon freshly ground black pepper  
 3 cherry tomatoes, halved  
 1 tablespoon thinly sliced basil leaves

Heat the oil in a large skillet over medium-high heat. Add the onion, squash, zucchini, garlic, salt, and pepper and cook, stirring occasionally, until lightly browned and crisp-tender, about 2 minutes. Add the tomatoes and basil and cook, stirring, until tender, about 1 minute more. Serve immediately. I don't know about you but I'm always trying to think of what to do with veggies...this one is simple. Yields: 2 servings. Posted by sparkles.

### Josie's Squash Browns

3 cups spaghetti squash  
 1 small onion - finely chopped  
 1 egg - beaten  
 1/2 teaspoon salt  
 Dash of pepper  
 2 tablespoons butter  
 Vegetable oil

Prepare spaghetti squash as desired. Scoop out 3 cups of strands. Let cool. Mix beaten egg, chopped onion, & salt, pepper & add to squash strands coating well. Heat oil & butter in frying pan until bubbling. Place 1/2 cup mixture into hot oil. Flatten into a patty with spatula. Turn over when edges are golden brown. When both sides are golden, remove with a slotted spatula & blot on paper towels. Serve hot with sour cream. Josie @ Atkins Site. Posted by DebB. \* Deb's notes: I use yellow crook neck squash. I also add 1/4 cup grated (powdered) Parmesan cheese, minced garlic & fried it in a combo of olive oil & butter. Next time I'll try frying these in a non-stick pan, as it was difficult to flip them without them falling apart in a stainless skillet. If you make this an hour or so before you fry them, the squash will start to give off their water, making it too soupy (at least that's what happened to me), so I dumped the mixture into a fine mesh strainer & drained off the liquid. Next time I'll make this right before frying it.

### Dana's Spaghetti Squash Squares

1.5 Cups of Spaghetti squash cooked and well drained.  
 2 eggs  
 1/2 cup of Ragu Pizza Sauce  
 8 oz. package of shredded Mozzarella Cheese  
 4 Tbs of grated Romano cheese  
 1 Tbs of Heavy Whipping Cream  
 6oz. of thin sliced pepperoni, (I used hormel pre-sliced pepperoni)

Beat two eggs with whipping cream and mix with the spaghetti squash. Lightly grease pan then spread the spaghetti squash mixture along the bottom of a 13x9 pan. Then cover with pepperoni (overlap). Then lightly spread 3/4 of the 1/2 cup of pizza sauce over the pepperoni. Then cover with the mozzarella cheese, sprinkle romano on top, drizzle what's left of the sauce over the top and bake at 375 degrees for 45 minutes, covered for the first 30 minutes and uncovered for the last 15 minutes. Let cool and set for about 10 minutes then cut into eight squares with a pizza cutter and lift out with a spatula. (It's a little messy and this method seems to work the best for me.) I edited my grandma's recipe to make this 1/c. It's soooo good. Dana at TLC site. Posted by DebB.

### Spaghetti Squash Patties

Combine 1 cup of cooked strands with 4 beaten eggs, 3 T parmesan, some minced garlic & onions, italian spices. Cook in large non stick skillet with some butter & fry on both sides till golden brown. TLC board. Posted by DebB.

### Baked (Caramelized) Spaghetti Squash

Bake in oven @ 400 F for at least 1&1/2 hours & up to 2 hours. You want it to actually "bleed" & that happens when you cook it for a while. The label & most recipes will say to cook it for a half an hour or so or even to microwave it. Trust me, you do not want to do this. You want to dry the squash out as much as possible, the less water it has the sweeter it is. Basically you want to take the squash out right before the bottom starts to burn. You want the squash to caramelize. The squash will be much more satisfying as well when it's not all watery, particularly when eaten cold. Deb's notes: I bake the squash whole, I do not cut it into 2 pieces. I poke several holes along the top of the squash. I cut it in half after it's done baking & has cooled enough to handle it. The larger the squash, the longer it takes I've found. This does make for (I think) a much sweeter squash. The inside meat doesn't actually caramelize - but the bottom does. When I baked a squash last week (for 2 hours), it was pretty big - almost 4#. 2 hours wasn't long enough - and I could tell a difference in the taste. I test the squash by sticking it with a large meat fork. I don't want any resistance when I poke into it, as I don't care for a lot of crunchiness. If your squash is 3# or larger, you may find you have to go longer than 2 hours. I do poke fork holes in the top prior to baking. I take a piece of aluminum foil in a pie plate or 8x8 pan - or just set it on the foil directly onto the oven rack. I found this 'recipe' online. Posted by DebB.

### Deluxe Mashed Potatoes

3 spaghetti squashes to feed 8-10.

Cut squash one at a time in half and lay face down on plate. Microwave each for 15-20 min. Cool enough to handle. Spoon out seeds and discard. Scrape out "meat" and process in food processor with the little "s" blade until smooth. 1-2 min. (I worked in batches) When each batch is processed pour puree into bowl. Then begin the deluxe process. Take 2-3 cups of puree and put back into processor. Leave room for following:

Add to each batch:

¼ tsp. minced garlic (can omit)  
 ¼ of an 8 oz. pkg. cream cheese  
 2 Tablespoons butter  
 2 Tablespoons sour cream  
 2 Tablespoons heavy cream  
 Salt and Pepper

Process batch until creamy smooth. (1 min.) Continue batches, pouring into a roasting dish as you finish processing. Warm in 350 F oven for 10-15 min. Options: Drop small bits of butter on top, melt in oven; stir in chives; sprinkle Colby &/or Cheddar cheese over the top & melt; pour gravy from roast etc. over top; Top shepherds pie, add cheese & melt. No cauliflower or celery root after taste. Yukon Gold color. Merrilee @ SS

### Loaded Baked Potato

Use leftover Deluxe Mashed Potatoes (see above recipe). Heat oven to 350 F. Take a clean portabella mushroom. Oil smooth side with olive oil & sprinkle with kosher salt. Lay mushroom upside down on a baking dish, & sprinkle with onion powder. Can scoop out underside (the furry side) of mushroom or just load on top of the furry stuff. Load:

Leftover mashed potatoes  
 Cheddar or Colby cheese  
 Diced green onions or chives  
 Bacon pieces

Bake for 15-20 min. Dollop of sour cream. Merrilee @ SS. Posted by DebB.

### Faux Twice Baked Potato

1-head of Cauliflower (Approx 2 lb)  
 ½ c. sour cream  
 4-oz - cream cheese  
 ¼ c. minced green onions  
 ½ stick of soft butter  
 2 fresh mushrooms diced  
 salt and pepper to taste  
 ¼ cup of Romano cheese  
 6-slices of cooked and crumbled bacon 2-Tbs. of bacon grease  
 Topping:  
 Shredded Cheddar  
 2-slices of cooked and crumbled bacon on top

Boil cauliflower approx. 20 to 30 minutes until tender, drain well. Fry bacon until crisp and then crumble it. Save the grease. In a large bowl, combine the cauliflower, cream cheese, ½ of the butter, salt, pepper, Romano cheese, ½ c. sour cream, ¼ c. minced green onions, 2 fresh mushrooms diced, bacon grease and the bacon bits. Mash it all together. Season with salt and pepper to taste. I mash it in my Kitchen Aid Mixer. Put it in a buttered 8 X 8 casserole dish. Cover with the cheddar cheese. Top it off with the bacon pieces. And cut up small pieces of remaining butter and scatter it on top lightly. Place in a preheated 350° oven and bake until all the cheese has melted. Approximately 20 minutes. Garnish with chives if desired. Servings – 9. Don @ Active Low Carber's Forum. Deb's notes: I use 2 heads of cauliflower. When it's done cooking, I use my Oxo ricer. First, I squeeze the water out of the cauliflower in the ricer, then I rice it into a bowl. I didn't have any fresh mushrooms, so I omitted them. I also omitted the bacon grease addition. I had some chopped, cooked bacon on hand - so I put this in a mini food processor and made my own 'crumbs' - worked great. I grated my own Romano cheese using a microplane. I also 'riced' the softened (room temperature) cream cheese as I wanted it to mix in well with the cauliflower, this worked great (and it was fun to do/see). This was delicious! Posted by DebB.

### Natalie's Cauliflower Latkes

1 small head cauliflower, steamed until tender, drained, and mashed  
 1 egg, slightly beaten  
 1/2 small onion, grated  
 salt and pepper to taste  
 2-4 tablespoons soy flour or unflavored protein powder

In a bowl, combine all ingredients and mix well. In a heavy skillet, heat a few tablespoons of oil. Drop spoonfuls of the cauliflower mixture into the hot oil. Cook pancakes on each side until crisp and browned. Serve hot with sour cream garnish. Serves 4 @ 125 calories, 8 grams fat, 5 grams protein, and 11 grams carbohydrates with 4 grams fiber. This recipe is courtesy of Rani's Low-carb Cook's Nook Chat on AOL. I'm posting this as written - for legal level 1 Somersizing, we would use the protein powder. I haven't made this recipe, so I cannot say how it tastes. Posted by DebB.

### Creole Cauliflower Rice (Or Brown Rice)

2 cups cooked grated cauliflower (or cooked long grain brown rice)  
 butter to taste(butter buds or fat free margarine)  
 1 teaspoon Creole seasoning  
 1/8 teaspoon black pepper

In a saucepan, melt butter (or butter buds/fat free margarine); add Creole seasoning and pepper. Cook over medium heat for 3 minutes. Stir in grated cauliflower (or brown rice). Cover and heat through. We love this recipe. It works for pro/fat or carb. Posted by mjlibbey.

### Indian Cauliflower

1 head cauliflower  
 2 Tbsp vegetable oil  
 1 tsp cumin seeds  
 2-4 Tbsp peeled and finely chopped ginger  
 2 tsp minced garlic  
 3/4 tsp ground turmeric  
 1/2 tsp cayenne pepper  
 1/2 tsp garam masala (Indian grocer's)  
 1 1/2 tsp salt, or to taste  
 3/4 cup water  
 1/4 cup chopped fresh cilantro/coriander

Wash cauliflower well & separate florets & cut into 2" pieces. Peel stem & cut into slices 1/2" thick. Add leaves to cut up cauliflower. In large saucepan over med-high heat, warm oil. When hot, add cumin & fry till several shades darker. Add ginger, garlic, turmeric, & cayenne pepper & mix well. Add water, salt, & garam masala, then the cauliflower. Coat cauliflower well. When the water is boiling, cover & reduce heat to steam the cauliflower till very soft, about 7 min. Uncover & increase heat to evaporate excess water. Sprinkle with cilantro/coriander. I love this dish with my posted Indian chicken, it's so good. The original recipe called for potatoes, but of course I SS'd it very, very well. I normally double this recipe to have it last longer. Posted by karma.

### Scalloped Cauliflower

2 bags frozen cauliflower (I used one large head)  
 Salt & pepper  
 1/2 small white onion, finely chopped  
 1/4 cup butter  
 12 ounce bag finely shredded sharp Cheddar cheese  
 1 cup heavy whipping cream  
 Crumbled cooked bacon (optional)

Preheat oven to 350. If using frozen cauliflower, open bags, one at a time, into a colander and run cool water over each to separate pieces and slightly thaw (don't use warm water). If using fresh cauliflower, steam until done. Spray large casserole dish with Pam (or use butter) and layer 1/2 of cauliflower across bottom of dish. Season with salt and pepper. Layer with bits of onion, thinly sliced pats of butter and 1/2 of cheese. Repeat. Pour cream over top and place dish in oven. (If dish is very full, put cookie sheet under to prevent bubble-over). Bake 35 minutes. Crumble bacon over top, then bake 10 more minutes. (If not using bacon, bake a total of 45 minutes.) I made this recently, & all I can say is, "Wow!" I've tried a lot of the cauliflower recipes (I like cauliflower!), but this is my new favorite! The original recipe said that this is "Guaranteed to cure any cravings for scalloped potatoes." I don't know about that - I never was a scalloped potato fan - but this sure is good! Posted by iwillrejoice.

### Cauliflower Gratin

1 head of cauliflower  
 1/4 of cream  
 pinch pepper  
 pinch salt  
 1 egg  
 1/2 cup sharp cheddar  
 1/2 cup of parmesan (I like reggiano)  
 dot of butter

Cook cauliflower in cream and enough water to cover cauliflower over medium heat. When tender, put cauliflower in a buttered casserole dish. I like to mush it slightly. Mix the egg with 1/3 cup of the cream/water from the pot, and pour over the cauliflower. Sprinkle with cheeses and dot with butter. Cook in oven at 375 for about 15 minutes and I like to run it under the broiler for a minute to crisp up the cheese. I tried this recipe from the book French Woman Don't get Fat- and love it! Posted by ginger7.

### Broccoli Cauliflower Puff

2 Eggs  
 8oz. cream cheese (room temp)  
 1 cup heavy cream  
 2 cups shredded cheddar (I used a double cheddar preshredded bag)  
 1 large bag frozen broccoli cauliflower mix  
 OR 1 small box each frozen chopped broccoli and cauliflower  
 Grated parmesan cheese for topping  
 salt and pepper

Steam broccoli and cauliflower according to directions. Whisk two eggs together, then add room temp cream cheese and whisk them with the eggs. Add 1c. heavy cream, cheddar cheese, and broccoli/cauliflower to the mixture, add salt and pepper. Mix until combined. Pour into a well buttered square baking dish. Sprinkle parmesan cheese on top. Bake at 350 for 1 hour. Tastes best if you let it cool for 20 mins before eating. Sometimes I can't wait! One tip, I like it best if the broccoli and cauliflower are chopped really small, so if I can't find the little chopped pieces, I chop it very small before I add it to the mixture. This is another great substitute for that mashed potato texture. It was originally on a box of Bisquick, and I played with it to make it Somersized. My sister and I both brought it to our Easter Dinners, and they were a hit, even for the "regular" eaters. I am making a batch today and will eat it for lunch all week (If my children don't eat it all). Posted by Corey Hickey.

### Baked Broccoli

3 to 4 cups trimmed broccoli  
 1 cup pearl onions  
 2 eggs, beaten  
 1 cup ricotta cheese  
 1 tablespoon minced green onions  
 Black pepper to taste  
 1/2 cup shredded cheddar cheese  
 Butter

Steam broccoli and onions for 7 minutes, arrange in a buttered 1-1/2 quart baking dish. Mix eggs, ricotta cheese, green onions, pepper and 1/4 cup cheddar cheese. Pour over broccoli and onions. Dot with butter and sprinkle with 1/4 cup cheddar cheese. Bake in a preheated 350\* oven for 45 minutes, or freeze. To thaw, place in the refrigerator overnight and bake as above. To bake frozen, uncover and bake for 1 1/2 hours at 350\*. This is delicious and freezes very well. I usually make two and freeze one for later. Posted by mjlibbey.

### DebB Inspired Broccoli "Popcorn"

2-4 C broccoli florets  
 1/4 c olive oil  
 Tony's seasoning or Mrs Dash (too peppery for me)  
 Parmesan cheese  
 Garlic powder  
 \* optional / parsley flakes

Heat oven to 400 F. Spread foil on a cookie sheet. Pour frozen florets onto foil, splash on the oil & Tony's or other seasoning (light touch is best!), toss with 2 spoons or forks to coat. Bake at 5 min intervals, stirring with each check. Mine took 10 to 14 min & that was to a crusty brown, near black at edges. Remove & drain on paper towels & sprinkle with parmesan cheese. Munch out snack if not interested in a side dish veggie. \* Note: Both the cauliflower & the broccoli reminded me of fried okra. Delicious! To that end: as the cauliflower or broccoli is baking, toss together chunks of fresh tomato & sweet onion with about 1/4 C vinegar, apple cider or whatever. Stick in the fridge to chill. After draining the baked veggies on paper towels, drain the chilled tomato & onion, & JUST before serving, pour the baked, drained veggies together into a serving dish & toss lightly. Salt /pepper to taste. Parsley can be added for more color. I tried frozen broccoli today in lieu of DebB's cauliflower idea for a side by side or "popcorn type" snack. WOW! (Thanks so Much, DebB !!!) Posted by SinginSOMERsong.

### Garlic Lime Broccoli

1 store pack of broccoli (here's that usually two stalks together)  
 1 head fresh garlic (head not clove)  
 1/2 - 1 lime  
 Coconut oil  
 olive oil

Clean the broccoli, cut away hard stems and cut it into SLICES as best you can - now the flowerettes I slice into two pieces or three if it's a larger one and the rest should look like slices that you see in Chinese food recipes. Then break apart and SLICE an entire head of garlic. Now you can use precut or pre-peeled garlic but to me, they have lost some of their flavor. I just break the head apart, cut the ends off the cloves and use one of those rubber garlic skin removers - thinly slice the cloves, not too thin or they will burn before you've cooked your broccoli. Put on a large skillet and put in about 1-1/2 TBL of Olive oil and then also 1-1/2 TBL coconut oil (total 3 TBL). I use Virgin Coconut Oil - you could probably use all olive if you wanted. Heat the oil about to medium and toss in the garlic slices (don't walk away, this cooks fast) - when you can smell the garlic frying, then put in your broccoli slices and begin tossing with tongs. I toss them about every two minutes because the skillet is very full before it starts to cook down a little. Now you determine how much to cook it - I cook mine until it's bright green and still al dente so it doesn't get soggy, about 5 minutes. Then right before I remove it from the heat, I take the one half lime and squeeze the juice around over the top the broccoli and toss and then once again with the other half of lime - now get it off the heat and into a serving dish so you don't overcook it. It's delish and such a great summery flavor! I just couldn't look at any more broccoli so I was trying to decide how to disguise it - I now have problems with dairy (boo hoo!) and so I'm trying to reinvent stuff without all the cheese and cream. Well, I made this for lunch and it was so good that I ate the entire bunch of broccoli by myself! Plus to me broccoli tastes a little bitter always and this takes that away as well and it's easy! Posted by almostskinny.

### Whipped Turnip Casserole

1 medium turnip, cooked and mashed.  
 1/4 cup Splenda  
 salt and pepper to taste  
 1 1/2 tsp lemon juice  
 2 to 3 eggs.  
 1 cup soft whole wheat bead crumbs(for level two - not absolutely necessary, but they do add something to the texture)

Combine above except eggs and bread crumbs. Beat in eggs one at a time, then stir in the bread crumbs. Bake uncovered for about 50 minutes at 350. Make ahead - this also freezes well. This is a nice way to make turnip for Thanksgiving. Posted by LynH.

### Creamy Turnips

I love the recipe on this board for Turnips au Gratin - but sometimes don't feel like going to the bother - the other night I sliced the turnips, cooked them in a seasoned water (Spike, onion powder, garlic powder, pepper) drained them, plopped them in the pan with some butter and mixed in some dried onions, a can of \*Media Crema Table Cream (I was out of heavy cream), some parmesan and cooked it on the stove top for about 20 minutes. I would do this again, it was very good. A sprinkling of cheese would probably be good too. Posted by gettinthere.

### Faux Potato Sticks - Turnip Fries

I saw Sara Moulton make deep fried parsnip shreds/sticks yesterday. I had a little leftover white turnip so I julienned it and deep fried in safflower oil. It took several minutes to get deep golden brown, but did they turn out yummy! I salted them and they tasted like sweet potato fries. They need to get very deep golden brown. To test if your oil is hot enough before adding turnip sticks, just use the end of a wooden spoon and when little bubbles form around the tip, the oil is hot enough to add the turnip. Posted by capecodchris.

### Turnip French Fries

Lots of turnips  
Olive oil to coat  
Mrs. Dash Table blend

Heat oven to 375 degrees. Cut turnips in 1/4 inch circles. Now cut the circles into 1/4 slices. Drizzle with desired amount of olive oil and sprinkle with desired amount of olive oil. Roast in oven for 45 minutes turning every 15 minutes. Ketchup or legal ranch a must for dipping!!!!!! These are really great and I have appreciated whoever came up with this idea for 3 years. I would have never tried a turnip if it weren't for these. Posted by gopmom2.

### Zucchini Hash Browns

4 cups grated zucchini  
1/2 teaspoon salt  
2 eggs beaten  
6 tablespoon grated parmesan cheese  
1 clove garlic minced  
salt and pepper to taste  
4 tablespoon butter divided

Mix the zucchini with the salt and let stand about 15 minutes. Squeeze with your hands to press out moisture. Stir the beaten eggs into the zucchini. Add the cheese, garlic, salt and pepper and combine well. Melt 2 tablespoons of butter in a 10" skillet over medium heat. When the butter is hot, spoon the zucchini mixture into the skillet in mounds of about 2 tablespoons each and flatten slightly. (The patties should not touch.) Saute uncovered until golden brown, turning once, about 4 minutes on each side. Transfer patties to a warm platter and repeat procedure until the entire zucchini mixture is used, adding remaining butter as needed. Serve immediately. Posted by wired\_foxterror.

### Zucchini Gratin

2 Tbsp butter  
6 medium zucchini sliced  
2 Tbsp chopped fresh tarragon (or 2 tsp dried)  
1 1/4 cups grated Parmesan cheese  
1 cup cream  
2 eggs

Preheat oven to 350. Butter 9 in deep-dish glass pie plate. Melt butter in large heavy skillet over medium-hi heat. Add zucchini and sauté until golden (about 5 mins). Season with salt & pepper. Layer half of zucchini in prepared dish. Sprinkle half of the tarragon and 1/2 cup of cheese over. Repeat layering with zucchini, tarragon and cheese. Combine cream and eggs in small bowl. Season with salt & pepper. Pour custard mix over zucchini. Sprinkle remaining 1/4 cup cheese over. Bake until gratin is set in the center (about 35 mins) and serve immediately. Posted by wired\_foxterror.

### Stewed Zucchini, Peppers and Tomatoes

3 Tbsp olive oil	3/4 lb tomatoes
1 green pepper	1 Tbsp minced parsley
1 medium onion chopped	Salt
1 med zucchini (about 6 oz)	Freshly ground pepper
5 cloves minced garlic	

Cut green pepper into 3/4 inch squares. Cut zucchini into 1/2 inch slices, then cube. Heat the oil in a large saucepan and sauté the pepper, onion, zucchini and garlic until the onion is wilted. Add the tomato, parsley, salt and pepper and cook over medium heat, uncovered, for 30 minutes. At the end of the cooking time, turn up the heat to reduce the liquid - this should be thick, not soupy. Serve hot or cold. Posted by wired\_foxterror.

### Zucchini Parmesan

Cut up zucchini, about 1/2 to 1 inch thick in rounds. Just use extra virgin olive oil to fry zucchini, top with legal brand pizza sauce, then top with mozzarella cheese and chow down. Made the same way as Eggplant Parmesan and I do not dredge in anything before frying. Tastes fabulous. Posted by PHoffer.

### Lemon, Garlic, and Cilantro Baked Stuffed Tomatoes

2 beefsteak tomatoes  
 Salt and freshly ground black pepper  
 1 cup whole milk ricotta cheese  
 1 large lemon, zested, about 2 tablespoons  
 1/4 cup chopped fresh cilantro leaves  
 3/4 cup flat-leaf parsley, chopped  
 2 cloves garlic, chopped  
 2 scallions, finely chopped  
 1/3 cup grated Parmigiano-Reggiano  
 1 egg yolk  
 Extra-virgin olive oil, for drizzling

Preheat oven 450 degrees F. For the baked stuffed tomatoes you need to make 4 tomato cups out of your 2 tomatoes. To do so, cut a very thin slice off both ends of each of the 2 tomatoes, this is to create 4 flat bottoms. Then cut each tomato in half across its circumference. You should have 4 cup shapes, using the thinly sliced side as the bottom of the cups. To create a cavity, use a melon ball scoop to remove the seeds and pulp from the wide, fleshy side of each tomato cup. You don't have to be too fussy about this. You are just trying to create enough room to hold the filling. When scooping take some care not to puncture through the bottoms of the cups. If you do puncture it, don't worry, it is not the end of the world, just keep moving forward. Season the inside of the tomato cavities with salt and pepper. Reserve the seasoned tomato cups while you make the filling. In a small mixing bowl combine the ricotta cheese, lemon zest, cilantro, parsley, garlic, scallions, Parmigiano and season with salt and pepper. Taste the mixture. This is your last chance to adjust the seasoning. Once you're happy with the flavor, add the egg yolk and mix thoroughly. Divide the filling between the 4 tomato cup cavities, pushing it into the cavity with a rubber spatula or spoon. Drizzle some extra-virgin olive oil into a baking dish. Arrange your stuffed tomatoes in the dish, transfer to the hot oven, and bake for 15 to 17 minutes. The stuffing and the tomatoes should be fully cooked and the top should be lightly brown. Recipe courtesy Rachael Ray. Difficulty: Easy. Prep Time: 10 minutes. Cook Time: 17 minutes. Yield: 4 servings. This is really good. I had it with the surf and turf salad. Posted by matantej.

### Tomato/Mozzarella Burger

6 large ripe tomatoes (about 2 1/2 lbs)  
 2 Tbls. olive oil  
 1 tsp. kosher salt  
 1/4 tsp. freshly ground black pepper  
 1 large clove garlic, thinly sliced  
 8 oz fresh unsalted mozzarella  
 2 sprigs fresh basil, leaves picked

Heat oven to 450. Slice a thin piece from the rounded bottom of each tomato so they sit upright. Slice each tomato in 1/2 horizontally. Arrange the tomato halves, cut side up, on a shallow roasting pan or rimmed baking sheet lined with foil. Drizzle with the oil, then sprinkle on the salt & pepper. Scatter the garlic over the tomatoes. Roast until they're softened and warmed through about 15 min. (Under-ripe tomatoes may take 5 to 15 mins longer.) Meanwhile, cut the mozzarella into 6 1/2 inch thick slices. (To cut easier, first fresh the mozzarella for 30 min and let it come to room temp before continuing the recipe.) Using a spatula, sandwich each cheese slice between 2 hot tomato halves. The heat of the tomatoes will melt the cheese slightly. Drizzle with any juices that collected in the roasting pan and garnish with the basil. Total time 30 min, makes 6 servings. Found this in current Real Simple Magazine. Posted by Liz01219.

### Summer Squash Casserole

6 small to medium summer squash, or 3-4 medium to large summer squash  
 1 onion  
 1/2 stick butter  
 1 cup parmesan cheese  
 4 oz cheddar cheese, shredded  
 2 eggs  
 1/4 cup cream  
 1/4 cup water

Slice summer squash and cut slices into 1/4ths. Chop onion. Boil onion and summer squash in salted water till tender and drain. Break eggs and blend with cream/water, add other ingredients and mix with squash/onion mixture. Pour into oiled 13x9 pan (I used a little olive oil in the pan). Bake in 400 degree oven for 30 minutes. Serves 4. \*\*I'm not sure about the approximate amt. of grated parm cheese. I believe I used about a cup, maybe a little more...the grated parm took the place of the crushed Ritz crackers that were in the original recipe!! \*\*This is a "legal" version of a recipe that I was given by a parent of one of my students. It passed the DH test, and believe me, he's very picky! Posted by mrsmath.

### Squash Casserole

4 medium sized yellow summer squash  
 1 medium sized white or yellow onion  
 1 clove of garlic  
 1 cup pork rinds "flour"  
 2 large eggs  
 1 cup cheddar cheese  
 1 cup of sour cream  
 salt and pepper  
 2 tsp. somersweet

Cut up squash and onion and put into a medium sauce pan. Add salt and pepper (1tsp of each is fine), add the clove of garlic, peeled and chopped roughly. Cover with water and bring to a simmer. Cook for about 10 min. Thoroughly drain the squash and onions, add them to a large mixing bowl with the rest of the ingredients. Stir well to combine and pour into a greased, square baking pan. Bake uncovered for 45 min. at 350. Check for doneness. It should be set up but not stiff. Kind of like a quiche. Let sit for about 10 min. to cool. I made this recipe up to substitute the squash casserole with bread crumbs. The recipe serves about six. You could double it for a larger crowd. Posted by chefDeb.

### My M-I-L's Squash Casserole

6 yellow squash  
 1 med onion, chopped  
 1 small stalk celery, chopped  
 1 cup grated cheddar cheese, divided for topping (I sometimes use yellow and white cheddar)  
 1 c pork rind crumbs, divided for topping  
 2 tsp splenda  
 3 tablespoons butter  
 1 egg, beaten  
 salt & pepper to taste

Preheat oven to 300 degrees. Clean, slice and cook squash until done, drain off water & mash. While squash is cooking, heat butter and cook celery/onion mixture until onions are transparent. beat in egg and remaining ingredients. Spray casserole dish with non stick spray, add squash mixture, top with cheese & crumbs. Bake for 30 min or until sides begin to brown. I have really enjoyed her recipes and SS them when possible. Posted by 2kewltia.

### Spicy Chickpeas

2 tablespoons water  
 1 teaspoon cumin seeds  
 1/2 teaspoon salt  
 1/2 teaspoon chili powder  
 1/2 teaspoon lemon pepper  
 2 tomatoes, chopped  
 2 (15 ounce) cans garbanzo beans, drained  
 1 tablespoon lemon juice  
 1 onion, chopped

In a large pot over low heat, warm water and cumin; heat until cumin turns a darker shade of brown. Add salt, chili powder and lemon and pepper seasoning; mix well. Stir in tomatoes; once the juice begins to thicken add in chickpeas and mix well. Add in lemon juice and mix well; add onions and stir until they become soft. Remove from heat and place into a serving bowl; serve immediately. Posted by Twiggy88.

### Black-eyed-Pea and Jalepenos

2 cans -15oz ea.- Blacked-eyed-peas, drained and rinsed  
 2 fresh jalapeno chilis, seeded and ribbed  
 1 sm. red onion diced  
 3/4 C sprouts  
 1/4 C olive oil  
 2 TB red wine vinegar  
 Coarse salt and fresh ground pepper to taste

Put all in a bowl except oil and vinegar, salt and pepper. Drizzle oil and vinegar and toss. Add salt and pepper to taste. \*\*You can use a legal vinaigrette dressing instead. This can be a salad or side. Posted by momof7. NB: this would be level 2.

### Green Beans Even the Kids Will Like

1 can (16 oz) cut green beans - drained  
 1 can (10 oz) diced tomatoes with green chiles (like RoTel) - mild  
 1/2 tablespoon butter  
 2 tablespoons olive oil  
 2 cloves garlic - minced (can use jarred)  
 1/4 cup diced onions  
 Salt and pepper to taste  
 4 tablespoons parmesan cheese (grated, dry/powdery) \*add this at the end, not during cooking\*

Heat butter and oil over medium heat. Sauté garlic and onion until transparent. Add green beans and sauté. Add tomatoes, salt and pepper, simmer 15-60 minutes. Just before serving, sprinkle on cheese to taste. I made these this week and boy, are they good! This dish can be served to company - very tasty! DebB @ SS site. Deb's notes: I've had this recipe for years, but I don't remember where I got it. In pre-SSing days I also added 4T of dried Italian bread crumbs, which thickened it up, but now they're omitted. I usually double this using 2 (16 oz) bags of frozen cut green beans (or whole green beans). Then I simply double all the ingredients. I let mine simmer for 1-2 hours until most (but not all) of the tomatoes' juice is cooked off. Keep an eye on it simmering this long - you don't want the juice to cook off or it will burn. Then I add about 4-5 tablespoons of the parmesan cheese, this seems to be plenty. I don't double the amount and add 8T - for us that would be too much. Posted by DebB.

## Yummy Green Beans

green beans (I get 2 handfuls for 2 people)  
 olive oil  
 1/2 onion, sliced  
 1 - 2 cloves garlic, minced, sliced or chopped

Snip the stem ends off the beans and throw in a skillet with an inch or 2 of water. Bring to a boil and simmer for 3-4 minutes (to just shy of the degree of doneness you prefer). Pour beans into strainer/colander and dry out skillet. Over medium heat sauté onion in olive oil until onions begin to brown slightly. Toss in beans and garlic and sauté for 3 to 4 minutes. Serve. Thought I would post this recipe as I use it often and thought others would enjoy also. I cannot take credit for it though. I was in our local Central Market store and one of the in-store chefs made this dish. I use the Haricot green beans, but you could do the same with other varieties. Posted by tuttifruitti. Note by manda318: this is also good using butter instead of olive oil.

## Fried Green Beans

In Rachael Ray's new book, she had a recipe called "haricots frites," which was supposed to be like "pommes frites" or french fries. She blanched them then sauteed them in oil. Well, that didn't sound like fries to me! So I just took fresh green beans and fried them in my deep fryer until they started getting a little golden color on them. They were fantastic! They get wrinkled as the water cooks out of them, so they look a little funny. But the taste is delicious! They have a caramelized taste, sort of like sweet potato fries but not that strong. You should definitely try them; they were very quick and easy! Posted by indyemert1.

## Roasted Greek Asparagus

2-3 tablespoons olive oil  
 1 pound fresh asparagus  
 1/2 cup grape tomatoes  
 2 slices sweet onion, chopped fine  
 2 cloves garlic, minced  
 2-3 tablespoons sherry (or sherry vinegar)  
 Salt & Pepper, to taste

Preheat oven to 350 degrees F. Pour olive oil into baking sheet with high sides. Lay out asparagus, tomatoes, onions and garlic, salt and pepper. Pour the sherry over all and toss well. Place baking sheet in oven and bake for 20-25 minutes. NOTE: This is so good – the asparagus has a nutty flavor when roasted and the little grape tomatoes burst and soak up the olive oil and sherry. YUM. Posted by MsTified.

## Grilled Asparagus with Gorgonzola Butter

3/4 cup (loosely packed) crumbled Gorgonzola cheese  
 6 tablespoons (3/4 stick) butter, room temperature  
 1 teaspoon fresh lemon juice  
 2 tablespoons olive oil  
 1 tablespoon chopped fresh basil  
 3 garlic cloves, minced  
 2 pounds asparagus, trimmed

Stir Gorgonzola cheese, butter & lemon juice in medium bowl to blend. Season to taste with salt & pepper. Cover & refrigerate. (Gorgonzola butter can be prepared 2 days ahead. Keep refrigerated.) Prepare barbecue (high heat). Whisk oil, basil & garlic to blend in small bowl. Spread asparagus in single layer in baking dish. Pour oil mixture over asparagus & turn to coat. Sprinkle with salt & pepper. Transfer asparagus to barbecue. Grill until charred on all sides, turning occasionally, about 4 mins. Transfer to plates. Top asparagus with some Gorgonzola butter & serve. NOTE: To make this in the oven - brush asparagus with oil & garlic mixture & place under the broiler for a few minutes. Then spread cheese mixture on it & broil it for another minute or so. The asparagus gets that browned, broiled look to it & the cheese/butter is somewhat melty. Makes 6 servings. Posted by sparkles.

### Asparagus Mousseline

300 ml homemade mayonnaise	1 bunch (large) chervil
800 g fresh white asparagus	Salt
300 ml fresh cream, whipped	Pepper
4 x hard boiled eggs	Juice 1/4 lemon

Make mayonnaise. Whip cream and mix into mayonnaise. Push hard-boiled eggs through a sieve and stir into the mixture. Add chopped fresh chervil. Season with salt, pepper & lemon juice. Put in the fridge until the asparagus is ready. With a vegetable peeler, carefully peel the outer layer of the asparagus, from below the tip to the end of the stalk, trying not to peel too deep. Cook the asparagus spears in boiling salted water for about 12 minutes, to the point where they are still a little firm. Place the asparagus spears in a serving dish and serve warm, and the mousseline in a bowl by the side. Eat by dipping the asparagus into the mousseline. Yield: 8. Haven't tried this yet, but it sure does sound yummy! I'll probably use green asparagus as I prefer it. Posted by Deb K.

### Spinach Mulan'

1 pkg frozen spinach (or 2 bags fresh, washed well)  
 1/4 cup water  
 1/4 tsp salt  
 2 oz garlic herb cheese (Walmart case)  
 2 oz cream cheese ( more if desired)  
 1 T butter  
 1/2 cup Jimmy dean's hot sausage  
 1 Cup sliced fresh mushrooms (never canned/jarred, if you can help it!)  
 1/2 diced yellow onion  
 1 T soy olive oil

Microwave spinach, water, salt for 2 1/2 min on high. Drain well. Add butter, both cheeses, set aside. While spinach is cooking, brown sausage and drain. Add onion and mushroom slices, along with olive oil. Sauté on med , stirring from time to time. When onions are translucent and mushrooms tender, add soy sauce and stir 1 minute or until the soy sauce cooks down a bit. Add to spinach and cheeses. Stir lightly. Microwave on high 2-3 minutes. Stir and serve hot. \* Add 1/4 C cream before the last microwave time if you want a creamier end product. \* try bacon in place of the sausage if desired. Posted by SinginSOMERSong.

### Artichokes with Mushrooms

1 can Artichoke hearts, drained (not the marinated kind)  
 3/4 lb fresh mushrooms, quartered  
 1 tsp. butter  
 1/2 tsp. tarragon  
 1/3 cup cream  
 salt and pepper to taste

In a saute pan, lightly cook mushrooms in butter. Add artichokes, cover pan and allow to simmer for about 8 minutes. Add tarragon, cream, salt & pepper. This is a nice accompaniment to a roast. Posted by BMWgirl.

### Crockpot Mushrooms

1 pound cleaned mushroom, sliced if you prefer	salt and pepper to taste
1/2 cup butter	1/2 cup chicken broth
1 tablespoon marjoram	1/4 cup dry white wine
1 teaspoon minced chives	

Place mushrooms in your slow cooker. Place butter on top. Mix remaining ingredients and pour over the top. Cover and cook for 4 to 6 hours. These are excellent with steak, great as an appetizer or a side dish and so easy! Posted by wired\_foxterror.

### Marinated Mushrooms

1/2 c legal Italian dressing  
2 lbs mushrooms  
2 t lemon juice

In large saucepan, heat Italian dressing & cook mushrooms over medium heat, stirring occasionally for 5 mins. Add lemon juice. Remove mushrooms with dressing to a large shallow baking dish. Cover & marinate in fridge, stirring occasionally, for 4 hrs or longer. These are the easiest & very good if ya like shrooms. Posted by cubbiegal.

### Cheesy Bacon Stuffed Portabellos

2 lg. Portabello Mushrooms - remove stems and dice  
2 green onions - sliced with tops  
1 small rib celery with leaves chopped  
2 slices of bacon, diced  
½ tsp. SS Spicy Porcini Mushroom Rub  
4 Tbsp grated Parmesan cheese

Sauté bacon in large oven proof skillet over med heat. About half-way through cooking, add in diced mushroom stems, green onions, & diced celery, continue cooking till bacon is crisp & veggies are tender. Transfer sautéed veggies to a small work bowl, leaving bacon drippings in skillet. Add in Spicy Porcini Mushroom Rub & 2 Tbsp of Parmesan cheese to veggies & mix well. Place Portabello mushrooms in the skillet & brown in reserved bacon drippings -- crown side first for 3-4 minutes, then turn over to brown gill side another 3-4 minutes. Cook till slightly soft but not overdone. Turn oven broiler on to heat, & fill the hollowed mushroom cavity with the veggie stuffing mix leaving the Portabellos in the heat proof skillet. Use the last 2 Tbsp of Parmesan cheese to sprinkle over the stuffing mix to top the mushrooms. Place the skillet under the broiler & toast just a couple minutes till cheese is bubbly. You could also sub your favorite cheese for the parmesan in this recipe. Posted by Kisa 1.

### Brussel Sprouts with Brown Butter and Caraway

2 lbs brussel sprouts	3 tbsp butter
1 cup boiling chicken stock	1/4 tsp caraway seeds
1/2 teaspoon salt	1 tbsp lemon juice
pinch pepper	

Wash and trim sprouts. Cut a shallow "X" in the base of each sprout so that heat can penetrate and sprout will cook evenly. In saucepan, combine sprouts, stock, salt and pepper. Cover and bring to a boil; reduce heat to low and simmer for about 15 mins or until sprouts are fork tender but firm. By this time, most of the stock will have been absorbed or evaporated adding its flavour to the sprouts. Meanwhile, in small saucepan, melt butter over medium heat; increase heat to high and cook, just until butter browns, being careful not to let it burn. Add caraway seeds and cook for about 30 seconds. Drain sprouts thoroughly. Taste and adjust seasoning. Toss with browned butter, caraway seeds and lemon juice. Serve in warmed bowl. This sounds more complicated than it is! It's the only way my family will eat brussel sprouts, and this recipe makes quite a bit. You could cut it in half for a family of four. This is a good brussel sprout recipe that takes the bitterness out, and my 11 year old son will eat! It is out of Canadian Living. Posted by Pamela Hill.

### Brussel Sprouts with Pancetta

1 lb fresh brussel sprouts trimmed	2 garlic cloves minced
2 TB olive oil	salt and pepper
2 oz paper thin pancetta, coarsely chopped	3/4 chicken broth

Partially cook Brussels, about 4 minutes in boiling salt water. Drain. Meanwhile, heat oil in heavy skillet over med heat. Add the pancetta and sauté until just beginning to crisp, about 3 minutes, Add the garlic and sauté until pale golden, about 2 minutes. Add the brussel sprouts to the same skillet and sauté until heated through and beginning to brown, about 5 minutes. Season with salt and pepper to taste. Add the broth and simmer until the broth reduces just enough to coat the Brussel sprouts about 3 minutes. Serve!! Posted by PHoffer.

### Cucumber Dish

This is something that my grandma used to make me all the time when I was little. You peel a cucumber, slice into rounds and lay into a casserole dish. Pour over any kind of vinegar you like and season with salt and pepper and a touch of sweetener if you like. It's totally simple, and totally delicious! Posted by manda318

### Radishes

Try them whole, fried in butter with salt, pepper and garlic. To die for! Who would have thought. Great with a steak, because they look like new potatoes. Posted by mjlibbey

### Boardwalk French Fries

4 cups sliced daikon  
 1/4 cup soy flour to coat, season with salt and pepper  
 Maryland Crab seasoning to coat  
 Peanut oil to fry

Preheat peanut oil in 375 degree deep fryer. Wash and peel daikon. Trim top and bottom and discard. Cut daikon in 3-4 inch chunks. Cut 1/8 of one side so daikon is flat and will not roll. Cut into 1/2 inch slices. Cut slices into 1/2 inch strips to make them french fry size. Lightly coat batches with soy flour and shake off excess. Fry in oil until well browned, approx 10 minutes. Season with Maryland crab seasoning or whatever your prefer. Blaine says he has made these into Chili Fries, Cheese Fries similar to Jack in the Box. For those of you who do not know what a daikon is. They remind you of huge monster carrot, only it is WHITE. I believe it is a relative of the radish or maybe a turnip. I don't know if any of you have ever tried using daikon. I've used them to make hash browns but today, we did SS'd burgers and needed french fries. So I tried this recipe I got from Blaine's Low Carb Kitchen. They are really quite tasty. It calls for soy flour which I use often and causes me no problems but you may have some other substitute. Posted by LilLooLoo.

### Stewed Peppers

1 red pepper  
 1 yellow pepper  
 3 cloves garlic  
 ½ cup sliced onion  
 1 cup canned chopped tomato  
 1 cup arugula or spinach  
 1 tblspn extra virgin olive oil

Chop the garlic; slice the onion and the peppers. Heat the olive oil in a pan, and add the garlic. When the garlic begins to brown, add the onions and cook gently until soft. Add the peppers and tomatoes and cook until moisture is gone. Remove from the heat and cool. When you are ready to serve, reheat the mixture and add the greens. Courtesy of Queer Eye for the Straight Guy, as prepared in episode 130. Serve with Almond-Crusted Cod. Posted by artgirl67.

### Onions on the Grill

4 large sweet onions  
 Legal barbeque sauce

Remove skin and cut off just enough of the root end so onion sits flat. Hollow out enough of the onion to be able to put 1T sauce into center. Wrap with foil and sit on the low heat portion of grill while meat is cooking. This is a favorite at our house when we grill. Posted by 2kewltia.

## Tiella

2 eggplants peeled, sliced into 1/8"-1/4" rounds & soaked in salty water for at least 20 min  
 5 tablespoons extra-virgin olive oil, plus extra for baking dish  
 1 pound zucchini  
 3 tablespoons minced garlic  
 salt to taste  
 Freshly ground black pepper to taste  
 3 1/2 cups tomato puree, recipe follows  
 4 tablespoons chopped garlic  
 1/3 cup coarsely chopped fresh basil leaves  
 1 cup freshly grated Parmesan  
 1/2 cup grated mozzarella

Rinse eggplant, pat dry & place in glass bowl coat lightly with about 2 tablespoons of extra-virgin olive oil. Mix to coat. Trim the ends of the zucchini, then cut lengthwise into 1/4-inch-thick slices. Put in a separate bowl. Top with 3 tablespoons of extra-virgin olive oil, and season with salt and pepper, to taste. Preheat the oven to 375 degrees F. Lightly oil a deep 2 1/2 to 3-quart baking dish (about 9 by 12 inches). Then place about 1/4 cup of tomato puree and spread out to coat the bottom of the pan. In zucchini and potato bowls, add 2 tablespoons of garlic each and mix in well with a rubber spatula. Using the eggplant and zucchinis, make a layer in the prepared baking dish, filling in any gaps with small pieces. Spread with 1/2 cup of the tomato sauce, 3 tablespoons of the cheeses. Repeat the layering of the vegetables, tomato sauce, cheeses using all the vegetables. Cover the top with the remaining cheeses. Bake, uncovered, for about 1/2 an hour, then cover for the next 45 minutes of baking, finally uncovering for the last 15 minutes, until tender and bubbling, about 1 1/2 hours total cooking time. Remove from the oven and let cool to room temperature to allow the dish to settle and deepen in flavor. Tiella may be served hot, warm, or at room temperature. Reheat in a low oven, if desired. To serve, cut into squares and carefully lift out of the pan with a spatula. I sometimes add chicken to this as well as onions. I also have used Del Monte Diced tomatoes well drained and just puree them.

### Tomato Puree:

20 tomatoes, core removed

Bring 2 large pots of water to a boil. Lower the tomatoes into the water, blanch for 45 seconds to 1 minute. Place blanched tomatoes on a baking sheet, and peel the loosened skins. With a colander over a bowl, squeeze the seeds and innards out of each tomato. Set aside and refrigerate the clear strained liquid for other uses. Slice the peeled tomatoes into 1-inch chunks, and place chunks into blender. Puree thoroughly. Pour into bowl. Yield: 10 to 12 cups. Posted by 2kewltia.

### Mom's Sauerkraut

4 slices bacon diced  
 1 can sauerkraut 1lb. 11oz.  
 1 head of cabbage chopped  
 1 large onion diced  
 1 tb butter  
 1 tsp sugar sub.  
 1/2 tsp salt  
 pepper to taste

In small skillet cook bacon save drippings. In slow cooking pot, combine sauerkraut, cabbage, onion, butter, sugar sub, salt and pepper. Pour cooked bacon and drippings over all. Cover and cook on low for 3 to 5 hours. I found this on the net and sounded so good, can't wait to try it with kielbasa on the side and maybe mashed cauliflower. Posted by PHoffer.

### Sauerkraut

1 lg. jar (or bag) sauerkraut  
 1 lg onion, diced  
 3-4 beef bouillon cubes  
 1/2 tsp. pepper, or more to taste.  
 4 T. butter

Rinse and drain kraut thoroughly. Melt butter in large dutch oven. Sauté onion about 5 minutes. Add kraut. Add bouillon cubes and pepper to taste (I like more). Add about 3 cups of water and cook until all the water has dissolved. If you want, you can add 1 or 2 pounds of smoked sausage when you add the water and cook down together. Very good!! This is also great with fresh polish sausage (the way my Busi used to make, not with smoked). Just cook the fresh sausage in the oven first. I usually add about 1 link, crumbled before cooking, into the kraut to give it a good flavor. My polish grandmother made the most wonderful sauerkraut. The key is rinsing the kraut to remove all of the sour flavor (which I prefer, some may not). Posted by klsron.

### Pro-Fats Savory Pie Crust with Vegetable Filling

Crust:

1 med rutabaga  
 1 egg beaten  
 1/4 c Parmesan Cheese garlic salt & pepper

Shred rutabaga and combine rest of ingredients - line a 9" pie plate-bake about 30 min at 400 deg.

Filling:

Sauté 2 c any vegetables with 1 clove pressed garlic and 1/2 c onions till transparent (I used asparagus). Layer on top of baked crust:

1 c shredded white cheddar  
 vegetable filling  
 2 eggs beaten with 1/4 c cream  
 1 c shredded white cheddar  
 Any herbs you like with a pinch of nutmeg

Bake at 375 deg about 30 min- this makes a really lovely presentation and crispy crust. NB: the rutabaga makes this Level 2. Could try replacing with turnip for Level 1. Posted by lovessing.

### Veggie Casserole

1 Container Sour Cream  
 1 package shredded sharp cheddar cheese  
 1-2 Onions  
 5 or so slices of butter  
 1 can of cream of chicken soup (not usually legal for SSing, omit)  
 salt and pepper  
 Your favorite veggies (I used cauliflower and broccoli)

Pre-cook your veggies just a little bit. Slice onions so that they are skinny and long, fry them till crispy. Mix sour cream, salt, pepper, cheese, soup and veggies together, spread out in baking dish, evenly spread out slices of butter then sprinkle your fried onions over the top of your casserole. Bake in oven at 375 till nice and bubbly. I've added chopped meat to this too and it's outstanding, there are so many different things you can add to this. I love Potato Casserole so I decided to put veggies in place of the potatoes of my favorite recipe and loved it. Posted by RS1970.

## Grilled Veggies

We camped over the weekend and I made veggies on the grill. I wrapped foil around cauliflower, zucchini, red peppers, and onions and put some butter on it. It was fabulous. Made it again and melted some colby cheese over it. Even better. Posted by Linley.

## VEGETABLES

### Baked Cauliflower

1 large white cauliflower  
 2 tablespoons butter  
 4 green onions, finely chopped  
 1/2 tablespoon ThickenThin not/Starch  
 2/3 cup water  
 1 cup cream  
 1/2 teaspoon salt  
 1/4 teaspoon white pepper  
 2-3 dashes Tabasco  
 1/4 cup crushed pork rinds  
 2 tablespoons grated Parmesan cheese

Cook cauliflower whole, in boiling, salted water, about 20 minutes, or microwave on Hi for 8-10 minutes. Drain & place in baking dish. In small skillet, melt butter & sauté green onions over medium-low heat for 5 minutes. Add the ThickenThin, water & cream, & simmer until smooth & thick, stirring constantly. Add the salt, pepper & Tabasco, & then pour the sauce over the cauliflower. Sprinkle with the crushed pork rinds & cheese. In a preheated 375 oven, bake about 20 minutes, or until slightly browned. 4-6 servings. This is a Somersized adaptation of a recipe I've been making for about 24 years now. The original version came from Leon Soniat's column in the New Orleans Times-Picayune (newspaper) back in May of 1980. You can make this using fresh or frozen cauliflower. My favorite presentation, that I especially love to do when entertaining, is to serve a whole head of cauliflower, covered with the sauce & toppings, on the buffet table. Note: I use ThickenThin not/Starch to thicken the sauce. This website has deemed that to be an Almost Level 1 item (though I don't quite understand why - it's just vegetable gum.) Posted by iwillrejoice.

### Roasted Curried Cauliflower

1 1/2 Tbsp extra virgin olive oil  
 1 tsp mustard seeds  
 1 tsp cumin seeds  
 3/4 tsp curry powder  
 3/4 tsp sea salt  
 1/2 tsp cinnamon  
 1 large head cauliflower (about 2 lbs)  
 cut into large florets.  
 2 Tbsp butter

Pre-heat oven to 375. Grease a rimmed baking sheet with the butter. In a large bowl, stir together oil, mustard seeds, cumin seeds, curry powder, salt and cinnamon. Add the cauliflower, tossing to coat thoroughly in the spice mix. Arrange cauliflower in a single layer on the greased baking sheet, and roast until florets are browned on the bottom and tender when pierced with a knife - about 30-35 minutes. Serve hot. Posted by Kisa 1.

### The Best Mashed Cauliflower!

Boil and drain cauliflower well. Use a hand mixer or food processor to blend the cauliflower, with Daisy sour cream (about a cup or enough to obtain a creamy consistency), garlic salt and pepper to taste. Then put in back on the stove to warm through with a dollop of butter on top, stirring it consistently. All the sour cream tends to really cool it down, so you'll want to heat it thoroughly either in the micro or on the stove while you prepare the rest of your meal. Bon appetite! We find this to be a wonderful extremely satisfying mashed potato replacement. Posted by Freed.

### Cauliflower Mashed Potatoes

We have the recipes to know how to make the mashed potatoes on here, but this addition I found to this I thought was neat. Don't know if anyone has ever tried this or not. Add 1/2 cup Parmesan Cheese and 4 beaten eggs to the mixture and place in a 8" square baking dish sprayed with pam. Bake at 350\* for 30 to 40 min. or until set and golden on top. They added cream, butter, garlic powder, onion powder, salt and pepper to their mashed cauliflower and then done the stuff above to it. Posted by GARNET2002.

### Cauliflower-Garlic Mashed Potatoes

2 large cauliflower (preferably organic)  
 4 to 5 large cloves garlic, thin sliced  
 Salt  
 1 1/2 tablespoons good-tasting extra virgin olive oil  
 1 tablespoon butter  
 1/8 teaspoon fresh ground nutmeg  
 Fresh ground black pepper to taste

Set a collapsible steamer basket in a 6-quart pot. Add water to come just above the bottom of the steamer. Cover and bring to a boil. Meanwhile, wash cauliflower and its leaves. Cut leaves into thin slices. Break cauliflower into floweret's. Drop leaves onto the steamer, salt lightly. Add half the cauliflower, all the garlic, then the rest of the cauliflower. Lightly salt. Cover and steam over medium-high heat for 8 minutes, or until cauliflower is so tender a knife just slips into it. Drain well in a colander, turn into a food processor and puree with the butter and olive oil. Season to taste with pepper, nutmeg and more salt if needed. Serve immediately. Serves 3 or 4. This was in our local newspaper last night. I thought it sounded delicious. Posted by Pippa.

### Cauliflower Tater Tots

1 bag of frozen cauliflower  
 Freshly grated parmesan cheese (not the kind in the can)  
 1-2 egg yolks

Cook the cauliflower in the microwave until very soft. If you have a food processor, process it until it's mashed together. I just mash it with a fork and it works okay. Add in 1-2 egg yolks (enough to bind it all together). Mix in 1/2-1 cups parmesan cheese (depending on how cheesy you want it). Grease a cookie sheet and mold 'tater tots' on it from the caul. mixture. Bake at 375 until brown and crisp. From LC Yahoo Group, posted by DebB.

### Cauliflower Leaves

I bet everyone knows this, but the leaves curled over the cauliflower are delish chopped & sautéed with olive oil, garlic & salt & pepper. Posted by gettinthere.

### Cauliflower with Tomato Sauce

You take the cauliflower and steam it. You don't want it completely tender but almost there. Then you take 2 egg whites and beat them until they are starting to get fluffy and then beat in the yolks right at the end. Take the cauliflower and dip it in the egg mixture and they put it in a frying pan with some oil and brown it. This doesn't take long. After it is browned put it in a bowl or baking dish and pour tomato sauce (i use Hunt's Basil, Oregano and Garlic) over the cauliflower and Put in the micro or oven to heat. I have also just heated the sauce and poured over it as well. I just love this stuff. My friend says that they also do green beans this way and I have thought about trying this with asparagus. A friend at work from Guatemala makes this and my child, who doesn't like cauliflower, loves it I think it is ok for level 1. Posted by novalh.

## Brussel Sprouts - Surprisingly Good!

My DH loves these things and I have never cared for them. I saw a recipe somewhere (not sure if it was here and if so, forgive me for not remembering). I julienned the little devils and sautéed them in butter & minced (jar variety) garlic & salt & pepper. Who woulda think they could taste so different???? I don't think I'll fix them whole ever again. Just wanted to share. Posted by gettinthere. Note from GardenGirl: I take it one step farther - after sautéing I add cream, let it simmer in the butter for a minute then toss everything in a glass dish, sprinkle with parmesan cheese & bake for 30 minutes. They are so tender they melt in your mouth. Note from ljldragon: I did the same thing years ago because my DH didn't like them but I did. So one day I julienned them and sautéed them with minced garlic and soy sauce. He's loved them ever since!

## Roasted Brussels Sprouts with Bacon

2 (10-ounce) packages Brussels sprouts  
 2 ounce piece slab bacon cut into 3/4 inch cubes  
 1/2 cup walnut pieces (Level 2 addition)  
 1/2 teaspoon salt  
 Freshly ground black pepper

Preheat oven to 375 degrees F. Wash and then peel off any loose or damaged leaves from the sprouts. Trim the root end and cut each sprout in half. Cook the bacon and walnuts in a large oven-proof skillet over medium heat until bacon just begins to crisp and walnuts are toasted, about 4 minutes. Transfer the bacon and walnuts with a slotted spoon to a bowl and set aside. Add the Brussels sprouts to the skillet and season with salt and pepper. Roast for about 30 minutes, add the bacon and walnuts and continue to roast until the sprouts are cooked through and golden, about 10 to 15 minutes more. I saw this on Food Network's "How to Boil Water" today and made it for dinner. This is SO good! I copied it as written from their site - the walnuts would be a Level 2 addition (I omitted them). Level 1 (without the walnuts). Deb's notes: I used 2 pounds of fresh sprouts. I find it easier to trim the root end first, then remove the leaves as outlined in the instructions above. I could not find slabs of bacon (which are unsliced), so the butcher recommended a package of "pig jowl bacon". I know, I know - this sounds terrible (lol), but it really was just like slab bacon - I wouldn't have been able to tell otherwise. Cut all rind from bacon (it gets too hard when cooked) and discard or throw in the freezer for soup stock. When cooking the bacon, watch the pan's temperature - this can burn easily. You want to cook it until crisp and the fat is rendered out of it. After tossing the sprouts in the bacon fat, I spread them out onto a foil lined cookie sheet. Keep an eye on the time - you may not want to let it go quite as long as the recipe states. These were SO good and not strong/bitter tasting. Posted by DebB.

## Roasted Broccoli

Pre heat oven to 500 degrees, I know it is high, but trust me it works. Then cut up your fresh broccoli and rinse under cold water, make sure you get most of the moisture out of it. I cut the broccoli into bite size pieces. Next, in a small bowl mix together about 1/4 cup oil (can use vegetable or olive) with some of your favorite spices. I have used just pepper and season salt, but have also used the Sea Salt Rubs which were great. I have even added a little bit of Balsamic Vinegar to the oil/spices. Then toss with your fresh broccoli. Once you are done tossing, put the broccoli out onto a cookie sheet, lay it flat so it is in a single layer. Put in the 500 degree oven and roast for about 5 minutes. It should be a little brown on the edges. It comes out a little crisp, but is great. Since I started making my broccoli this way, I will never, ever eat steamed broccoli again. This way of cooking it adds so much flavor and you can compliment your main course by using some of the same spices as the main course for a great compliment. Posted by jimmac86.

## Sautéed Broccoli

I make broccoli like this all the time! I steam it in the pan first, with just a 1/2 in. of water in the pan. Then when they're crisp tender, I drain the liquid off and add olive oil over the broccoli, salt and pepper, crushed red pepper flakes and then I grate a clove of garlic on my microplane grater (great tip to mince garlic without touching it!) Then, I put a heavier pot on top of the broccoli to weight it down while it sautées over high heat, and it gets all crispy on the outsides. It's delicious! Posted by manda318.

### Sautéed Mushrooms with Spinach & Pepper

2 tablespoons olive oil	2 tablespoons butter
1/2 pound mushrooms, sliced 1/4-inch thick	1 garlic clove, slivered
1/4 teaspoon salt	1 bag washed baby spinach
1/4 teaspoon freshly ground pepper	

In a Dutch oven, heat olive oil over medium-high heat. Add mushrooms. Sauté for 5 minutes, or until juices are released and mushrooms are browned. Add salt and pepper. Transfer mushrooms to bowl and set aside. Return pan to heat and add butter and garlic. When butter is foaming, add spinach and cook for 2 minutes, or until tender and most of the liquid has evaporated, stirring frequently. Return mushrooms to pan and toss with spinach. Taste and adjust seasonings. Makes 4 servings. This is really good! Posted by iwillejoice.

### Mushrooms Florentine

2 (10 ounce) packages frozen chopped spinach  
 1/2 teaspoon salt  
 1/4 cup chopped onion  
 6 tablespoons butter, divided  
 1 cup grated sharp white Cheddar cheese, divided  
 1 pound mushrooms, sliced  
 1/4 teaspoon garlic powder

Preheat oven to 350F. Cook spinach according to package directions. Drain & squeeze dry. Spoon into shallow casserole. Sprinkle with salt, onion, 2 tablespoons of butter & 1/2 cup of grated cheese. Sauté mushrooms in 4 tablespoons butter until tender. (I like to slightly brown them.) Spoon mushrooms over cheese layer. Sprinkle with garlic powder, & top with remaining 1/2 cup cheese. Bake 20-25 mins. 6 servings. I made this yesterday, to go with some grilled steaks. All I can say is, YUM! From Gracious Gator Cooks. Posted by iwillejoice.

### Snow Peas and Mushrooms

1 cup sliced mushrooms  
 2 tablespoons butter  
 1/2 pound small snow peas  
 1 tablespoon soy sauce

Sauté the mushrooms in the butter. Stir in the snow peas and soy sauce. Continue cooking until the snow peas are crisp tender. Toss and serve. Serves 4. Deb's notes: I made this last night for the first time and we really enjoyed it. I used about 3 cups of mushrooms - next time I'll use even more (we eat a lot of veggies and like to have leftovers), but I will keep the snow peas at 1/2 pound. I also used low-sodium soy sauce. Very good!! Also - as written, I can't imagine it "serving 4" (oink). Posted by DebB.

### Italian-Style Spaghetti Squash with Herbs

1 med. baked squash, strands removed  
 1/4 C softened butter  
 1/4 C olive oil  
 1/4 C grated parmesan cheese  
 1 garlic clove, minced  
 3 T chopped parsley  
 1/2 t oregano  
 1/4 t basil  
 1/4 t marjoram  
 1/4 t salt  
 1/4 t pepper

Blend all ingredients together, tossing well with spaghetti squash strands. Serves 4 to 6. Posted by DebB.

## Spaghetti Squash

My favorite thing to do with it is saute it with cream, parmesan cheese, a little olive oil, some garlic and a veggie. Yummy! Posted by mustang.

## Pattipan Squash

Cut off the tops of pattipan squash and scoop out the inside. Mince the insides of the squash and mix with minced garlic, onions, bacon bits, and some butter. Bake for 1/2hr at 350F. Posted by Twiggy88.

## Fried Zucchini

Mine is ready in the garden & I have picked about 8 so far. Here's how I cooked it & I thought it was delicious. One time I speared them, next time I cut them in half moons. Not too thick & not too thin. Melt some butter in non-stick skillet & add a little oil. I used canola. Put them in there & fry them until they are real brown on all the white sides & the peeling will wrinkle (maybe about med-high heat-so they don't burn). I used salt & pepper to taste & added one time table blend & the next time added tomato, basil, & garlic, oh my - delicious. I just sprinkled it like I did when I salted them, I just went all over them with the stuff (Mrs. Dash). Use your judgement on this. When they were done & brown, I took a handful of Mozzarella cheese & put on top of them in the skillet & sprinkled some parmesan cheese on top too. Waited till the Mozzarella cheese melted, took off & let it slide off into a platter. Yummy. Can't wait to try my yellow squash like this. It might be good made with olive oil & butter, but I'm out right now, so I used canola. Both different spices I used at different times, don't use them together. The tomato, basil, & garlic is good in a salad with oil & vinegar too, I thought. Posted by GARNET2002.

## Zucchini Fritters

2-3 small Zucchini  
Eggs  
Parmesan or Romano cheese (to taste)  
Garlic (fresh or powder)(to taste)  
Onions (1 small should be good but whatever you like)  
Soy baking mix  
salt and pepper (to taste)

Grate the zucchini and the onion (the side with the big holes) Scramble eggs (enough to cover the zucchini) add garlic, cheese, baking mix, salt and pepper until you have the consistency of a thick pancake batter. Fry until golden brown. Flip over, fry the other side. Very tasty, again - sorry no actual measurements (I can't cook that way). I bet you could use protein powder instead of soy baking mix. I would add a teaspoon of baking powder though. I used the Atkins mix that you make bread with. Posted by MaryAnnT.

## Zucchini Patties

This is what I do to shredded zucchini - squeeze out moisture, mix with 6 eggs, add fresh chopped parsley, mint, and scallions, salt and pepper to taste. Panfry the size of a pancake. These also freeze well. Posted by lindylou.

## Turnip/Zucchini Pancakes

3 turnips grated	2 eggs
1 zucchini grated	parsley
1 onion grated	oregano
generous amount of grated cheese	salt and pepper.

We grated the turnips & zucchini & boiled them a few minutes to make them a little soft. We hand squeezed the water out of them. Mix with onion & rest of ingredients. Oil a nonstick pan, (fairly high temp about 6 or 7). With a tablespoon heap a spoonful of batter into oil, flatten, flip when edges are golden, drain on paper towels. Delicious! I love this cold too, took them to work today, salted 'em up a little, love them! My husband enjoyed them with applesauce on top. My husband was actually experimenting with making turnip pancakes then I threw some stuff in to it & we both loved it so I thought I'd share. Posted by RS1970.

### Zucchini Pizza

3 T butter  
 3 cups sliced zucchini  
 1 cup sliced onion  
 1/2 tsp. basil  
 1/2 tsp. oregano  
 1/2 tsp. minced garlic  
 pinch of salt  
 2 cups shredded mozzarella  
 1 tomato, sliced

Melt butter in a frying pan. Add zucchini, onion, basil, oregano, garlic, & salt. Cook until tender. Transfer the mixture to a cookie sheet & top with tomato slices & then mozzarella. Bake at 325 degrees until cheese is melted.  
 Posted by matantej.

### Stuffed Zucchini

1 12 in zucchini  
 1/4 c. minced onion  
 1/4 c crumbled bacon  
 1/2 c shredded cheese (I used Monterey jack)  
 1 tomato - diced

Slice zucchini lengthwise and scoop out insides leaving 1/4 inch of skin. Chop up what was scooped out. Mix with onions, bacon, and cheese and put back in shell of zucchini. Set zucchini in 9x13 pan and cover. Cook at 325 for 35-40 mins (or can microwave on high for 10 min) till fork tender. Top with diced tomato if you prefer. I like to dip this in sour cream. This is a good recipe in summer when you have zucchinis coming out the ears and need new ways to prepare it. I'm not a big fan of zucchini, but I do like it this way. I was thinking crumbled cooked sausage would be wonderful, with some parmesan cheese, too. HHHMMM, might have to try that instead next time.  
 Posted by cubbiegal.

### "Potato" Pancakes

1 medium celery root, peeled & shredded  
 2 eggs, beaten  
 1/4 cup plain whey protein powder  
 1 teaspoon salt  
 Sweetener equivalent to 1 teaspoon sugar  
 1 teaspoon baking powder  
 About 2 cups peanut oil

Mix shredded celery root & beaten eggs thoroughly. Stir together whey protein powder, salt, sweetener, & baking powder in a small bowl. Add dry ingredients to celery root mixture. Mix well. Heat a heavy skillet on medium heat, & add about a cup of peanut oil. When oil is hot, use a 1/4 cup measure to scoop celery root mixture into the pan. I was able to fit about 3 per batch in the pan without crowding. Kind of smoosh them down a little, so that they're relatively flat. Fry until crisp & brown, then turn & brown the other side. Add more oil to pan, when needed, & continue frying, in batches, until all the celery root mixture is cooked. Made these tonight, & thought they were really good! Could be used as a hash brown substitute, also. I think I got 10. Posted by iwillrejoice.

### Okra

My favorite SS recipe is to cut okra into 1/2 to 1 inch pieces, along with a chopped onion, rosemary oil (when I have it) or regular olive oil, salt and pepper. Place it in a 450 degree oven and bake until slightly brown. The amounts and time depends upon how much okra you have. I try to fill a large baking sheet (cookie sheet) full.  
 Posted by Delight36.

## Okra and Tomatoes

Slice (wedges) one or two onions (depending on taste). (You can sauté in a tiny bit of oil if you have the time, but not necessary.) Put onions, one chicken bouillon cube and 2 cans of whole tomatoes in a big pot. You can either add a bag of frozen okra or slice the whole okra. Cover, bring to a boil and then let cook on low for at least 30 mins. Keep stirring. I even freeze in little one serving containers to take to work or eat later. Posted by amandasc.

## Really Fast and Tasty Green Beans

Take one strip of bacon, chopped up, and fry it in a fry pan until it is crispy. Throw in a whole can of green beans, water and all. Cook over medium heat until almost all of the water is gone. These are sooo good! They are even better if you have the patience to cook them over low heat, very slowly. Posted by erjen\_lower.

## Green Beans with Bacon & Onion

1 1/2 lb fresh green beans, washed & trimmed  
 1/2 tsp salt  
 6 slices diced bacon  
 1/2 cup chopped onion  
 1/2 cup cider vinegar  
 2 Tbsp sugar substitute

In a large pot over high heat bring 2 qts water with the salt to a boil. Add the beans, reduce the heat to medium & boil uncovered 10 mins until they are just tender. Immediately drain in a colander. While you are boiling the green beans, prepare the sauce. In a 10" skillet over medium high heat sauté the bacon bits until crisp. Remove the bacon with a slotted spoon & set aside. Add the chopped onion to the skillet & sauté 3-4 mins until limp. Drain all the fat except 2 Tbsp. Reduce the heat to low & add the vinegar, sugar substitute & bacon bits. Stir & scrape the bottom of pan to loosen bits. Turn the heat to high & boil mixture 1 minute. Place the beans in the large pot. Pour the sauce over the hot green beans & toss to coat. Transfer to serving dish & serve. Posted by wired\_foxterror.

## Sichuan Dry-Fried String Beans

1 tb Dried shrimp  
 1 tb Preserved Sichuan Preserved Vegetable (jar choy)  
 3 c Peanut oil for deep frying  
 1 lb String beans, snapped in half  
 1 tb Minced ginger  
 1 tb Finely chopped garlic  
 4 oz Ground pork butt  
 1 Green onion, minced  
 1 ts Sugar  
 pn White pepper  
 2 ts Dark soy sauce  
 2 tb Chicken stock  
 A swirl of sesame oil

Cover dried shrimp with hot water for 30 mins. Drain. Chop into consistency of coarse bread crumbs. Rinse Sichuan preserved vegetables with cold water to wash off brine & salt; chop into same texture as the shrimp. In a hot wok add oil & heat to 375F. Deep fry beans in 2 or 3 batches for 2 to 3 mins or until they look wrinkled, blistered & khaki color. Remove all but 1 tablespoon of the oil from wok. Reheat wok over high heat. Add ginger & garlic; stir-fry for 15 seconds. Add the pork, preserved mustard, dried shrimp; stir-fry 1 minute longer. Poke & break up the clumps of pork so that it looks crumbled. Add green onion, sugar, white pepper & soy sauce; toss together to blend. Return reserved green beans, chicken stock & sesame oil; toss vigorously over high heat until all liquids are reduced & absorbed, about 2 to 3 mins. Serve hot or at room temperature. This green-bean dish is outstanding. The green beans exude aromatic flavors & have an interesting chewy texture. I do not fry the beans as long as traditional recipes call for because I want them to have some texture left. Serves 4 to 6. I got this online. Posted by Starlite.

### Seasoned Green Beans

1 lb fresh green beans, washed and tip taken off;  
steamed until desired softness  
2 Tbs melted butter  
1/2 tsp seasoned salt

1/2 tsp chilli powder  
1/4 tsp. garlic  
onion powder

Mix together butter and seasonings. Toss with green beans. These are the most delicious green beans I have ever had. Posted by zookeeper.

### Microwave Asparagus

This is the easiest & quickest way to make asparagus. Just cut off end of however much asparagus you want to make & rinse under cold water. Shake excess water off. Place a long sheet of plastic wrap on the counter & lay you asparagus on it. If you are making a lot of it, lay half one way & the other half the opposite way. Then dot this with some butter, season with season salt & pepper. Wrap it up in the plastic wrap. Place on plate & microwave for 1 to 2 minutes. For about 15 pieces, I usually microwave for about 2 minutes depending on the thickness of the stalks. Be careful of the steam when unwrapping after cooking. This is alot easier than steaming, I have found with steaming my asparagus gets to soft, I like it to be a little crisp tender. Alot less dishes to do also!!

### Bacon Onion Asparagus

bacon slices, uncooked  
diced onion  
olive oil  
asparagus, washed and cut in 2 inch pieces  
salt and pepper

Preheat oven to 400 F. Put asparagus in a casserole dish and drizzle olive oil on top. Add salt and pepper and stir well. Put the casserole in the oven for about 10 minutes. Meanwhile, heat a skillet to med-low and fry up a few slices of bacon. Dry on paper towels and leave the grease in the pan. Crumble the bacon, and set aside. Add the diced onions to the pan with the bacon grease, and cook for a few minutes until golden. Take the asparagus out of the oven. Pour the bacon grease, onions and bacon on top and stir well. Divine!! Posted by ecohousekeeper.

### Braised Radishes

4 cups sliced radishes  
3 tablespoons butter  
1/2 teaspoon salt  
1/4 cup heavy cream

Cook radishes for 10 minutes in water to cover. Drain. Add butter to pan and cook for another 5 minutes. Add salt and cream; cover and simmer for another 5 minutes. Serving Size: 4. Simple & easy, & surprisingly like potatoes! Posted by iwillrejoice.

### Roasted Radishes

Lot's of radishes  
Olive oil to cover  
Mrs. Dash table blend

Slice radishes about the thickness of 2 quarters stacked together. Toss in desired amount of olive oil. Sprinkle and mix with the Mrs. Dash Table Blend. Roast in 375 degree oven for about 45 minutes tossing periodically. These will shrivel slightly around the edges. Even my picky sister whom I wish would start Somersizing loved these. Out of the six diners I had for lunch today, everyone loved them. The guests ranged in age from 18 months-64. You must try these. You will not be disappointed. I took a cue from DebB with her 'popcorn cauliflower'. This recipe is so easy. It is so 'like' potatoes, that I really couldn't believe it. I dipped them in legal ketchup and legal ranch when they were roasted. Posted by gopmom2.

### Sautéed Veggies

Cook veggies of choice - I used green beans, wax beans & zucchini - in sauté pan with olive oil, a touch of butter, & S&P - until starting to caramelize (turning golden brown). Remove to platter. Top with Ranch Dressing (recipe below). Sprinkle with crumbled bacon. The combination of temperatures, textures & tastes is what makes this ordinary sounding dish yummy. I make the Ranch dressing by mixing mayo, sour cream, and Hidden Valley Ranch Dip - then thinning with water. Posted by GardenGirl.

## SNACKS

### Krispy Kale Chips

Preheat oven to 350F. Line baking sheet with foil. Wash and shake dry a big bunch of kale. Remove and throw out stems. Tear leaves into chip size pieces. Put one layer on the baking sheet, bake 15 to 20 min. Sprinkle with salt and spices of your choice. Posted by Twiggy88.

### Zucchini Chips

If any of you own a food dehydrator, try drying zucchini slices. You don't need to salt them or add spices at all. As they dry they get salty and you can leave them in the food dryer until they get crisp. And they're legal. Posted by Canadiansweetpea.

### Mushroom Chips

Slice mushrooms thinly (I have used fresh button and canned whole); saute in butter until crispy. You may need to let them cool and fry again to get them as crispy as you want them. Sprinkle some salt if you need it. For me, the butter is salty enough. This is a nice change from the cheese crackers. I haven't tried sprinkling other flavorings, like taco or garlic, but it is definitely an idea. This would be a nice snack to take to the movies. Posted by marie172.

### Veggie Chips

2 - 3 lbs assorted root vegetables, such as radishes, turnips, parsnips, rutabagas - peeled and sliced as thinly as possible

Salt

Cooking spray

Sprinkle the vegetables lightly but evenly with salt and allow to stand at room temperature for 30 minutes. Rinse in cold water and dry completely with paper towels. Spray a baking sheet lightly with the cooking spray and arrange the sliced vegetables in a single layer on the sheet. Spray the vegetables lightly with cooking spray and bake in a preheated 275° oven for 40 to 60 minutes. Check the vegetables frequently and remove them as they are dry. They will become more crisp as they cool. Season with salt and store in an airtight container for up to two weeks. Makes about 4 to 6 cups. Please note that if you use parsnips and rutabagas this will be Level 2. Posted by AmyFarkle.

### Salami Crisps

24 paper-thin slices (4-inch rounds) Genoa salami (1/4 lb)  
parchment paper

Put oven racks in upper and lower thirds of oven and preheat oven to 325°F. Arrange salami slices in 1 layer on 2 large baking sheets lined with parchment paper. Bake, switching position of sheets halfway through baking, until edges are crisp and beginning to curl, 10 to 12 minutes. Transfer slices to a rack to cool. (They will crisp as they cool.) Just saw this recipe online at Epicurious.com and thought I'd share it. Sounds like our pepperoni chips, only with salami and made in the oven. Posted by ljdragon.

### Pepperoni/Cheese "Crackers"

I wanted to fry some provolone cheese and add some garlic powder then I started thinking about pepperoni chips instead so I combined them! After frying one side of the cheese (I use deli sliced rounds) sprinkle with garlic powder and layer with pepperoni chips (made in the microwave) and another slice of cheese. Flip over, fry till done, drain on paper toweling (press each side well) and cut into "pizza" shaped wedges, dip in sauce. This could be a snack or lunch I suppose. Posted by carolannb.

## Parmesan Crisp

olive oil  
shredded parmesan cheese  
pepper and garlic seasoning

cream cheese  
onion minced

Put a thin layer of olive in a good Teflon pan on med heat. Place a tbsp of parmesan cheese in pan & flatten out with a fork so that it is still in one piece. Sprinkle on seasoning to taste. Once it is melted somewhat & sticking together, turn. Cook till both sides are brown. Let them cool & spread cream cheese mixed with the minced onion on crisp. Add another & you have a crisp sandwich. I like these for snacks with or without the cream cheese. I saw them in the Kraft magazine today. I thought I may have seen something similar on the site before. I made these last week. There are many variations to this recipe. This is how I make mine. Posted by curvygirl.

## Easy Parmesan Chips

1 cup grated parmesan cheese  
2 tsp finely chopped fresh rosemary.

Heat oven to 400 F. Mix together the cheese & rosemary. Place 1 tbsp cheese mixture on a slightly greased baking sheet; spread slightly to flatten. Place 1' apart & bake 5 min .Turn crisp side over and bake 1 more minute. Cool on wire rack. This is supposed to make 16. I only got 15 though. Saw this in my Kraft food & family magazine. I tried making these from Suzanne's' recipe using a fry pan but they were always messy. These bake in the oven, but you need to be fast turning them over. And the recipe says bake 5 min first side but that was too long in my oven. Had a time cleaning the baking sheet too. May use parchment next time. Posted by Grace Barse.

## Garlic Toast (Mozzarella Sticks)

Open a package of string cheese, put a teaspoon of oil in a non-stick skillet and turn it on low heat. Take your string cheese and put it in the oil and let it begin to melt, do not touch it. When it is almost melted sprinkle it with a pinch of garlic powder. By the time the top is melted the bottom will be browned and crunchy. Remove it from pan and cool enough to handle. Eat it warm, you'll never miss garlic bread with you're Italian food again. Less than 1 carb each. BettyR @ LCF. Can add a sprinkle of parsley flakes too. Cook this with vegetable oil (not olive). Cook on medium-low heat and do NOT touch it while it's cooking. Let the pan get hot first. This is a little recipe I copied from Low Carb Friends and I make it quite often. Even "non-dieters" really enjoy these. Spice them up however you like! I do add more spices than what the recipe calls for and always finish it with a sprinkling of dried parsley - gives it great color. You may be surprised how good these little guys are! Posted by DebB.

## Pizza Crackers

I use the dixie paper plates cause they have a wax coating and a little spritz of Pam. I spread out a teaspoon of salsa on the plate, 3 slices of mozzarella cheese, generous sprinkling of parmesan cheese, dash of salt and pepper, microwaved for 90 seconds (till desired crispiness) and yummmmmmm. I loved the little speckles of tomatoes mixed in it! I also tried this with pre-made mozzarella and tomatoes soaked in fresh basil and oil and that tasted awesome too, the fresh basil gives it a great look and taste to it too! I'm wondering how it would taste with some finely chopped dash of onions included in this. I love the cheese chips so much I've been experimenting with different cheeses and seasonings. Posted by RS1970.

## Popped Amaranth

For those missing popcorn, I just found out amaranth can be popped. I haven't tried it yet. The grains can be toasted as you would sesame or poppy seeds; they pop and puff like popcorn (although much smaller of course). Toast just a tablespoonful of the seeds at a time in a heavy, ungreased skillet, tossing and stirring them over high heat for a few seconds until they pop. One tablespoon will produce about 1/4 cup of popped amaranth. Posted by Twiggy88.

### Corn Chips

3 cups amaranth flour	1 teaspoon cumin
3 cups buckwheat flour	1 teaspoon chili powder
3 cups quinoa flour	1 teaspoon baking powder
2 teaspoons salt	3 cups of water or vegetable broth
2 teaspoons garlic powder	

Mix dry ingredients together, add water or broth. Mix well until combined. Wrap dough in plastic wrap & refrigerate. When ready to make chips, preheat oven to 350\*. Roll out as much dough as you want, very thin, on a lightly floured surface. Cut into triangles with a knife or pizza cutter. Place on baking sheets that are covered with parchment paper. Bake for 7 to 10 mins. Watch closely, they can burn easily. Dip into salsa. NOTE: To add some zip, add hot sauce to the water or broth before mixing with dry ingredients. (Carb-level one) Posted by mjlibbey.

### Chocolate Shredded Wheat Crunchies

I tried this last night and it was good, previously I was just dipping them in chocolate, but was a little messy, like these much better! I just melted some Russel Stover Chocolate chips (the Net Carb ones or/other SF chocolate) then added some Fat Free milk to smooth it out. Then Take the Mini Shredded Wheat(or Wheat & Bran) Squares and dip one side in the melted chocolate and layer onto a baking sheet lined with wax paper and let cool. I put these in the fridge just to harden the chocolate, then put in zip lock bag or airtight container. I left mine in the fridge but next time I will do the above and store in my pantry. \* I just eyeballed the amount of Chocolate Chips. & the shredded wheat squares enough to finish all the chocolate. I will probably take these to the movies with me next time. Also good with a glass of FF milk. It would be almost level one because of the chocolate. Posted by JKK.

### Spicy Roasted Chickpeas

1 - 16oz pkg (2 C) dried chickpeas

Soak chickpeas overnight, cook on stove or steam till just tender (40 minutes with my B&D steamer). Drain and cool.

2 egg whites (or 1/4 Egg Beaters)  
1 pkg taco seasoning

Combine egg whites and taco seasoning. Place chickpeas & taco blend in a large bowl with a tight lid and shake till chickpeas are evenly coated. Evenly distribute chickpeas on a large cookie sheet sprayed with PAM. Bake at 325 degrees for 1 hour - stirring occasionally. Store in covered container in the refrigerator. NB: this would be a level 2 snack. From Fatfree.com, Jeanne Chappell. Posted by okrealest.

### Crisp Sweet Pickles (From Dill)

1 jar (32 oz.) whole kosher dill pickles, drained.  
1-1/4 cups sugar (your sweetener of choice)  
3 T cider vinegar  
1T dried minced onion  
1T celery seed

Cut pickles into 1/2" slices; return to the jar. Add the remaining ingredients. Cover & shake until coated. Refrigerate for at least 1 week, shaking occasionally. From the article, these are evidently a Christmas tradition, crispy and well seasoned. This is an interesting recipe from Taste of Home (Denise Bittner, Penn.) I haven't tried it, but it sounds like it would work if you exchanged the sugar for the sweetener of your choice. Posted by gettinthere. Note: I just tried an experiment - I had a few slices of Mt. Olive sf sweet pickles left, so I took 3 dill pickles, rinsed, dried & sliced them and put into the jar of Mt.O. juice - added a sprinkle of dried onions and 15 mins later they were on their way to being sweet pickles!

### **Alice's Refrigerator Pickles**

7 Cups thinly sliced cucumbers  
1 medium onion  
2 Cups sugar(use equivalent of sugar substitute, I use Somersweet)  
1 Tbsp salt  
1/2 tsp celery seed  
1 Cup white vinegar

Wash cukes, trim off both ends and slice very thin. Do not peel. Place in large mixing bowl. Slice onion and separate into rings. Add to cukes along with remaining ingredients. Mix together. They are ready to eat. Refrigerate in covered jar(I use my vacuum sealer and seal in a mason jar). These will keep for several days in fridge or freeze them. These are easy to make and very good. I have found baby hothouse cucumbers in the grocery(regular work well too) and they are the perfect size for pickle chips. Posted by 2bkchk.

### **Quick and Delicious Snack**

fresh mozzarella cheese Ball  
Classico Tomato and Basil Sauce

Just slice the mozzarella cheese into nice thick slices and heat the sauce and pour over top of cheese slices. This is a fast treat, and really helps curb that craving for something Italian and I like it because I love deep fried mozzarella sticks which are funky with breading, so I really enjoy this. Posted by PHoffer.

### **Dip for Cinnamon Crispas**

8 oz. softened cr. cheese  
2 big dollops of sour cream  
2 T. cinnamon  
2 T. Splenda (more if you like it really sweet)

Mix well, place in micro to warm. Use with Cinnamon/Splenda Pork Rinds. Posted by RSNutt.

## HOLIDAY DISHES

### Candied Cranberries

4 cups cranberries  
 1 cup water  
 Sweetener to equal 2 cups sugar (I used 1 1/3 cups pure crystalline fructose)

Wash cranberries (remove any stems). Bring to a boil in the water. When skins begin to burst, add the sweetener. Boil 5 minutes, or until translucent. This was so easy, & so good! It sets up as it chills. Made this last night. Adapted from The Settlement Cookbook. Posted by iwillrejoice.

### Leftover Cranberry Sauce Dish

1 tablespoon butter  
 2 medium apples (peel it if you want)  
 1 pear (also peel if you want)  
 1 tablespoon sugar twin brown sugar sub.  
 1 teaspoon lemon juice  
 1/8 teaspoon ground nutmeg  
 1 cup no sugar added apple cider  
 1/2 to 2/3 cup left over sugar free cranberry sauce

Place a small saucepan over medium heat and add butter. Melt butter. Add apples and pear to the melted butter. Sprinkle the fruit with the brown sugar, lemon juice and nutmeg. Add cider and raise heat a little. Allow liquid to come to a boil, then add cranberry sauce to the pot. When sauce returns to a boil, turn heat back to moderate and cook sauce 5 minutes until apples and pear is softened but sauce remains fairly chunky in consistency. I did cook it a little longer and mashed some of the fruit a little to make it thicker. But most of it is still chunky. I also added a little more of the brown sugar because my cranberry sauce came out a little too bitter for me. You are supposed to spoon the sauce over a piece of pound cake and then top with ice cream but I liked it right out of the bowl as a fruit dessert. I got this recipe from food TV.com I saw it on a show and got the recipe from the internet but with a few changes. I remember that she said that she didn't peel the fruit because she was too lazy so I left it on but it does say to peel it on the original. Of course it is also sugar free. Posted by LIEileen.

### Cranberry Butter

1 cup fresh OR frozen thawed cranberries  
 Sweetener equivalent to 1 1/2 cups powdered sugar  
 1 pound unsalted butter

Mix all together in food processor until well blended. Refrigerate. Developed by Paula Hamlin. Adapted by me. Posted by iwillrejoice.

## DESSERTS – Level One

### Old-Fashioned Cooked Frosting

1 can Nestles Table Cream reduced to  $\frac{3}{4}$  cup (or use 1 cup heavy cream, reduced)  
 pinch Xanthan Gum  
 1/4 teaspoon salt  
 2/3 cup crystalline fructose sugar  
 2/3 cup butter, softened  
 1/2 teaspoon vanilla extract

Cool cream and combine quickly mix in Xanthan Gum using electric hand mixer and salt. Cover surface with plastic food wrap; cool completely (1 hour). Beat sugar, butter and vanilla in large mixer bowl at medium speed, scraping bowl often, until creamy (1 to 2 minutes). Gradually add cooled cream mixture. Beat at medium speed, scraping bowl often, until light and fluffy (4 to 5 minutes). Makes 1  $\frac{3}{4}$  cups. This is an old-fashioned fluffy, cooked vanilla frosting. Posted by LadyJ.

### 7 Minute White Frosting

2 unbeaten egg whites  
 1  $\frac{1}{2}$  c. crystalline fructose sugar  
 5 tbsp. cold water  
 1/4 tsp. cream of tartar

Place ingredients over rapidly boiling water. Beat constantly for 7 minutes. Remove frosting from heat. Add 1 tsp. vanilla. Continue beating until the frosting is the right consistency to be spread. Posted by LadyJ.

### White Caramel Frosting

3 c. crystalline fructose sugar  
 1 c. heavy cream  
 1/4 stick butter  
 1 tsp. vanilla

Boil sugar and water until soft ball is formed when small amount is dropped into cold water. Add butter and vanilla and beat until creamy or beginning to thicken. Be very careful not to cook or beat too long or it will harden before you can spread on cake. Great on chocolate cake. Posted by LadyJ.

### Buttercream Meringue Frosting

2/3 cup Sugar Substitute  
 1/4 cup water  
 4 egg yolks, slightly beaten  
 1 tsp. vanilla  
 1 cup butter or margarine (2 sticks), softened

In a heavy medium saucepan combine sugar substitute and water. Bring to boiling; remove from heat. Gradually stir about half of the sugar mixture into the egg yolks. Return all of egg yolk mixture to saucepan. Bring to a gentle boil; reduce heat. Cook and stir for 2 minutes. Remove from heat; stir in vanilla. Cool to room temperature. In a large mixing bowl beat butter with an electric mixer on high speed until light and fluffy. Add cooled sugar mixture, beating until combined. If necessary, chill until easy to spread. Posted by wired\_foxterror.

### Cream Cheese Frosting

8 oz cream cheese, softened  
 1 stick butter, softened  
 1 tsp vanilla (may add more)  
 2-3 tbl of SomerSweet

Mix on medium for a minute or so till really blended well. Refrigerate food that has this frosting on it! Posted by September.

### Sugar Glaze

I use sugarfree powdered sugar, vanilla extract to taste, then mix with water (or FF milk - for carb recipe) to consistency you like. Posted by GardenGirl.

### Pavlova

3 large egg whites  
 1/4t cream of tartar  
 1/4t salt  
 3/4c sugar (I used somersweet)  
 Whipped cream (with a little sweetener, some vanilla or almond extract)  
 sliced strawberries (or other berries. Make it pretty!)

Preheat oven to 275°F. Line a baking pan with parchment paper. Lightly spray Pam. At high speed, beat eggs, tartar, & salt until soft peaks form. Gradually add sugar, beating well, until all is dissolved & whites stand in stiff glossy peaks. Option One for baking: Draw a circle on parchment paper (use a plate as a guide). Pile the meringue up high inside the circle, the edges being higher than the center. Bake 1-1/4 hours, or until meringue is lightly browned & crisp. When cool, pile on the whipped cream, & arrange berries on top. Refrigerate until ready to serve. Option Two: Use a jelly roll pan lined with the parchment paper. Spread the mixture evenly on the whole thing. Bake until slightly brown & crisp. (You may want it even less brown.) When cool, & hopefully some of the crispiness has gone, transfer pavlova to a clean towel. Roll jelly roll fashion, then unroll. Spread with whipped cream, strawberries, then reroll. Refrigerate until firmed up. Slice to serve. Very pretty! I have also used chocolate mousse as the filling. Posted by marie172.

### Ginger Cookies

1.5 cups wholegrain flour	1/4 tsp salt
1/2 tsp cinnamon	1 Tbsp Somersweet
1/4 tsp cloves	1 Tbsp vanilla
1/4 tsp ginger	1 cup water

Mix all dry ingredients in a bowl. Add vanilla and water and stir. Line the cookie sheet with parchment paper or sprinkle a thick layer of flour on a cookie sheet. This is to ensure the cookies don't stick to the pan. Drop teaspoonfuls of the cookie mix onto the floured cookie sheet. Bake 350F for 40 minutes or until done. Makes about 2 dozen soft cookies. Posted by Twiggy88.

### Susan's Coconut Oil Cookies

3/4 cup unrefined coconut oil (Spectrum)	1 small capful vanilla
1 cup Splenda	6-8 scoops protein shake mix
1 egg	cinnamon for sprinkling

Beat egg. Next, beat in coconut oil and vanilla. Pour in Splenda. Add shake mix one scoop at a time. Roll into small balls and crisscross w/a fork on a sheet of parchment paper on a cookie sheet. Bake at 350 for 10 mins. YUMMY! And Legal! Posted by silenagig.

## New Twist on Sugar Cookies

1 stick of butter softened  
heaping 1/4 c fructose  
1 egg

1 t vanilla  
1 c protein powder

I mix this together with a whisk and spoon onto a cookies sheet. Bake at 300 until the edges are brown and the middle looks done. These cook pretty fast. I would say about 7-8 min at the most. These will spread out like a lacy cookie and when they cool they are good and crunchy. Posted by mzladyt.

## Cinnabons Somersized!

Find Cindi's Vanilla Cake recipe & once you've made the cake batter, do the following:

Mix 1 T. of cinnamon into the batter, just swirling it through. Don't mix it in well. Then mix 1/4 cup of Splenda with 1 T cinnamon in a bowl. I used large muffin tins - 6 count. Pour each muffin tin 1/3 full with cake mix. Now using a teaspoon sprinkle liberally, each of them with the cinnamon/splenda mix. Then repeat another layer of batter (a third more) & repeat the sprinkling of cinnamon/splenda. Now finish off the top of each muffin with cake batter. Finally, sprinkle the remaining cinnamon/splenda mixture on top of all muffins & bake as directed at 325. It took 35 mins in my oven. Test with a knife to be sure they are done. As with the cake, they will really puff up. But, they don't deflate as much. Be sure to eat one (one?! Did I say one? ha!!!) warm sliced in half & spread with butter. OMGosh! You'll be able to walk through any mall without those cravings you have when you walk by Cinnabon! Note: In addition to lightly oiling each muffin tin, I put a piece of tin foil at the very bottom of each to ensure that the muffins would come out more easily. They still needed to be separated with a knife around the sides of each tin before popping out! Thanks again, Cindi, for your great Vanilla Cake recipe! You could just do this in a cake pan as well. It would turn out more like coffee cake. But the muffins really reminded me of eating at Cinnabon, from what I remember! Posted by Freed. DebB Note: I would use the aluminum cup cake liners. They hold up so much better than the paper. I'm able to find them at Safeway & Super Walmart.

## Lemon Bars

1 pie crust already in an 8x8 pan (see below)  
4 eggs  
3/4c Splenda (I don't like SS with lemon or chocolate recipes!)  
1/2c lemon juice

Beat eggs in a bowl about 3 minutes until pale and thickened. Gradually add Splenda and continue beating 1 minute until thickened. (Do NOT beat until frothy, it isn't good that way.) Stir in lemon juice. Pour onto baked crust (it doesn't need to be cool - right out of the oven is fine even). Bake 10-15 minutes, or until pick comes out clean.

## Pie Crust

1/2c+2T vanilla protein powder  
2 1/2t Splenda  
5T melted butter

Press into bottom of 8x8 square pan. You may need to gently work this a little to get it to cover the bottom. Bake at 350\* for about 1 or 2 minutes. It should look underdone. Posted by marie172.

## Home-made Jell-O

2 pkgs. plain gelatin  
2 pkgs. unsweetened Kool Aid (only one that I have found to be legal is Cherry flavor - the others either have maltodextrin, or cornstarch)  
2 cups water (to boil in a pot)  
2 cups cold water (to add at end)  
sweetener of choice, equivalent to 2 cups (I have used pure crystalline fructose & maltitol, both turned out good)

Put 2 cups water in a pot & let it come to a boil. Add the gelatin, unsweetened Kool Aid, & sugar free sweetener & whisk really well until it starts to foam & rise up then, remove from the stove quickly. Now, add the cool water & whisk until it's well blended. Pour into container & chill over night. It's sooo good. Posted by Teri T.

## Holiday Jello

Assorted flavors of Sugar-free Jell-O gelatin, i.e., strawberry, black cherry, orange, lemon, lime (I've used anywhere from 5 to 7 boxes)

16 oz. sour cream (you'll need 1/2 cup per box of Jell-O used so you'll need to gauge the size of the container based on this.

Dissolve 1 box Jell-O in 1 cup hot water (as the box says). From this, remove 1/2 cup of the Jell-O and mix with 1/2 cup sour cream. In a 9x13 glass pan (or your favorite mould), start your first layer by pouring in the sour cream & Jell-O mixture. Place in refrigerator to set (about 20 min). Once the sour cream layer is set, add 1/2 cup cold water to the remaining plain jello; then carefully pour this over the sour cream layer. Allow to set, then continue alternating layers of sour cream mixed and plain Jell-O as described above. While the layers set, you can move on to preparing your next flavor. The more layers, the longer it takes to make since you have to wait for each layer to set; but it's the best dessert you'll have while lo-carbing and well worth the time! A light and lovely layered gelatin dessert that's so good even those who aren't lo-carbing it love it. It's easy, has eye appeal, and it's versatile since you can use as many flavors as you'd like as it works just as well with 1 box as it does with many! You can even alternate between 2 flavors or make 6 layers of one flavor, etc. Jell-O has no carbs, so your carbs come purely from the sour cream--less than 1 gram of carb per serving! Number of Servings: 12-15. From lowcarbfriends.com. Posted by DebB.

## Torani Flavored Gelatin

1 - 1oz envelope unflavored gelatin  
 4 oz (1/2c) boiling water  
 6 oz (3/4c) sf Torani syrup, any flavor\*\*  
 6 oz (3/4c) cold water

In a medium bowl, combine boiling water with gelatin powder. Stir until gelatin is completely dissolved. Add Torani syrup and water, stir until well blended. Pour into serving bowls and refrigerate until firm. \*\*Note - Using kiwi or pineapple syrup will cause setting problems. Found these on the Torani website, I've tried the gelatin mousse, very good and no Aspartame! Posted by carolannb.

## Torani Whipped Gelatin

1 - 1 oz envelope unflavored gelatin  
 4 oz (1/2c) Boiling water  
 4 oz (1/2c) sf Torani syrup  
 4 oz (1/2c) cold water

In a large bowl, combine boiling water with gelatin powder. Stir until gelatin is completely dissolved. Add Torani syrup and water, stir until well blended. Refrigerate until mixture is cool but not set. With an electric mixer, whip gelatin mixture until it becomes foamy; gelatin mixture will increase in size. Refrigerate until firm. Found these on the Torani website, I've tried the gelatin mousse, very good and no Aspartame! Posted by carolannb.

## Torani Whipped Gelatin "Mousse"

1 - 1oz envelope unflavored gelatin  
 4 oz (1/2c) boiling water  
 4 oz (1/2c) sf Torani syrup  
 4 oz (1/2c) cold water  
 1/2 pint whipping cream (whipped)

In a large bowl, combine boiling water with gelatin powder. Stir until gelatin is completely dissolved. Add Torani syrup and water, stir until well blended. Refrigerate until mixture is cool but not set. With an electric mixer, whip gelatin mixture until it becomes foamy; gelatin mixture will increase in size. Gently fold in whipped cream. Refrigerate until firm. Found these on the Torani website, I've tried the gelatin mousse, very good and no Aspartame! Posted by carolannb.

## Jello Poke Cake

I baked Cindi's Vanilla Cake, then let it cool for 15 mins. Then I used 1 box of sugar-free strawberry jello. I mixed in 3/4 cup of boiling water, then 1/2 cup DaVinci strawberry syrup & 1/4 cup water. Poked holes with the end of a wooden spoon & carefully poured it on, trying to get it down into the holes. Be sure & poke holes around the edges too as my cake will usually deflate a bit leaving the edges higher than the center. I served it with whipped cream on top. Kept the cake covered & in the fridge of course. This was very tasty! I think next time, I may try it with a large box of Jello & double the liquid. I wanted a strong strawberry flavor, that's why I mixed in the DV syrup - you wouldn't have to do that though. But, this is not like having the regular jello setting up inside the cake. The cake absorbed all the jello, there wasn't any pooling in the bottom of the pan, etc. It did not have a 'jello like' consistency. It was like moist strawberry flavoring being swirled through the cake. We thought it was really refreshing, don't forget the whipped cream over it! Posted by DebB. Eyeswideopen's note: As for making it with the two colors, I would do one, the chill the cake then the other. That way they wouldn't mix together too much & you could have a nice holiday looking cake.

## Funnel Cakes

3 T water	1 C whey protein powder
2 eggs	1 T baking powder
2 T heavy cream	1/3 C splenda
1 T oil	

In a heavy saucepan heat enough oil to float cakes, about 2 or 3 inches to 375. Combine water, eggs, cream and oil. Mix whey protein, baking powder, and splenda. Combine dry ingredients with wet, and mix well. Pour mixture thru a funnel making one cake at a time. When bottom is golden, turn and fry other side. Remove to a paper towel, and continue process using all batter. Sprinkle w/splenda and cinnamon if desired. Makes 12 cakes. I made mine in a low sauté pan with about 2 C oil. I also didn't have a funnel, so I used 1/8 c measuring cup and used that to pour in the batter. I turned it using two forks....it seemed the simplest way. This is one from my files, but I haven't tried it, so I cannot say it's "tried and true". Posted by DebB.

## Funnel Cakes

1 egg  
 1/2 stick (1/4 c) butter, melted  
 2 tbsp Splenda or erythritol  
 1 tsp vanilla  
 1 scoop vanilla whey protein powder  
 Splenda & cinnamon for topping  
 Canola oil

Heat about 1 inch of oil in a heavy skillet until it's hot enough for frying. While oil heats, beat egg lightly with melted butter, then add Splenda, protein powder, & vanilla. Whisk together until all lumps are pretty much broken up, then let it rest a minute or two & whisk a bit more (batter will still have a grainy look to it, but that's fine). Using a small ladle or large spoon, drop batter by large tablespoonfuls into hot oil in batches of 4. Fry until bottoms are golden-brown, which will only take a few seconds, then flip. Drain on paper towels, then sprinkle with Splenda & cinnamon to taste & serve hot. Makes about 8 doughnut holes, & serves 2-4 depending on how piggy you are. NOTES: I've made these probably 10 times, & after trying every kind of spoon & pouring implement in my kitchen, I use an ice cream scoop for the batter - it seems to give me the most control. The batter manages to be both thick & liquidy, & it takes some practice to figure out the trick to pouring. These are easier to flip neatly if you use your spatula to dribble a little oil over the tops of them while the first sides are cooking. The batter will still be liquidy in the center at that point, & it will spill out when flipped; but if you use a little oil to make a "skin" on the tops, you'll get nice round doughnuts. If you prefer funnel-cakes, you can pour the batter into the oil in ribbons, but be aware that this goes even more quickly than the holes! You could easily fool around with other flavors of whey protein to tweak these up. I'm working on using natural-flavored whey & no sweetener to make sausage balls & other little savories. These are a favorite Sunday morning breakfast in our house. Taste- & texture-wise, these fall somewhere in between true doughnuts/beignets & funnel cakes. They cook very fast, so make sure you have everything on hand! Atlee @ Active Low-Carber Forum. Posted by DebB.

### Coffee Pot de Creme

2 1/2 cups cream  
 1/2 cup sugar substitute  
 3 Tbsp instant decaf coffee  
 1 1/2 tsp vanilla extract  
 6 egg yolks  
 2 Tbsp confectioners sugar substitute  
 cinnamon

Scald 2 cups cream in a small saucepan. Remove from heat and stir in the sugar and instant coffee. Blend in the vanilla. In a separate bowl beat the egg yolks until thick and pale yellow. Add the yolks very gradually to the cream, stirring constantly. Pour into pot de crème cups and place in a pan of hot water. Bake uncovered in preheated 325 oven for 35 minutes. Remove from the oven and cool completely. Chill in the refrigerator for at least 2 hours. Whip the remaining 1/2 cup cream until it forms soft peaks. Add confectioners sugar substitute (can use reg sugar substitute to taste) and beat in well. Serve the pot de cremes with a generous spoonful of whipped cream on top. Dust with cinnamon. Posted by wired\_foxterror.

### SS Vanilla Pudding

Just an observation, but if you cut the amount of cream from 2 cups to 1 1/2, & add in 1/2 cup water, the pudding isn't as stiff. It comes out more like, well... pudding! It took a little longer to completely set up, but I found I liked it better that way. Depending on how you prefer your pudding, definitely substitute 1/3 - 1/2 cup water for some of the cream. Next time I make it, I'm going to see if I like it better with the 1/3 cup water subbed. 1/2 cup was quite soft, so I'm thinking 1/3 cup might be a little better. Posted by iwillrejoice.

### Vanilla Pudding

3c cream  
 3 egg yolks  
 1T SS  
 1tsp vanilla

Place 2-1/2c of the cream in a saucepan. Mix leftover 1/2c cream with egg yolks and SS til no lumps; set aside. Heat cream in saucepan on stove. When it starts to bubble, take off heat and whisk in set aside mixture. Return to heat and cook, stirring constantly until it thickens. Remove from heat and add vanilla. Pour into 6 custard cups; chill. Top with sweetened whipped cream. (I used 1/2t SS for 1c cream - it was sweet enough! And 1/2t vanilla.) Note: for pumpkin pie pudding, add 1/2t pumpkin pie spice to egg yolk mixture. (Or to taste.) Posted by marie172.

### Yummy Cheese Cake Pudding!

2 eggs  
 3-4 tablespoons of full fat cream cheese (softened)  
 3 tablespoons of Splenda (or sweetener of choice)  
 3-4 tablespoons of water  
 1.5 tablespoons of vanilla

On stove top, medium heat, beat eggs and add the cream cheese and vanilla. Beat until liquidy (no lumps, here you may use the water). Add Splenda. Then with a spoon stir until mixture begins to thicken a little (about 5 minutes). If you like it thinner, you may add more water. It will be ready when it has a mushy cheese cake texture. Turn stove off and serve in a bowl. You may chill the bowl so that the "pudding" sits. However, I couldn't wait so I ate it right away! LOL! PS. You can add any flavour or extract you like. I didn't have cream on hand, but instead of the water you may also add some cream to the texture. I really had a craving for pudding or crème caramel, but I did not have much around the house so I decided to experiment and came up with this yummy "pudding"! It is sooo good and it's so convenient because it's so easy to make and doesn't take time! Posted by Rolorocks.

### Easy Cheesecake Mousse

8 oz cream cheese  
1 tsp vanilla

8 packets of Splenda (or sweetener to taste)  
3/4 cup cream

Whip cream till soft peaks form. With same mixer, mix together cream cheese, vanilla and sweetener until smooth. Fold whipped cream into cream cheese mixture until combined. Other recipes said chill but I have to say that we barely got it into serving dishes. The kids devoured it. We got creative with Torani and DaVinci syrups. The overall favorite was lime and raspberry syrup. I also liked the french vanilla. Okay, I must confess I had scoffed at this recipe when my sister first mentioned this. All I can say now is OH MY GOSH!!! To quote my husband, this is AWESOME, and it is so easy. I owe my sister one for this! Posted by texanabroad.

### Devonshire Cream

8 oz cream cheese, soft (in hurry zap in micro!)  
1/2 C Splenda (or to taste)  
1 C sour cream  
1 1/2 tsp fresh lemon juice\*\* (DON'T skip this)  
1/2 tsp vanilla

In mixer, beat cream cheese till smooth. Stir in remaining ingredients and combine well. Chill for 1 hour or if you are me - lick from bowl right away! \*\* Ok, see where it says "don't skip this step" - well dare I say it" I have! In fact, I haven't made it any other way but when I found an actual recipe for the "goo" I'd been making all the while and it said this I thought I should leave it in so folks could try it both ways. This stuff is ludicrously good. Someone likely posted something like this in the past but it's one of my "gotta have something sweet right now" quick fixes and it's totally level 1 legal. Posted by sparkles.

### Atkins' Crustless Cheesecake

12 oz cream cheese, softened  
3 pkts Splenda® or Sweet-N-Low® (1 pkt of splenda = 2 t)

1 tsp. vanilla extract  
1 Cup heavy cream  
1/2 Cup fresh strawberries, quartered (optional)

Combine cream cheese, sugar substitute, and vanilla extract in a bowl and mix well. Beat the heavy cream in a separate bowl until it forms soft peaks. Fold the whipped cream into the cream cheese mixture. Transfer the mixture to a large glass bowl and chill, covered with plastic wrap, for at least 25 minutes. Top with berries if you like. Serve immediately or store, covered with plastic wrap, in the refrigerator for up to 2 days. Posted by Morgonn.

### Jello Cheesecake

I was experimenting & came up with a dessert that I would definitely make again. I used Cindi's Crust (which tastes like a graham crust). I made up a package of lime jello according to directions & put in the fridge to set. After it had set, I whipped up about a cup of whipping cream, mixed in about 2 oz of cream cheese, then mixed all the jello in with it. I did it all in my food processor. Poured it over the top of the crust & put it back in the fridge to firm up. It was still very wiggly, but very good, & very light. I put it in a small springform pan, but a pie plate would work just as well. It stood up well enough that I could take it out of the springform pan. Posted by Little Sharon.

### Creamy Cheesecake Dessert

1 8 oz package cream cheese softened  
1 8 Oz package sour cream  
1 8 oz package Cool Whip Free (substitute whipped

cream)  
1/3 cup splenda  
1 tsp. vanilla

With a fork or mixer combine cream cheese and sour cream until mixed together well. Add splenda and mix well. Add vanilla and mix, then add whipped cream. Continue mixing until all ingredients are mixed well and that's it! My sister made this for me for my birthday and it was so good! She actually had hers "set" in a pan, but I have not been able to accomplish this yet. I just mix it up and eat it YUM! Posted by daviansmom.

### Dawn's Easy Cheesecake

2 8oz. cream cheese softened  
 1/2 splenda  
 1/2 tsp. vanilla  
 2 eggs

Mix first 3 ingredients until well blended. Add eggs & mix well. Pour into a 6 or 9 inch pie pan & bake on 350 for 40 mins. Refrigerate 3 hours or overnight. Variations: I have doubled the recipe & poured into a spring form pan & baked about the same length of time. Add flavorings of your choice. The last one I made was 2 layers. The bottom was chocolate flavored & the top caramel. I made one recipe of the cake & added one little bottle of flavor oil, poured the mix in my pan, then topped it with another batch of the recipe with the other flavor. It was amazing!

### Low Carb New York Ricotta Cheesecake

24 ounces cream cheese, softened  
 1 cup extra-fine whole milk ricotta cheese (to refine, process in a food processor for 1 minute)  
 1/2 cup sour cream  
 1 1/2 cups sugar substitute (recommended: Splenda)  
 1/3 cup heavy cream  
 1 tablespoon no sugar added vanilla extract  
 1 tablespoon fresh lemon juice  
 2 eggs  
 3 egg yolks  
 Special Equipment: 1 (8-inch) springform cake pan

Preheat oven to 400 degrees F. Spray the springform pan with nonstick vegetable oil cooking spray. Set aside. In a shallow roasting pan big enough to fit the cake pan, pour about 1-inch of water and place it on the center rack of the oven to preheat. In the bowl of an electric mixer, beat softened cream cheese, ricotta, sour cream and sugar substitute on low speed for about 1 minute until well blended. In a separate bowl, using a wire whisk, mix heavy cream, vanilla, lemon juice, eggs, and egg yolks until blended. Turn the mixer on medium speed, and slowly pour the egg mixture into the cream cheese mixture. Beat just until blended and then turn off; be careful not to over-whip. Pour batter into the greased springform pan. Place pan into the heated water bath. Bake for 15 minutes, and then lower the oven temperature to 275 degrees F. Continue baking for 1 1/2 hours, or until top is light golden brown and cake is pulling away from the sides of the pan. Turn the oven off when finished cooking and leave the cake in the oven to cool for 3 more hours. (This will keep the cake nice and tall.) Then remove cake and refrigerate before serving. Serve chilled. This is the cheesecake I always make. A cheesecake is a very individual thing, taste-wise. I've tried making so many different kinds, always looking for the texture I like best, a very heavy, dense, more on the dry side cake. I don't care for ones that are real moist and/or fluffy. This is by George Stella's (Low Carb and Lovin' It) wife, Rachel. I have his cookbook, but it's also on Food Network's site. This is Level 1 ~ pro/fat. Posted by DebB.

### Our Best Cheesecake

3-8 oz pkg cream cheese, soft  
 2 tsp vanilla  
 1c. sugar equivalent (3T Somersweet works great!)  
 3 eggs  
 1c. sour cream

Beat cream cheese until fluffy. Add vanilla & "sugar" gradually. Add eggs one at a time. Blend in sour cream. (Prepare water bath.) Spread in prepared pan. Bake 60 mins in a preheated 350 F oven, until firm. Leave door slightly ajar, & cool in oven for one hour in pan. Chill at least 4 hours before serving. This is my favorite cheesecake recipe, which is a lot like the one in Suzanne's cookbook, but I have been making this for over 23 years! The original is actually off the back of a Nabisco graham cracker crumbs box. I also use the water bath, but I first line the bottom of the springform pan with wax paper & cover the outside of the bottom in tinfoil. Also, for most of the baking, I cover the cheesecake with tinfoil, uncovering just for the last 15 mins. Posted by marie172.

### Banana Mousse

8 oz. cream cheese, softened	1 teaspoon vanilla
1 cup whipped cream	1 teaspoon banana extract (or to taste - your preference)
3/4 cup Splenda	

Whip the cream and add to softened cream cheese. Add Splenda, vanilla and banana extract and blend everything together until smooth and creamy. Chill in the fridge in dessert bowls. I'm thinking that this could somehow make a perfect filling for a Banana Creme Pie, with a crust, some yellow food colouring to the banana mousse, and maybe topped with a layer of really stiff whipped cream? Posted by artgirl67.

### Panna Cotta Twist

2 small pckg. or 1 large pckg. of sf jello any flavor you like  
32 oz. plain nonfat yogurt

Stir both together in a medium microwave safe bowl & microwave uncovered on high for 2 1/2 min. Take out & stir after 1 1/2 min. & then continue cooking. After 2 1/2 min. take out & stir again to make sure that all of the gelatin has dissolved & pour into any kind of container you want, I used a pie plate, & set in the fridge for 3-4 hrs to firm up. You could pour into individual cups & when they're set take them out of the cups & set them upside down on a serving plate & top with fresh berries for almost level one, or for level 2 top with fresh fruit. This makes a nice firm, yet creamy tasting carb dessert or snack. This is sort of a play on Panna Cotta. This is also a carb dessert or snack. I got this from Kraft food & family magazine, & it's actually a south beach diet recipe but I've made it & it tastes wonderful! Posted by manda318. JCNmyheart suggestion: could you use full fat sour cream in place of the yogurt? I was just wondering, this would be a good pro/fat thing if you think that it would work.

### Simple Creme Brulee

1 cup cream	1/2 tsp pure vanilla extract
2 egg yolks	4 ramekins
1/3 cup splenda	

Preheat oven to 300 F. Heat cream in saucepan until just boiling, stirring regularly. Set aside. In separate bowl, combine yolks, splenda & vanilla. Whisk together well. While whisking egg mixture, add only a few tbsp of the hot cream to the egg mixture (to keep from scrambling the eggs), & keep whisking! Once incorporated well, add about 1/4 cup of the cream, continuing to whisk. Repeat w/another 1/4 cup or so. Once you've tempered the eggs with the hot cream, you can add the rest of the cream to the egg mixture, just make sure to keep whisking together. Pour mixture into equal parts into ramekins. Place ramekins into a glass casserole dish. Fill casserole dish with hot water, about 1/4 way up the sides of the ramekins. Bake for 30-35 minutes until set. Remove from oven & sprinkle splenda over the tops, then remove each ramekin to cool. Once cooled, cover & refrigerate overnight. Makes 4 individual servings (feel free to double or triple this recipe for more servings). Posted by KrisJordan.

### Caramel Coffee Crème Brulee

2 Cups Heavy Cream	1 tsp. Vanilla
4 Eggs -- slightly beaten, with:	1 Tblsp. DaVinci SF Caramel Syrup
1 Tblsp. SomerSweet	¼ Cup Brewed Decaf Coffee

Preheat oven to 350. Scald cream over medium heat. While you are waiting, mix all the other ingredients together. After cream is ready, slowly pour the egg mixture into scalded milk and whisk lightly until incorporated. Pour into oven proof custard cups that have been placed into a large roasting pan. At the oven door, add hot water to the pan to reach about mid-way up the sides of the custard cups. Recipe will make 6 - 4oz. Cups, or 4 - 6oz Cups. Bake for 20 minutes if using the 4oz cups, or for 25 minutes if using 6oz cups. Remove from the water bath when done. These can be enjoyed while still warm, or refrigerate for about 3 hrs if you want them cold. You could also caramelize the tops of the custards with just a little bit of Somersweet on top, and brown with a culinary torch (or under the broiler) or leave it plain ... it's good either way. Level 1. Posted by Kisa 1.

### Ricotta and Espresso Cream

1/4 cup espresso  
 Sweetener equal to 4 teaspoons sugar  
 1/2 tsp. vanilla  
 2 cups ricotta cheese  
 1/2 cup whipping cream  
 cocoa, if desired (if adding cocoa, this would make it 'Almost Level 1')

Combine the espresso, sweetener and vanilla. Beat the ricotta with a whisk to loosen it up. Whip the cream until stiff and fold into the ricotta. Swirl in the espresso and fold it in lightly to leave it streaky. Pile into 6 dessert dishes or wine glasses and dust with cocoa if you like. No muss, no fuss! Just fast, easy and good. Makes 6 servings. By Karen Barnaby <http://www.lowcarb.ca/karen/recipe051.html> Deb's notes: I made this last night and we really liked it. It was quick and easy. You have to like ricotta to like this dessert. I put the 2 cups of Ricotta into my food processor instead of whisking it, makes it as smooth as it will get (will still be grainy though). We stirred the espresso (decaf) into the mixture rather than swirling it through. I added some sweetener (I use Splenda) to the ricotta, some to the cream, then whipped it - and also into the coffee. We like things sweet! Next time I will definitely cool the espresso prior to adding it into the recipe (this time we were in a hurry). We did not dust cocoa over the top. Without using the cocoa, this recipe is Pro/Fat Level 1. If using the cocoa, then it's "Almost Level 1".

### Ricotta Pie

1 1/2 pounds ricotta, drained well	1/2 teaspoon cinnamon
3/4 cup sugar (Sub with Somersweet or Splenda)	1/2 cup diced candied fruit
5 large eggs	1/2 cup semisweet chocolate chips
1 tablespoon vanilla extract	

Preheat the oven to 350 F. In a large bowl with an electric mixer, beat the ricotta with the sugar until smooth. Add the eggs, 1 at a time, beating well after each addition. Beat in the vanilla and cinnamon. Stir in the candied fruit and chocolate chips. Pour the filling into the pie shell. Bake the pie for 45 mins, or until just set. Let cool and chill. I didn't use a pie crust and left out the candied fruit and cinnamon. I just chopped up a Somersweet Dark Chocolate Baking Bar. This is from Sara Moulton on the Food Network. It is really great. Posted by snowdance.

### Cannoli Filling

3 cups very dry ricotta  
 1 Tbsp. somersweet  
 2 tsp. vanilla

Drain ricotta in colander till very dry. Mix with somersweet & vanilla. Blend with electric mixer. Posted by Pat Polito.

### Alice's Lemon Chiffon Cream

8 oz. of whipping cream whipped with sweetener to whipped cream consistency	Sweetened Condensed Milk:
14 oz. sweetened condensed milk (recipe to follow)	2 1/2 c. cream
1/4 to 1/2 c. lemon juice	6 egg yolks
September's crust for her lemon bars	1/2 Tbsp sweetener

Whisk ingredients for condensed milk together over low heat until thick. Remove from heat and let cool completely. When Sweetened Condensed milk is cool enough, add in lemon juice, fold into whipped cream and layer over pie crust and chill for at least 4 hours. May have to chill longer for it to set completely. (I like to chill it overnight.) My grandma Hill (Alice) made this absolutely delicious lemon chiffon pie when I was younger. I have the recipe stuck in my head, and I somersized it. Although instead of a pie, I made bars. I happened to like this one, and it's pretty close in tasting to the original recipe, which I wasn't sure it would be, but OMG, now I can have my favorite dessert! Posted by AmyLS

### No-bake Cheesecake with Crust

Crust: in a small bowl whisk 1 egg well. Add 1/3cup brown sugar DiabetiSweet (or other sweetener to equal 1/3c sugar), 1 1/2 tsp cinnamon and 1 cup whey protein powder and 1 cube (1/2cup) softened butter. Spray a 9x9 pan with PAM and press mixture in firmly. Bake in 350 degree oven for 20 minutes until crisp and lightly brown. Set aside to cool.

Filling: sprinkle 2 envelopes of Knox gelatine over 1 cup water in a small saucepan. Heat it up, whisking well to dissolve. Set aside. Whip 3/4 cup cream to soft peaks, set aside. In a large bowl beat until fluffy, 4-8oz pkgs of softened cream cheese and sweetener equal to 2 cups sugar. Mix in well 1/2 cup cream, the gelatine mixture, and 1/4 cup flavoring of your choice (key lime juice, lemon juice, or vanilla and almond extracts - I liked 3tbs of vanilla and 1 tbs of almond.) Fold in the whipped cream. Pour onto the crust and refrigerate until firm. Thanks to mzladyt whose sugar cookie inspired me to make this. Posted by JUST ME

### Microwave Cheese Cake

1 8 oz cream cheese  
 1/3 cup sugar substitute (I used WL)  
 1/4 t. Vanilla (I don't measure but it is about half the cap and it is a small cap)  
 1 egg  
 1/4 t. lemon extract (same for vanilla)

In a medium microwave safe bowl, microwave cream cheese about 30 sec. or until soft. Add sugar substitute, egg, and extracts. Mix well. Microwave 4 min. full power. Cooking times may vary for size of bowl or type of microwave and yes, I just use the same bowl I just mixed it in. Remove from Microwave and allow to cool enough to put into the refrigerator. Refrigerate for 2-3 hours till cold. Eat with rhubarb sauce or plain or however you like it. You could change the lemon extract to be caramel or chocolate just like in Dawn's recipe. This is a take on Dawn's Easy Cheesecake. I just cut the recipe in half (kinda) and microwaved it. It worked for me. Posted by FrozH2O.

### Creamy, EASY Cheesecake

Crust:  
 1 3/4 cp protein powder of your choice\*\*\*\*  
 1/2 tsp cinnamon  
 1/2 cp melted butter  
 Filling:  
 2 8oz. pkgs of cream cheese (room temp or micro'd until soft)  
 1 cp Splenda  
 1/4 tsp salt (optional but recommended)  
 2 tsp vanilla  
 1/2 tsp almond extract  
 3 cps sour cream  
 3 beaten eggs

Use 10" spring form pan. Mix up crust and press into pan. Mix filling and pour into crust. Bake at 375 degrees for about 40 minutes or until just set. To prevent/deter cracking, put a container of water in the oven sitting NEXT to the pan (ex: 2 glass measuring cups or bowls). ("Next to" is why you don't have to worry about wrapping/lining the pan. Personally, I don't care about cracking because I'm going to DEVOUR it anyway!!) Chill over night. It is better the next day but if in a "hurry," chill at least 5-6 hours before serving. \*\*\*\*-Crust Notes-\*\*\*\* I'll be honest, I Somersized the crust on the fly (I guessed). I used a combination of 2 powders (Designer Whey Natural flavor and Trader Joe's Milk and Egg) because I was almost out of one. I didn't think to sweeten it when I mixed it but will (just a little) from now on. The crust was pretty hard but that was okay and kind of a nice contrast to the super creamy filling. This recipe is my Somersized version of one from a family friend. While I enjoyed Suzanne's recipe, this will now be my staple cheesecake! I still have to wait for the thing to chill, but otherwise I'm much too impatient when I'm on my way to a yummmmmmy dessert to be bothered with the wax paper, tin foil, oven on/oven off/room temp/NOW in the fridge/wait-don't eat until next day steps!! :) Posted by haaythaar.

### Cheesecake with SS Ice Cream Mixes

- 3 – 8 oz. packages of cream cheese
- 1 cup heavy whipping cream
- 1 packet of SS Ice Cream Mix (any flavor)

Whisk packet of SS Ice Cream Mix with heavy whipping cream just to dissolve contents of the SS Ice Cream Mix & then mix that with the cream cheese until well blended. Bake according to the cheesecake recipe in Eat Great, Lose Weight. The first time I tried this, I used the SS Caramel Ice Cream flavor & since I was experimenting, I added about a cupful of SS Mini Chocolate Chips to the mixture. The chocolate chips will take it out of Level One, however, this was some of the best cheesecake I have ever had! Next I tried SS Pistachio Ice Cream Mix. There was only a slight hint of the pistachio flavor so I would either use 2 packets of the SS Pistachio Ice Cream or follow the cheesecake/ mousse recipe that I saw in this section (Level 1 Desserts) using 1 packet of the SS Ice Cream mix for the flavorings. The SS Pudding Mixes came in the mail yesterday. I can't wait to try Butterscotch Cheesecake, Chocolate Cheesecake (using one packet of the pudding mix with the whipping cream & the cream cheese as above). After I ordered the SS Ice Cream Mixes, I found out that my ice cream maker is not working. So, what do I do with the ice cream packets? This is what I came up with. Posted by patty melt.

### Raspberry Cheesecake Squares

- 1 package sugar-free raspberry jello
- 1 cup boiling water
- 2 8ounce packages cream cheese, softened

Sprinkle jello into boiling water, and stir until well dissolved. In bowl, beat cream cheese until very creamy. With mixer running, add jello, 1/4 cup at a time, and mix until thoroughly combined. Pour into 8x8 pan, and refrigerate until firm, about 2 hours. Makes 8 squares. Posted by Topaz17.

### Kate's Cheesecake Supreme

- |  |                                   |
|--|-----------------------------------|
| 1/4 t. salt                              | 2 T. lemon juice                  |
| 3 8 oz. packages. cream cheese, softened | 2 T. sugar *use sugar equivalent* |
| 3 eggs                                   | 1/2 t. vanilla                    |
| 3/4 cup sugar equivalent                 | 1/4 t. vanilla                    |
| 1-1/4 cup sour cream                     |                                   |

Preheat oven to 325 F. Using 2 pieces of aluminum foil, cover the bottom of a spring-form pan on the outside. This is to prevent any leaks that might occur because there is no crust. Combine cream cheese, sugar substitute, lemon juice, vanilla & salt in mixer & beat until creamy smooth. Add eggs, one at a time, mixing well after each egg. Pour filling into spring-form pan & carefully place in preheated oven. Bake until knife inserted comes out clean. Bake at 325 F for 35-40 mins. While cheesecake is baking, combine sour cream, sugar substitute & vanilla. Pull cheesecake out of oven. Carefully spread sour cream mix over baked cheesecake & return to the oven. Bake an additional 10 mins. Remove from oven & cool. Cover & place in refrigerator. Serves 10. Posted by MsTified.

### Fluffy Lemon Cheesecake

- |  |  |
|--|--|
| 8 oz heavy cream cheese                      | 2tbsp vanilla  |
| about 1/2 to 1/3 cup sweetener (to taste)    | small squirt of lemon juice (about 1 tsp?? to taste) |
| 1 pkg "light" jello lemon flavor-(sugarfree) | 2 cups whipping/heavy cream                          |
| 1 cup boiling water                          |  |

Dissolve jello in boiling water. Cube brick of cream cheese in 10 or so pieces. Add cheese and squirt of lemon juice to jello mixture while hot. Stir until dissolved. Cool to room temp. (I sometimes refrigerate to speed up cooling.) Whip the cream until peaks form. Add sweetener, vanilla, and cooled jello mixture in large bowl together. Pour into cups. Refrigerate until set. This is one of my favorite treat recipes! It is excellent! This recipe freezes well! I like to freeze and keep on hand for cravings! You can omit the lemon juice, but I think it adds a "punch" to the lemon flavor! It is light and fluffy, and hence we call it "Light and Fluffy Lemon Cheesecake!" This recipe is similar to Miracle Fluff posted on these boards, but with a few twists. Posted by kellied.

### Lemon Tiramisu

1 3/4 cups marscapone  
 4 ounces cream cheese  
 1/2 cup + 1/3 cup Splenda, divided  
 1 tablespoon lemon rind  
 1/3 cup fresh lemon juice  
 1 large egg yolk  
 3 egg whites

Mix marscapone, cream cheese, 1/2 cup Splenda, lemon rind, lemon juice, & egg yolk together in a food processor until smooth. Beat 3 egg whites until foamy. Gradually beat in 1/3 cup of Splenda. Beat until stiff peaks form. Stir 1/4 of the egg whites into cheese mixture. Gently fold in the remaining egg whites just until blended. Spoon into a bowl and chill for two hours. Originally posted by vsorensen. Re-posted by iwillrejoice.

### Spiced Autumn Pumpkin Pie

3 cups of roasted spaghetti squash pureed, and drained  
 2 cups of splenda  
 ¼ cup of s/f maple syrup  
 1 tsp. nutmeg  
 1 tsp. cinnamon  
 1 tsp. ginger  
 1/4 tsp. cloves  
 1/4 tsp. allspice  
 1/2 tsp. salt  
 4 eggs  
 1/4 cup melted butter  
 1/4 cup of cream  
 1 tbsp. vanilla  
 1 10 inch pie pan buttered

Preheat oven to 450. Mix splenda and the maple syrup together. Put drained spaghetti squash into the bowl of a food processor. Add spices and process until VERY smooth. Slightly beat eggs with melted butter, cream, and vanilla. Put the now spiced squash into a large mixing bowl. Add the maple/splenda mix and mix to combine. Now add the egg mix and mix VERY well. Pour into pie pan and bake in a very hot oven 450 for 10 minutes. Reduce heat to 350 and bake 40 minutes longer, until the center is set. This pie is good with whipped cream sweetened with maple, and for a truly New England experience, serve with a VERY good mild Cheddar Cheese. This is a very old New England recipe from the late 1700s - early 1800s that I have made for years. In the original recipe you would use maple sugar instead of the s/f maple syrup splenda mix and pumpkin. Other than that it has remained the same. I do hope you enjoy this recipe for not only the taste but the rich history. Posted by HUGS. Note from mjlibbey: Wanted you to know, that if you let the roasted squash cool to room temperature, you won't have to drain it and lose the flavor in the juice..

### Baked Apples

I core the apples and pierce the skin on the outside, put some SF vanilla syrup in the opening made (about a capful) and then put in some cinnamon and artificial sweetener to taste. Put in a foil lined pie plate and then bake for about 35-40 min at 350. It's a fix for me when I get a taste for apple pie but it's legal. Posted by Summersfyres.

### "Apple Pie"

Slice one apple. Cover with @ 1 T of sugar free maple syrup and sprinkle with cinnamon. Place in microwave for @ 45 seconds on high. Remove and enjoy! I just started eating my apples this way and find it delicious!! Posted by klsron.

## Rhubarb Tart

1 pound rhubarb  
 1 cup Splenda  
 Batter, see recipe below  
 1 egg  
 3/4 cup creme fraiche or heavy cream

Lightly butter 11-inch tart pan (I used a quiche pan). Preheat oven to 375F. Peel rhubarb if it's tough and stringy and dice into small squares. Toss it with the Splenda and set aside. Meanwhile, make the batter and spread it evenly into the tart pan pushing it against the edges to make a slight rim. Beat the egg and add the creme fraiche or cream. Distribute the rhubarb over the batter keeping it within the rim. Pour the custard over the rhubarb and bake until set and lightly browned, about 40 minutes. Serve the tart warm with whipped cream, if desired.

Batter:

1/2 cup butter  
 1/2 cup Splenda  
 3 eggs, at room temperature  
 1/2 teaspoon vanilla  
 1 cup whey protein powder  
 1/2 teaspoon baking soda

Cream the butter and Splenda until light and fluffy, then add the eggs, one at a time, and beat until smooth after each addition. Add the vanilla, then the protein powder and baking soda. Posted by tpfriend.

## Slow-Cooker Fruit Salad

1 can apple chunks	1 can apricot halves, undrained
1 can cherries	1 can mandarin oranges, undrained
1 can pineapple chunks, undrained	1.5 Tbsp Somersweet
1 can sliced peaches, undrained	1 teaspoon ground cinnamon

Place all fruit in a slow cooker and stir gently. Combine Somersweet and cinnamon, sprinkle over fruit mixture. Cover and cook on low for 3 to 4 hours. Posted by Twiggy88.

## Watermelon Granita

4 - 4 1/2 pound watermelon (the mini kind - about the size of a cantaloupe)	2/3 cup water
Sweetener equivalent to 1/2 cup sugar, or to taste	Finely grated rind & juice of 2 limes
	Lime wedges, to decorate

Cut watermelon into quarters. (I just halved it.) Discard most of the seeds. Scoop the flesh into a food processor, & process briefly until smooth. (I did half at a time.) Alternatively, use a blender, & process the watermelon quarters in small batches. Bring the sweetener & water to the boil in a small pan, stirring constantly until the sweetener has dissolved. Pour the syrup into a bowl. Allow the syrup to cool, then chill until needed. Strain the purée through a sieve into a large plastic container. (I pressed the pulp with a wooden spoon.) Discard the melon seeds & pulp. Pour in the chilled syrup, & lime rind & juice, & mix well. Cover & freeze for 2-3 hours, until the granita mixture around the sides of the container is mushy. Mash the ice finely with a fork & return to the freezer. Freeze for a further 2 hours, mashing the mixture every hour or so, until the granita has a slushy consistency. Scoop it into individual dishes & serve with the wedges of lime. 6 servings. Cook's Tip: If you are using another melon, such as cantaloupe, you may not need as much lime juice. Add half in step 3, then taste the mixture & adjust as necessary. My Notes: The leftovers in the freezer did get a bit hard the next day, but I was able to flake it fairly easily, with a knife. "Pastel pink flakes of ice, subtly blended with the citrus freshness of lime & the delicate refreshing flavor of organic watermelon, make this granita a treat for the eye & the tastebuds." Adapted from Farmer's Market Cookbook. This is so good. It uses one of those mini watermelons - the ones that are about the size of a cantaloupe. Just remember to treat this as a fruit, timing-wise. Posted by iwillrejoice.

### Lemon Sherbert

2 cups sugar substitute (I use Whey Low for ice cream)  
 2 cups water  
 1 pinch salt  
 2 egg whites beaten stiff  
 1 cup fresh lemon juice

In a small saucepan boil sugar substitute, water & salt 5 minutes. Pour mixture over egg whites in a thin stream, beating constantly. Stir in lemon juice, blending well. Pour into ice cream maker and follow manufacturer's directions. Pour into container and freeze in freezer until firm enough to serve. Posted by wired\_foxterror.

### Snowcones

Okay folks, I've finally come up with the perfect snowcone. Take six ice cubes and shave them (I used Suzanne's ice shaver) and add between 1/4C and 1/3C of the Torani sugar free syrup (any flavor) and pour over the ice. I eat it with a spoon, but it works good in a cone. They are really, really tasty!! I like the caramel and watermelon ones especially. They are much better than I thought they'd be. Posted by Nutmeg

### Popsicles

I actually make popsicles out of sugar free jello and sugar free koolade. One pack of each in same flavour and add one cup hot water, let melt away crystals, add one cup of cold water and mix. Pour into dollar store popsicle makers. Freeze over night. Makes 8. Posted by macintosh 64.

### Strawberry Pineapple Frozen Fizzy Pop Cycles

Take 1 bag of frozen strawberries and 1 bag frozen pineapple chunks, pop them into the blender add 1/2 cup davinci sugar free pineapple syrup add 1/4 to 1/2 cup sweetener to your taste and Blend until well blended, then add in 1 cup club soda and mix that in with a spoon very slow so it wont puff up and over flow on you! Then pour into pop cycle molds and freeze until hard. Pop out and enjoy! You can make different flavors by changing the fruits and or the syrup! I make these all the time! It's great on a hot day! I have these on mornings when I just don't feel like breakfast too, or for a in between meal snack! It's an easy way to get your fruit for the day and they are really refreshing! Posted by Driftwood.

### Pineapple Sorbet

Freeze one can of pineapple chunks (Dole is best). Take out of freezer 10 mins before serving, place in blender and blend until fluffy. This is a very easy but wonderful recipe. I haven't tried it but I think applesauce and mandarin oranges would also be good. Posted by Rinky.

### Fresh Lemon Sorbet

2 Cups Splenda  
 2 Cups Water  
 1 and 1/2 Cups fresh lemon juice (you'll need about 7 large lemons)  
 1 T grated lemon zest  
 1 tsp lemon extract (optional--I like it really lemony!--plus this colors the sorbet more yellow than the real lemon juice alone would)

Combine all ingredients, add to freezer bowl of your ice cream maker and mix for about 30-45 minutes. This is sooooo refreshing! I might only use 1 and 3/4 cups of Splenda next time as this combo was quite sweet! Posted by Freed.1.

### Cantaloupe Sorbet

1 cantaloupe, peeled, seeded and cut into chunks  
 Sweetener equal to 1 c sugar  
 1 cup water  
 2 Tbsp lime juice

Put the 1 cup of water and sweetener in a small saucepan and heat. Stir until sweetener is dissolved. Place in a container with a lid and refrigerate until cold. Put cut up cantaloupe and lime juice in a food processor and process until smooth. While the processor is running, slowly pour the syrup you made earlier in and process until well combined. Pour the mixture into a shallow metal pan. Cover and freeze til hard, 4 to 5 hours or overnight. Break up frozen sorbet and put the chunks into the food processor. Process until smooth. (I had to add about 8 Tbsp of water here to get the sorbet to break up and process.) Pour back into the shallow metal pan, cover and freeze for about 30 minutes. I am posting this under desserts, but I love it as an afternoon snack. It is really easy to make, even though it takes a little time. This would be considered a level 1 fruit. Posted by weesers.

### Sorbet

Any fruit puree can be used to make a sorbet. Depending on the sweetness of the fruit and your tastes, you can add sweetener and often a little bit of lemon or lime juice to bring out the flavor of the fruit. Many fruits can be pureed directly in a food processor or blender without the addition of any liquids. I splurged on a juicer and have been making mango puree that tastes fantastic on its own (don't need to add sugar, but that little bit of lemon or lime juice just brightens up the flavor) and can't wait for the warmer weather to turn it into sorbet! Posted by Jillybean.

### Peppermint Patty Icecream

Using Teri's recipe #2 for ice cream but substituting 1/4 c Peppermint Patty s/f syrup & 3/4 c water instead of 1 c water & 1/4 t Lorraine oil mint choc chip & a drop of green food coloring - this tastes exactly like the mint choc chip from the store. I use Teri's choc sauce on it, it really is the best. I have to make it every time my kids come home now. Posted by lovessing.

### Ice Cream for the Brave

1/4 cup water  
 1 Tablespoon albumen (egg white powder)  
 1/4 teaspoon somersweet  
 1/4 teaspoon Shitake 5-spice mushroom rub  
 1/2 cup cream

Combine first 4 ingredients with a hand blender, then blend in cream. Pour into a container that has a lid and freeze. Place lidded container in the freezer and shake every 10 min for the first 1/2 hour. Let freeze. Oh, it's really good. It's sweet and creamy and tastes like Somersize shitake 5-spice mushroom rub. Be Brave and enjoy! Posted by twiggy88.

### Baked Ice Cream

3 egg whites  
 1/2 cup of sugar substitute  
 1/4 teaspoon cream of tartar

Do this the day before: Fill 4 medium size oven proof ramekins with your favorite legal ice cream. Place in freezer to keep from melting. Make a meringue with egg whites, cream of tartar and sugar. Cover ice cream with meringue and return to freezer. (Be sure that the ice cream is completely covered with the meringue.) Just before serving: Place ice cream cups on cookie sheet and place about 2 to 3 inches under broiler until brown. Serve immediately. Posted by wired\_foxterror.

## Ice Cream Sandwiches

"Cake Cookies"

1 c. chocolate whey powder  
 1 teaspn baking powder  
 1 stick of butter, softened  
 1 teaspn vanilla  
 1/2 c. Splenda plus 2 tablespoons  
 2 eggs

Preheat oven to 325. In a bowl cream Splenda, eggs, and butter together until creamy. Fold on whey powder and baking powder until fully blended and a soft dough forms. On a cookie sheet lined with parchment paper, take small pieces of dough and roll into a ball (I also put Pam on my hands so it doesn't stick). Place on cookie sheet at least an inch apart. Flatten balls of dough with palm. Take the 2 tablespoons of Splenda left over and sprinkle on top of cookie. Bake on middle rack for 12 minutes. Cool completely. Then take your favorite pro/fat ice cream and allow to soften so its easy to work with. Place a teaspoon of ice cream on flat part of cookie, top with another cookie. Place on a cookie sheet and place in freezer until ice cream is set. Then remove and pack in ziplock bags and place back in freezer. I made this tonight in a brainstorm. Posted by sharonm516.

## S.F. Syrup & Whipped Cream

Don't know if anyone else has tried this, but I wanted something sinful & I wanted it quick (like didn't want to bake a cheesecake). I poured a bit of sf. Josephs maple syrup in a teaspoon & squirted some whipped cream on it (Land o Lakes s.f. whipped cream in a can). Ohmigosh, yummmmmmm and soooo satisfying and yes, I did another one! I don't tolerate the syrup if I use it on pancakes, but a teaspoon or two is heaven. I think it was DebB who said she could drink the stuff - I know what she means:) Just had to share this quickie biteful of yumminess. Posted by gettinthere.

## Easy Cream Caramels

2 cups sugar substitute  
 1 cup simple syrup (recipe below)  
 ½ tsp salt  
 2 cups cream  
 ¼ cup butter  
 2 tsp vanilla

Measure 2 cups sugar, 1/2 teaspoon of salt and 1 cup simple syrup into a 4-quart saucepan. Blend with a wooden spoon, and place over a low heat, stirring continuously until the thick mixture begins to dissolve. Continue stirring until the mixture boils, then put your candy thermometer in and boil without stirring over high heat until the thermometer registers 300 degrees. Have ready 1/4 cup butter which has been broken into small pieces and 2 cups heavy cream which has been warmed. Remove the candy from the stove for only a moment, put in the first bit of butter, return the pan to the stove and continue cooking, stirring well and adding bits of butter. The mixture will bubble up and steam. Add 2 cups heavy cream slowly, never allowing the candy to stop boiling hard and continuing to stir vigorously so that it will not stick or burn. Continue cooking until the thermometer registers 246 to 250 degrees, depending on how hard you wish the caramels to be. This whole process should not take more than 30 minutes and will usually take less if the heat is kept high enough. When the desired degree is reached, remove the pan from the stove immediately. Let stand 5 minutes, add 2 teaspoons vanilla. Stir only enough to blend, then pour into a lightly greased 8 X 11 inch pan. Allow to cool for several hours. Turn out of the pan, cut into squares or oblongs with a heavy knife, wrap in waxed paper or Saran wrap and store in a candy box (those round tins work well). Caramels keep well for weeks in a cool place if they are not exposed to other types of candy. Nut Cream Caramels (Level 2): Let the caramel stand an extra 5 minutes after the vanilla is added and then stir in gently 1/2 to 1 cup of coarsely broken nutmeats - pecans, walnuts, black walnuts, brazil nuts or toasted blanched almonds. MMMMM – I love these! This is such a simple recipe and can be made from start to finish in half an hour!

Simple Syrup Recipe:

1 cup sugar substitute

1 cup water

In a small saucepan, combine sugar substitute and water, mix well. Bring to a boil; boil until sugar substitute is dissolved. Let cool. Store in refrigerator. This keeps indefinitely. (I always have this in the refrigerator – it works perfectly as a substitute for light corn syrup in recipes – and is great to sweeten iced tea!) Posted by wired\_foxterror.

## DESSERTS – Almost Level One

### Cookie Cake

1 1/4 c. Whey low gold (or other brown sugar substitute)  
 3/4 c. butter  
 2 T. cream  
 2 eggs  
 1 3/4 c. vanilla Whey powder ( I used bioplex)  
 1 t. salt  
 1 1/4 t. baking soda  
 1/2 c. sugar free chocolate pieces. I used a half a bar of Suzanne's white chocolate bark.

Pre heat oven to 325 degrees. Generously butter a 13-9 baking dish and set aside. Cream together brown sugar substitute, butter and cream. Add eggs and beat well. In a separate bowl mix together whey powder, salt, and baking soda. Add to creamed mixture. Mix well. Fold in sugar free chocolate pieces. Spread into pan as evenly as possible. Bake 30-35 minutes until center looks set. It puffs up and turns golden brown, and looks kind of spongy. Remove from oven and allow to somewhat cool. Cut into 2x2 squares and enjoy. Notes: These were great warm. The second day they were somewhat spongy but excellent tasting. I wouldn't eat much of this at one sitting because of the quantity of whey low gold. But it is excellent for a craving. I would rather eat a somersized almost level 1 than break down and eat the real thing with white sugar and white flour. I believe this is almost level one. I was craving cookie bars so I somersized a recipe I found. It was very tasty. Posted by FrozH2O.

### Vanilla Cake with Chocolate Frosting

#### VANILLA CAKE

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 isle)  
 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.)

#### CHOCOLATE FROSTING

3 tablespoons unsalted butter, softened (not melted)  
 5 tablespoons unsweetened cocoa powder  
 3 Tablespoons SomerSweet  
 1/3 cup heavy cream  
 1 teaspoon no sugar added vanilla extract  
 Few drops hot water, as needed, to thin consistency

Place all ingredients in a medium bowl and whisk until well combined, adding water if necessary. Spread on cake when completely cooled or the butter in the frosting will melt. This is Cindi's wonderful vanilla cake recipe with a chocolate frosting. YUM! Posted by Chelle14.

### Easy Flourless Chocolate Cake

12 ounces unsweetened chocolate, coarsely chopped  
 3 cups splenda or other sweetener  
 2 teaspoons instant decaf coffee powder  
 3/4 cup boiling water  
 3 sticks unsalted butter, softened  
 6 large eggs, at room temperature  
 1 Tablespoon vanilla extract

Preheat oven to 350 F. Butter the bottom and sides of a nine-inch springform pan. Line the bottom of the pan with a round of parchment paper and butter the paper. Place both chocolates and the splenda in a food processor and process until finely ground. Pour the boiling water through the feed tube and process for 10-15 seconds until the chocolate is completely melted. Use a spatula to scrape down the sides of the work bowl. Add the butter and process until incorporated. Add the eggs and vanilla and process until the mixture is smooth creamy, about eight seconds. Scrape the chocolate batter into the prepared pan and smooth the top with a rubber spatula. Place the pan on a baking sheet and bake for 55-60 minutes, until the edges of the cake are puffy and the center is just set. Cool the cake in the pan set on a wire rack for 30 minutes. Cover and refrigerate for at least three hours or until ready to serve. Garnish with raspberry Sauce, sweetened whipped cream, cocoa powder, and fresh raspberries. This is a Bobby Flay recipe adapted for somersizing. Serves 8. If you want to sub cocoa for chocolate the conversion would be 3lbs of cocoa and 1 tlb spoon oil or butter equals 1 oz of chocolate. Posted by Starlite.

### Big Batch Brownies

2 sticks butter softened  
 4 eggs  
 1 1/2 c wheylo granular - I think you could also use PCF, I'm sure it would be the same  
 4 t vanilla  
 2/3 c wondercocoa  
 1/2 c TeriT's chocolate sauce-keeps them fudgy  
 1 c vanilla protein SHAKE MIX - not powder, use the mix, it makes the difference

Barely mix, just till combined, bake in 8x11 pan at 325 for about 25 min - don't over mix, don't over bake. After it comes out of the oven, sprinkle 1 RS SF milk choc bar chopped over top. This is a revision of a couple brownie recipes-thought a bigger batch around the Holidays would be nice. These have no protein powder taste AT ALL and we prefer them over the old flour type now. The secret is 3 things - use protein shake mix instead of powder - makes them tender and no protein taste; don't over mix - just barely mix; don't over bake - just till set or toothpick is still moist. I had to eat my way through a lot of brownies to get this just right. Posted by lovessing.

### Favorite Brownie Recipe

8 oz cream cheese  
 5 whole eggs  
 2 tsp vanilla extract  
 1/2 cup heavy cream  
 1/2 cup Wondercocoa  
 2 Tbl melted butter  
 1/4 tsp baking soda  
 1 tsp black walnut extract (optional)  
 1 Tbl Sommersweet, or more to taste

Soften cream cheese in micro wave, 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 degrees for 1/2 hour, or until firm. Cool to room temperature and frost with cool ganache (see dessert book) if desired. Refrigerate until served. For a blond version omit butter and wondercocoa. An almost level 1 because of the chocolate profat brownie bar and a level 1 blondie bar. Posted by Starlite,

**"Best Brownies"**

1/2 cup butter  
 1 cup sugar sub (or can use 1/2 white and 1/2 brown-I used WL)  
 2 eggs  
 1 teaspoon vanilla extract  
 1/3 cup unsweetened cocoa powder  
 1/2 cup vanilla protein powder (I used Designer Whey).  
 1/4 teaspoon salt  
 1/4 teaspoon baking powder  
 3 tablespoons butter, softened  
 3 tablespoons unsweetened cocoa powder  
 1 tablespoon imitation honey (I didn't have any so I used SF maple syrup).  
 1 teaspoon vanilla extract  
 1 cup confectioners' sugar (again I used WL)

Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8 inch square pan (I used 9" nonstick cake pan so I just greased not floured). In a large saucepan, melt 1/2 cup butter. Remove from heat, and stir in sugar sub, eggs, and 1 teaspoon vanilla. Beat in 1/3 cup cocoa, 1/2 cup protein powder, salt, and baking powder. Spread batter into prepared pan. Bake in preheated oven for 25 to 30 minutes. Do not overcook. (This is IMPORTANT!) To Make Frosting: Combine 3 tablespoons butter, 3 tablespoons cocoa, 1 tablespoon imitation honey, 1 teaspoon vanilla, and 1 cup confectioners' sugar (sub). Frost brownies while they are still warm. I adapted this recipe from one I used to use all the time in my pre-SS days. I was having one of the TOM moments when I wanted something chocolate like yesterday and did not want to wait for fudge to cool, etc. I got the recipe from allrecipes.com titled "Best Brownies". Lots of comments on there such as, "these always turn out" and "you can't go wrong with these" and "you really can't mess these up" so I thought that was the recipe for me. I thought they came out pretty darned good-kind of chewy and fudgy. They really did the "I need some chocolate NOW or I'm going to snap" trick. Posted by Alyneem.

**Chocolate Crepes**

1 scoop chocolate protein powder (I use GFR, it has 0 carbs)  
 2 large eggs  
 1 Tbsp maple syrup  
 1 Tbsp vanilla extract  
 1 Tbsp water

Whisk everything in a bowl until smooth. Melt 1 TBSP BUTTER in a large fry pan (I used temp. of 5). Pour batter into pan (I had a ring of butter surrounding the crepe, so I drained some just before flipping it). You'll know when it's ready to flip, as the top will be partially dry and the bottom will be crispy brown. It's a good crepe. I just made one and ate it as is. The flavours of the chocolate, the maple, and the vanilla all came thru beautifully. Ohhhhh the dessert possibilities will be endless. P.S. I used a 20g scoop. I need to give credit to Sujo for this recipe as it is the chocolate version of her crepe recipe posted in breakfast. Posted by Twiggy88.

**Healthy Chocolate "Pudding"**

1 teaspoon unsweetened cocoa powder  
 1/2 cup fat-free vanilla yogurt (I would use plain)  
 1 packet Splenda (not sure how much this is)  
 Dash of cinnamon

I would say this is legal Almost Level 1 Carbo. If you're using Wondercocoa, it would be a level 1 carbo (because it's caffeine free). We get Prevention Magazine. I was reading the February 05 issue, pg. 198 and stumbled on this recipe sent in by Amy Boomgarden, Britt, IA. I haven't tried it yet, but she says it tastes like a million calories. Posted by A1Becky.

## Chocolate Pudding

3c cream  
 3 egg yolks  
 1/3c cocoa  
 2T SS  
 1/2tsp vanilla

Place 2-1/2c of the cream in a saucepan. Mix leftover 1/2c cream with egg yolks, cocoa, & SS til no lumps; set aside. Heat cream in saucepan on stove. When it starts to bubble, take off heat & whisk in set aside mixture. Return to heat & cook, stirring constantly until it thickens. Remove from heat & add vanilla. Pour into 6 custard cups; chill. Top with sweetened whipped cream. (I used 1/2t SS for 1c cream - it was sweet enough! And 1/2t vanilla.) I found that the pudding doesn't thicken too much on the stove, but if you cook & stir for about 5 minutes or so, it thickens in the fridge. It really is best with whipped cream on top! This definitely tastes like you are cheating! Just an idea: I used the leftover egg whites for a pavlova, but spread it in a large rectangle. When cool, I spread sweetened whipped cream on it, sprinkled sliced strawberries, & rolled jelly roll style. Posted by marie172.

## Ricotta Dessert

1/4 cup whole milk ricotta  
 2 tablespoons Somersize hot caramel sauce or chocolate hot sauce (or both)  
 1 Teaspoon wondercocoa

If you like it sweeter, add somersweet to taste, for a creamier ricotta add a bit of heavy cream. You may also sprinkle with cinnamon. This is simple and fast anytime dessert. DELICIOUS Posted by Millie 31.

## Different Kind of Chocolate Mousse

2/3 cups whole milk Ricotta  
 1/3-1/2 cup sweetened whipped cream, plus a little more to thin out ricotta, and more sweetened whipped cream to top dessert with if desired  
 1/2-1 tsp. vanilla extract  
 sweetener of choice to taste  
 a/b 1 Tbsp. of unsweetened cocoa powder, more or less if you like

Pour the ricotta, small amount of cream to thin out, cocoa, vanilla, & sweetener of choice into a blender, food processor, or a medium bowl if you wish to use an immersion blender. Process until smooth. Fold in the 1/3-1/2 cup of sweetened whipped cream. Top with more sweetened whipped cream if desired. You can serve immediately, or chill until ready to serve. Posted by manda318.

## Chocolate Mousse

1 8 oz block cream cheese  
 3 tbs. of unsweetened cocoa  
 2 tbs. vanilla  
 5 tbs. Splenda  
 1/4 cup heavy cream

Mix all the above together till smooth (mixture will be thick like a good frosting).

2 cups heavy cream  
 4 tbs Splenda

Mix together till stiff. Now mix chocolate mixture & whipped cream together. Mix till it is all incorporated. Put in dessert glasses & chill. I ate mine right away. But the flavors meld a little bit better chilled. This is a sweet treat that kept me legal tonight. It is very rich so a little goes a long way. Posted by cctwins4. I tweaked my own recipe. I added 1/3 cup Atkins SF chocolate syrup to the chocolate batter. It made the strong taste of the cocoa go away!!

### Silky Chocolate Mousse

4 bars (1.1 oz each) Hershey's 1 gram sugar-free low-carb chocolate candy bars  
 1 teaspoon unflavored gelatin  
 1/2 cup milk (use cream/water mixture)  
 1/4 cup granular form splenda (not packets)  
 2 teaspoons vanilla extract  
 1 cup cold whipping cream

Remove wrappers from candies. Break or cut into small pieces. Sprinkle gelatin over milk in a small saucepan; let stand several minutes to soften. Cook over medium heat, stirring constantly, until mixture just begins to boil. Remove from heat; immediately add chocolate candy, stirring until melted. Stir in splenda and vanilla; blending until smooth. Pour into medium bowl; cool to room temperature. Beat whipping cream until stiff; gently fold into chocolate mixture just until combined. Refrigerate several hours. Garnish as desired. 4 servings. From Hershey's website. Deb's notes: This is very rich. I use Hood low-carb (2%) milk for the 1/2 cup milk (this is not a level 1 food item, so use whatever cream to water ratio you would like to substitute for the milk). This is our favorite mousse recipe - so good. I use 15-17 mini Hershey's bars. The flavor really does improve the longer this sits, we find it better the second day (you can eat it the first day though if it's been sitting several hours.) Posted by DebB.

### Chocolate Mousse

1 envelope of Knox's unflavored gelatin  
 [comes in an orange box in Canada]  
 1/4 cup water  
 1 cup of cream  
 1/2 cup cocoa powder  
 1/3 cup Splenda  
 2 cups of whipped cream

Sprinkle gelatin over the 1/4 c. water in a small saucepan. Let it stand and soften for 5 minutes. Warm it over low heat stirring constantly until the gelatin granules completely dissolve. Let it cool. Then stir 1/4 cup of cream into the cocoa to make a paste. Gradually stir in the rest of the first cup of cream and add the Splenda. Cool in fridge for 1/2 hr. Then fold in the whipped cream carefully and return to fridge for 2 or 3 hours until set. ~\*~ In the "old" days we made this with skim milk and it was legal to eat the whole darn thing. And I did! Posted by Canadiansweetpea.

### Rum Chocolate Mousse

Sweetener equivalent to 1/2 cup sugar (I used 1/3 cup pure crystalline fructose)  
 1 1/2 teaspoons rum extract  
 3 tablespoons water  
 1/4 pound (4 ounces) sf semisweet OR sweet chocolate  
 2-3 tablespoons whipping cream  
 2 stiffly beaten egg whites (I used reconstituted powdered egg whites, for safety)  
 1 1/2 cups whipping cream, whipped

Cook sweetener, rum extract, & water over low heat until dissolved but not brown in color. Melt chocolate in a double-boiler. When the chocolate is melted, stir in the 2-3 tablespoons whipping cream. Add the syrup to the melted chocolate and stir until smooth. When mixture is cool but not chilled, fold into it the stiffly beaten egg whites, and then fold this combination very gently into the whipped cream. Chill in sherbet glasses at least 2 hours before serving. 8 to 10 servings. I made this this weekend, & YUM is all I can say. It was GOOD! Despite a few glitches in the making of it! (I accidentally only used 1 egg white; also, the chocolate acted weird while I was melting it. I thought it had seized & was ruined, but it dissolved in the cream, leaving only a few crunchy chocolate bits in the finished product, which I quite liked! I like a recipe that I can goof up, & it still turns out awesome!) Adapted from Joy of Cooking. Posted by iwillrejoice.

### Chocolate Mousse – Cooked

1-1/4c cream  
 3/4c water  
 1/4c Splenda  
 3oz grated dark chocolate  
 4 beaten egg yolks  
 3/4c cream, whipped stiff  
 1t vanilla

Scald and stir in saucepan over low heat cream, water, Splenda and chocolate. Pour part of these ingredients over beaten egg yolks. Return all the sauce to the pan. Stir the custard constantly over low heat until thickened slightly. Do not over cook. Cool in ice water bath or fridge before folding in whipped cream and vanilla. This can be eaten as is, or poured into the pie crust and refrigerated for at least two hours before serving. This is another recipe I SSed, and usually use for a chocolate mousse pie. I used some 87% cocoa chocolate and didn't like it so much, so if you use the REALLY dark stuff, you may want to increase the sweetener. But with the 60% it was very good. If you try this with unsweetened chocolate, let us all know how much sweetener you use, because I think it could be done. This tastes great served with sweetened whipped cream on top!

Pie Crust (My alterations from Cindy's pie crust)

Mix together:  
 1/2c+2T vanilla protein powder  
 2-1/2t Splenda  
 (I omit salt, because butter has enough salt in it)  
 Add in with fork:  
 5T melted butter (but not too hot - let cool a bit)

Press into bottom of pie plate. Bake at 350\*. For unbaked pies, bake the crust just until slightly brown around edges (5 minutes?). You don't want to overbake, it can get tough and dry tasting. For baked pies, bake crust for 3-5 minutes. It should look underdone. Pour in whatever you are baking as a pie, and continue to bake as your recipes specifies. I also use this crust with these measurements for lemon squares. It fits the bottom of a 9x9 pan. I adapted the old familiar recipe and it's under level one desserts. Posted by marie172.

### Upside Down Chocolate Cream Pie

Crust:  
 4 egg whites at room temp  
 1/8 tsp cream of tartar  
 pinch of salt  
 3/4 c Whey Low sugar substitute

Beat egg whites until foamy, add the cream of tartar & pinch of salt. Beat until soft soft peaks form, add sugar slowly, 1 tsp at a time, beating well after each addition. Turn into a well buttered 10" pie pan, building the sides up 1/2" over the edge, making it a nest like shell. Bake at 300 for 50 to 55 mins.

Filling:  
 8 oz dark or semi sweet sugar free chocolate  
 6 Tbsp strong black decaf coffee  
 1 1/2 tsp vanilla  
 2 c heavy cream

Melt chocolate with the coffee in the microwave, add vanilla and stir until smooth. Whip the cream until stiff and gently fold the whipped cream into the melted chocolate. Fold into the shell and chill for several hours before serving. This pie works great for company! Nobody ever knows it is sugar free! Posted by wired\_foxterror.

### White Chocolate Mousse

6 oz SF white chocolate  
1/3 cup cream  
1 dash lemon juice

2 egg whites  
1 cup cream

In microwave safe bowl, break up chocolate into small pieces and add 1/3 cup cream. Melt slowly in microwave, stirring occasionally until smooth. Cool to room temperature. In a large bowl, beat lemon juice and egg whites until mixture stiffens. Using a rubber spatula, gently fold cooled chocolate into egg white mixture. Whip cream until it forms peaks and fold into chocolate mixture. Spoon into serving glasses and refrigerate at least 2 hours. Garnish as desired, with whipped cream and or berries. Posted by wired\_foxterror.

### Berry Cheesecake Pudding

1/3 cup water  
Heavy cream added to water to make 1 1/2 cups liquid, total  
1 envelope SS Vanilla Pudding Mix  
1 teaspoon vanilla extract  
8 ounces cream cheese  
1 cup frozen berries (I used blackberries, but any will do)  
Sweetener to taste (I used 1/2 tablespoon Whey Low-D, but this isn't critical - use what you like)

Place 1/3 cup water into a 2-cup measuring cup. Add cream to make 1 1/2 cups liquid, total. Put cream-water mixture & pudding mix into a 2-quart saucepan. Heat on medium, whisking constantly, just until boiling. Remove pan from heat. Add vanilla & cream cheese to hot pudding, & stir until cream cheese has melted & pudding is smooth. It's OK to add the cream cheese cold, as this helps to cool the pudding down. Divide among 4-6 dessert dishes, leaving room at the top for the berries. Chill at least 1 hour. Place berries into a microwave-safe bowl, & microwave on High for about a minute, to defrost & soften a bit, & make some juice. Add your sweetener to the berries & stir well. Spoon berries & juice over pudding, & enjoy. This makes 6 small, or 4 larger, servings (depending on your dessert dishes). I was experimenting in the kitchen again today, & this is what I came up with. Inspired by a recipe I found online. I was tempted to name this Cheesecake in a Glass, because it makes delicious little single-serving cheesecakes in dessert glasses. I thought it was really good! It came out really dense & cheesecake-like. And it was easy to make! Posted by iwillrejoice.

### Rhubarb-Blueberry "Cobbler"

Filling:  
1 1/4 tablespoons ThickenThin not/Starch  
Sweetener equivalent to 3 tablespoons of sugar  
2 cups fresh OR frozen chopped rhubarb  
2 cups fresh blueberries  
2 tablespoons fresh lemon juice

Sweetener equivalent to a scant 1/3 cup of sugar  
Scant 1/3 cup brown sugar substitute  
4 tablespoons unsalted butter, cut into small pieces

Teri T's Ice Cream, or plain heavy cream, to top

Preheat oven to 375. Butter a 2 quart shallow baking dish. In a large bowl, stir together the ThickenThin & your sugar substitute. Add the rhubarb & blueberries. Toss until fruit is evenly coated. Sprinkle with the lemon juice. Toss the mixture again to incorporate the juice. Spoon the filling into the prepared dish. In a small bowl, combine both the sweeteners & the butter pieces. Sprinkle mixture over the berries. Bake at 375 until the filling is bubbly, about 40 minutes. Transfer the baking dish to a wire rack. Let cool for at least 15 minutes. Serve warm, topped with legal vanilla ice cream, or cold with some cream poured over & stirred in, to taste. Note: Some sugar substitutes require you to lower the oven temp. by 25 degrees. I actually cooked mine at 350 for the 40 minutes. I made this today, & I think it's a keeper. Adapted from Colorado Color: A Palette of Tastes. Posted by iwillrejoice

### Blackberry Ice Cream Pie

1 cup SS vanilla ice cream, softened	1/2 teaspoon vanilla extract
4 ounces cream cheese, softened	1/4 teaspoon ground cinnamon
1 1/2 cups blackberries (can use blueberries)	2 egg whites
1 envelope unflavored gelatin	

Lightly spray or butter 8-inch pie plate. In a small bowl beat together 1/2 cup of ice cream & cream cheese with electric mixer until smooth. Pour into pie plate & freeze until set. In a bowl beat together with a wooden spoon remaining 1/2 cup of ice cream & 1/2 cup blackberries until combined. Pour on top of first layer & freeze until set. In a saucepan place remaining 1 cup blackberries. Cook over medium heat, mashing occasionally until juice is extracted, about 5 mins. Pour through strainer to remove seeds. Place juice in refrigerator to cool. Sprinkle gelatin over surface of cooled blackberry juice. Let soften 5 mins. Heat over medium heat until gelatin dissolves. When dissolved remove from heat, add vanilla extract & cinnamon. Blend well. Place in freezer until cool but not jelled, about 5 to 10 mins. In a medium-sized bowl, beat 2 egg whites until stiff peaks form. Gently fold whites into cooled blackberry juice. Spread mixture evenly onto top of pie. Freeze overnight. Remove from freezer 15 mins before serving. Posted by mjlibbey.

### Jello with Strawberries

1 large box (0.6oz size, 8 servings) Raspberry Jello (contains aspartame)  
 1 (10 oz) bottle of club soda  
 fresh sliced strawberries

Make jello according to package instructions, except decrease boiling water to 1 3/4 cup (instead of 2 cups). Pour the bottle of club soda into your measuring cup and add cold water to equal 1 3/4 cups. Chill about 1 - 1 1/2 hours until it just starts to set up. Slice as many strawberries as you'd like into your dish and pour jello over and chill until firm. If you add some whipped cream (which I recommend!) this bumps it to Almost Level 1. I have found in the past when I've added fruit to sugar-free jello, that it gets watery and not too attractive. Using the decreased amount of water and the club soda really made a big difference. Posted by DebB.

### Strawberry Shortcake

I used Cindy's crust (the one she uses for the 3 layer lemon dessert). I added strawberries sweetened with fructose, and put whipped cream on top - yummy !!! Posted by mzladyt.

### Lemon Meringue Torte

4 eggs, separated	2 Tbsp fresh lemon juice
1 1/2 cups sugar substitute (I use Whey Low)	1 cup cream
1/2 tsp salt	2 cups fresh strawberries
1/4 tsp cream of tartar	1/2 cup confectioners sugar substitute (I use Whey Low)
1 Tbsp grated lemon rind	

In a large mixing bowl beat the egg whites until foamy. Gradually add 1 cup sugar substitute, 1/4 tsp salt, and the cream of tartar to the egg whites. This should take about 5 minutes of constant beating. After all the sugar has been added, beat an additional 6 minutes until stiff peaks form. Cut four 8" circles out of brown wrapping paper. Grease the paper well and place on cookie sheets. Spoon the meringue onto the circles and spread very evenly to within 1/2" of the edge. Bake in a preheated 250 oven for 30 minutes or until dry to the touch. Cool completely and lift off the brown paper. In a 2 qt saucepan beat the egg yolks and remaining 1/2 cup sugar substitute together. Add the lemon rind, lemon juice and remaining 1/4 tsp salt. Cook over medium heat, stirring constantly until thick, about 5-8 minutes. Set aside to cool. Whip the cream in a medium sized bowl until stiff. Fold the cream into the lemon mixture. To assemble, place 1 of the meringue layers on a cake plate. Frost with 1/3 of the lemon cream filling. Top with another meringue layer and frost with another 1/3 of the filling. Repeat the procedure with the third meringue and the remaining filling. Place the fourth meringue layer on the top and refrigerate for 24 hours. To serve, surround the torte with the fresh strawberries that have been dusted with confectioners sugar substitute. Cut in wedges, placing a few berries on each piece. Posted by wired\_foxterror.

## Chocolate Divinity Truffles

### Truffle Ingredients:

1 1/2 cups heavy whipping cream (33-35% milk fat)  
 21 tablespoons Wondercocoa powder  
 7 tablespoons unsalted butter, room temperature (using unsalted butter will prevent chocolates from tasting salty)  
 4 1/2 cups Splenda or 9 tablespoons Sweetbalance  
 3 (3/4) teaspoons of your favourite extracts  
 1 tablespoon grated Paraffin Wax

### Dipping Sauce:

1 cup heavy whipping cream (33-35% milk fat)  
 1 1/2 teaspoons pure vanilla extract  
 1 tablespoon Paraffin Wax  
 10 tablespoons Wondercocoa Powder  
 3 tablespoons plus one teaspoon unsalted butter, room temperature  
 1 1/2 cups Splenda or 3 tablespoons Sweetbalance

Place cream in small saucepan over medium heat & heat until small bubbles form around the edge of pan & cream starts steaming slightly, this will take about 5-10 mins. Meanwhile, place Wondercocoa powder in three small bowls, 7 tablespoons of Wondercocoa powder in each bowl. Place butter in the three small bowls, 2 tablespoons plus 1 teaspoon of butter in each bowl. Place each kind of extract in each bowl (use whatever you desire, I like peppermint, rum, & orange). Place the Paraffin Wax three small bowls, 1 teaspoon of Paraffin Wax in each bowl (the wax will help to keep the truffles firm & prevent them from melting at room temperature. Place 1/2 cup of the hot cream into each of the three bowls & let stand 45 seconds, as this will start to melt the butter. Stir each bowl of chocolate with a whisk until smooth, butter is completely melted & no lumps remain. Continue stirring & add 1 & one half cups of Splenda or 3 tablespoons Sweetbalance to each bowl of chocolate (remember to taste the chocolate as adding the sweetener, we all prefer varying levels of sweetness. I like them SWEET! AND, the truffles will sweeten as they harden as well. Remember to clean the whisk off before mixing each bowl, as you don't want the different flavours to get blended together). Place truffle on cookie sheet lined with wax or parchment paper. Repeat until all truffles are rolled out, there will be about 29 depending on how large you made each of them. Place in the refrigerator for 2 hours, or until firm. Once truffles are firm, prepare the dipping sauce.

Chocolate Dipping Sauce Instructions: Place cream in a small saucepan over medium heat until small bubbles form around edge of pan & it starts to steam slightly. Meanwhile, place Wondercocoa powder, butter, extract, & Paraffin Wax in medium sized bowl (the wax will prevent the truffles from melting at room temperature & keep them firmer). Pour hot cream over cocoa mixture & let stand 45 secs, to melt the butter. Whisk chocolate mixture until smooth, free of lumps, & butter is completely melted. Continue stirring chocolate while adding sweetener (remember each of us like different levels of sweetness, so taste as you add the sweetener. And the chocolate will sweeten & intensify in flavour as it chills & ages for a day or so.) Chocolate sauce should have a thinner consistency than the truffle mixture. It should be thin enough to easily pour. If it is not thin enough, quickly heat a tablespoon of cream in microwave for 20-30 secs & whisk it into chocolate sauce. When chocolate mixture is completely smooth, coat the truffles. Using a soup spoon, take one spoonful of chocolate sauce & in a circular motion over the top of the truffle, pour chocolate sauce over the truffle (the circular motion will ensure chocolate sauce is distributed evenly over the truffle & it will flow down the sides to the bottom. Do not be worried about pouring too much chocolate sauce on each truffle, as any excess chocolate sauce at the bottom of the truffles will harden in the refrigerator & can easily be removed.) Continue doing this until all truffles are completely coated in chocolate sauce. Place truffles back in refrigerator for 2 hours, or until chocolate sauce has completely hardened. Gently remove each truffle from the parchment/wax paper lined cookie sheet. If truffles are sticking, slowly run a thin spatula under the truffle, this will prevent clumps of chocolate from sticking to the cookie sheet. Place truffles in an airtight container & store in refrigerator. If there is more than one truffle layer, separate each layer with parchment/wax paper. Suggestions: For an even more authentic & special look, place truffles in individual wrappers & then place truffles in a candy box (both items can be found at specialty chocolate/candy shops.) This makes a beautiful, personalized gift. These truffles are much easier to make than you think. And one bite will tell you the rewarding taste is worth a little bit of effort. A creamy, strong chocolate taste with just a hint of flavour & then coated in a smooth chocolate sauce to finish this rich, delicate truffle. An absolutely perfect compliment to any meal. This will satisfy any chocolate lover's craving. And the best part is that they won't melt, so you can easily take them along as a special treat to the movies. YIELD: 25-29 truffles, depending on size. Peter Neuman.

## Fudge Truffle Cookies

12 oz. chocolate, chopped (I used 1 1/2 bars of Suzanne's semi-sweet baking bars & 1 milk chocolate baking bar)  
 2 tbs. butter-flavored shortening  
 1 tsp. instant coffee granules  
 3 eggs  
 sweetener equivalent to 1 1/4 c. sugar (I used 5 tsp. Somersweet and 3/4 c. Splenda)  
 1 tsp. vanilla  
 6 tbs. protein powder  
 1 tsp. cinnamon  
 1/2 tsp. baking powder  
 1/4 tsp. salt

In a small saucepan, heat and stir chocolate and shortening over very low heat until chocolate begins to melt. (I used a double boiler.) Remove from heat. Add coffee. Stir until smooth. Cool. Beat eggs and sweetener with an electric mixer on medium to high speed until light and lemon colored (3-4 min.). Beat in chocolate mixture and vanilla. On low speed, beat in protein powder, cinnamon, baking powder and salt until combined. (The dough is fairly thin but does hold its shape.) Spray cookie sheets with nonstick coating. Drop teaspoons of dough 2 in. apart on cookie sheets. Bake in a 350 oven for 8-10 min. or until just set on surface (do not over-bake). Cool for 1-2 min. then transfer to cooling racks. This recipe tastes like a real cookie! The original recipe called for 1 c. chopped pecans, which I omitted. Otherwise, the only changes I made were the sweetener and the protein powder. Yes, the original recipe only called for 6 tbs. of flour! The reason I used both SS and Splenda is because I thought that using only SS might change the consistency of the cookie because of the decrease in volume. The original recipe called for a pecan half on the top. I put one of Suzanne's espresso beans on top because it looked cute plus it gives a clue to the flavor of the cookie. My first sheet of cookies were too small, so I made the rest bigger. I got 12 small cookies plus about 24 larger ones. Posted by indyemmer1.

## Cream Puffs

Filling:

1/2 cup whipping cream  
 3 pkg splenda  
 1 tsp dry cocoa

Whip the cream till soft peaks form. Add the rest of the ingredients and beat till stiff. Taste for desired sweetness and add more sweetener if necessary.

Puff:

3 eggs, separated  
 3 pkg splenda (or sweetener of choice)  
 \*\* 3 tbsp cottage cheese (funky - would suggest Ricotta cheese instead)  
 pinch of salt

Beat egg whites till very stiff. Turn bowl upside down and if the whites don't slide, it's stiff enough. In a small bowl mix together the other ingredients. Gently fold the yolk mixture into the whites. Rubber spatula works best. Spray a non-stick cookie sheet with Pam. Pile the meringue by tbs to make six mounds. Bake for about 50 minutes in a 300 degree oven. Remove when done and remove with an egg lifter onto a plate and let cool. Put in a plastic bag when cooled. To assemble: Cut the rolls in half. Spread with 1/6 th of the cream. Put top back on, chill for 30 minutes (if you can wait that long) and eat!!! YUMMY. If you want to make it fancy, mix some cocoa with spoonable splenda and dust tops of puffs. This is an Atkins recipe that I'm posting per request. I have not tried this. so I can't say personally how it tastes. If anyone tries it, please post back and let us know -- good or bad! If you didn't use the cocoa in the filling, then this would all be level 1. Also, in the puff portion, please notice the \*\* as it calls for cottage cheese which is funky, so I suggested Ricotta instead. Posted by DebB.

### Chocolate Cookie Meltaways

3 Egg whites  
 7 1/2 teaspoons SomerSweet  
 3 Tablespoons wondercocoa

Preheat oven to 250. Place egg whites in small bowl, beat with electric mixer, gradually adding the sugar. Beat on high speed until stiff peaks form. Do not under-beat. Add cocoa powder, beat until well blended. It will look like mousse. Drop by teaspoonfuls onto greased baking sheet. Bake 35-40 minutes or until cookies are dried on the outside, but still soft in the center. For those on Level 2, feel free to add a 1/2 cup chopped pecans. It adds a nice crunch. I made the Lemon curd recipe and had a lot of egg white left over and decided to try making something with all the left over egg whites. Just pulled them out of the oven. Easy, quick and yummy. Posted by Chelle14.

### Tastykakes Chocolate Oatmeal Granola Cookies

1 cup oatmeal (I use Quaker in the round canister)  
 1 cup puffed kashi cereal  
 1/2 cup wondercocoa (or Hershey's if you're using that)  
 1/4 cup whole wheat flour  
 1 cup splenda  
 2 tbsp vanilla extract  
 1/2 tsp cinnamon  
 1 cup fat free skim milk

Mix together and drop by heaping tablespoons onto a cookie sheet lightly sprayed with Pam. Spray again over top lightly with Pam. Bake at 350 for 10 minutes. Turn over, bake another 10. Makes 12 big cookies or 24 little ones. Store in an uncovered bowl - if you put a lid on it, they won't stay crunchy. Use 2 cups of oatmeal if you don't have kashi. Best eaten with milk or coffee. These are a somersized cookie, it's not gonna taste like an un-sommersized cookie! But they are sweet, chocolatey, crunchy on the outside, and chewy on the inside. You might consider making half a batch to see how you like them, some people might want more or less sugar and chocolate in them. Experiment if you like! I haven't tried these, but I have them in my file. Posted by DebB.

### Easy Chocolate Fudge

12 oz, chocolate (cut up the pieces into morsel size pieces)  
 14 oz. sweetened condensed milk (I found a recipe to use on another site)  
 1 tsp. vanilla extract

Conventional method: Combine over hot (not boiling) water, chocolate pieces and sweetened condensed milk; stir until chocolate pieces melt and mixture is smooth. Stir in vanilla extract. Spread into a foil lined 8" square pan. Chill until firm (about two hours).

Microwave method: In large glass measuring cup, combine chocolate pieces, and sweetened condensed milk. Microwave on high : 3 minutes. Stir until morsels melt and mixture is smooth. Stir in vanilla extract. Spread into 8" square foil lined pan. chill until firm. Makes about 1 1/4 pounds.

Sweetened condensed milk recipe that I have:

2 1/2 c. heavy cream  
 6 egg yolks  
 3 tbsp. Somersweet

Whisk ingredients (added in order given) in a saucepan over low heat, stirring constantly until thickened. Cool completely. Put in non metal container and refrigerate. Use within 7 to 10 days. I was in Chat and talking about finding one of my grandma's recipes, and thanks to twigs for her maltitol free chocolate, I am sure this will work out just great. Posted by AmyLS.

### Hershey's Fudge

equivalent of 3 cups sugar	1/8 teaspoon salt
2/3 cup unsweetened cocoa(i used wondercocoa)	4 Tablespoons butter
1 cup heavy cream	1 1/2 teaspoons vanilla extract
1 cup water	1 cup chopped nuts, optional

Mix sweetener, cocoa and salt. Add cream and water and stir until sweetener is dissolved. Cook on medium heat, stirring, until mixture comes to a boil. Using a candy thermometer (NO MORE STIRRING) let mixture cook until it reaches 234F. Remove from heat. Add butter and vanilla, but do not stir in until temperature drops below 125F. At 125F, begin beating mixture with a wooden spoon, until it thickens and loses its glossy appearance. Add nuts, if desired (level 2), and pour into an 8" square pan. Let stand until completely cooled and set. Cut into 1 X 2" pieces. I made the Hershey's fudge on the back of the can, substituted some of the ingredients and it came out wonderful. No cream cheese and no refrigeration necessary! Posted by showgirl.

### Hot Fudge Sauce

4 oz unsweetened chocolate  
 1 1/2 cups sugar substitute (I used Whey Low)  
 3 Tbsp butter  
 1 cup cream  
 1 tsp vanilla extract

Melt the chocolate in a heavy 2 qt saucepan over low heat, stirring constantly. After fully melted, slowly add the sugar substitute, butter and cream. Bring the sauce to a boil over medium heat. Reduce the heat to low and continue cooking and stirring for 5-10 minutes until the mixture reaches 238 on a candy thermometer. Remove the pan from the heat and stir in the vanilla. This is great served warm over ice cream. The sauce hardens when it is poured over the cold ice cream. Sauce should be stored in a covered jar in the fridge for up to 2 weeks. Reheat before serving. Posted by wired\_foxterror.

### Ben & Jerry's Hot Fudge Sauce

4 oz. unsweetened chocolate  
 1/2 cup butter  
 3/4 cup unsweetened cocoa powder  
 2 cups sugar sub  
 1/2 cup milk (I'd replace the 1/2 cup milk with 1 oz cream diluted with 3 oz water)  
 1/2 cup heavy or whipping cream

In a double boiler, melt the chocolate and butter, stirring frequently. Add the cocoa and whisk until it dissolves. Using a slotted spoon, gradually stir in the sugar (the mixture should be the consistency of wet sand.) Cook over the simmering water, stirring occasionally, for 20 minutes. Gradually stir in the milk and cream. Continue cooking and stirring for one hour, checking the water level in the double boiler and replenishing it when necessary. When the fudge is completely smooth and the sugar is dissolved, the sauce is ready. Makes one generous quart. Posted by Alyneem.

### Maltitol-free Chocolate

8 ounces unsweetened chocolate (I used Baker's unsweetened)  
 1 Tablespoon salt-free butter  
 1 Tablespoon Somersweet

Line an 8" x 10" dish with parchment paper. Using a double boiler, melt the chocolate and butter. Stir in Somersweet. Pour into the dish and refrigerate until firm. Cut in pieces and wrap. Keep in freezer for recipes that call for chocolate. (If you don't have a double boiler; place a smaller pot on top of a larger pot, ensure bottom of top pot touches the water in bottom pot). Posted by Twiggy88.

### Chocolate Frozen Pops

1 Pkg Cream Cheese (softened)  
1 Cup Splenda  
6 Unsweetened Baking Squares  
1 Tsp Decaf Instant Coffee (Optional)  
1 Cup Whipping Cream  
1 Tsp Vanilla

Melt chocolate in double boiler. Add chocolate to cream cheese. Combine whipping cream, vanilla, coffee, and splenda. Whip until stiff. (Don't over- whip.) Add whipping cream to cream cheese mixture 1/3 at a time. Taste. Add more sweetener if necessary. Spoon into popsicle molds and freeze. Option: Make Chocolate Vanilla Pops - Split cream cheese into 2 separate bowls. Use only 3 squares of chocolate, add the melted chocolate to only one of the cream cheese mixtures. Omit coffee from whipping cream step (add it to cream cheese/chocolate step if you want the mocha flavor still). Add additional 1/2 tsp of vanilla to plain cream cheese mixture. Mix 1/2 of the whipped cream to chocolate mixture and 1/2 of whipped cream to cream cheese only mixture. Layer chocolate and vanilla mixtures in popsicle molds. Posted by kd lite.

### Norwegian Cream

2 cups plus 6 Tbsp cream  
1 cup sugar substitute  
1 tsp unflavored gelatin  
1 pint sour cream  
1 tsp vanilla extract  
2 cups fresh berries

In a medium saucepan mix together the cream, sugar substitute and gelatin. Heat the mixture over low heat until the gelatin is dissolved - about 5 minutes. Remove from heat and cool until slightly thickened. Fold in the sour cream and add the vanilla. Pout into individual dessert dishes, goblets, or into a mold and refrigerate until firm. Top with berries (I lightly mash the berries) and serve. Posted by wired\_foxterror.

## DESSERTS – Level Two

### Easy Peanut Butter Chocolate Dessert

Take a scoop of low carb chocolate ice cream, or you can buy an Atkins chocolate ice cream bar and scrape it off the stick into the bowl. Let it sit out a few minutes to soften, or put in the microwave for a few seconds to soften it up. Spoon on a couple of Tbsp. of Smucker's all natural peanut butter (it has no sugar or sweetener in it at all, just peanuts, oil, & salt) and then put a dollop of sweetened whipped cream on top. This tastes really delicious and it's like an icy peanut butter cup! Posted by manda318.

### Peanut Butter Fudge

1 stick of butter	1 cup of granular Splenda
1/2 cup of peanut butter	2 scoops of vanilla flavored Protein Designer Whey Powder
2 oz. of cream cheese	

Melt the butter and peanut butter in the microwave on high for 2 minutes. Stir. Microwave for another 1 min. Remove and stir in the cream cheese until completely dissolved. Stir in the Splenda and then stir in the Designer Whey Powder. Grease a 6 1/2 inch square container (I used a 1 quart corning ware casserole dish. Line with wax paper. Pour in the dish. Put in the refrigerator until cool. To speed up this process place in the freezer until cool. Cut it into 20 - 1 inch square pieces. I got this recipe from the Low Carb Friends website. I've never tried it. Maybe you could roll into balls instead of making fudge. Pam

### Chocolate Peanut Butter Rice Treats

1 cup Crispy brown rice cereal (Erewhon –Found at Mother's Market)  
 1/4 cup unsalted butter  
 2 tablespoons crunchy or smooth peanut butter (no sugar added/natural)  
 1 1/2 ounces unsweetened baking chocolate  
 artificial sweetener equal to 3/4 cup such as Somersweet, Splenda etc

Melt chocolate with butter (approx 60 seconds in microwave, then stir until smooth). Stir in peanut butter and sweetener, then add puffed rice. Press into a buttered 9x9 pan and refrigerate until firm enough to cut into at least 20 pieces. I found these on another website by Karen R. They are so good I thought I'd share. Posted by showgirl.

### Bon Bons

2 c peanut butter	2 pkgs chocolate chips (sugar free of course)
1/2 c butter	3 c rice cereal (brown rice cereal)
16 oz powdered sugar sifted (substitute)	

Mix butter and peanut butter. Pour over sugar and cereal already in a bowl. Form into balls. Melt chocolate chips and dip. Posted by weesers.

### Buckeye Candy

1 1/2 cups peanut butter	1 teas. vanilla
1 stick butter (softened)	1 lb. powdered sugar (confectioners) (use substitute)
	6 oz. bag SF chocolate chips (Hershey's)

Mix all except chocolate chips together in a bowl, Roll into ever what size balls you want and put on a plate, and refrigerate for 2 hours. When the chocolate balls have been in the fridge for 2 hrs, melt the chocolate in a double boiler, dip the balls in chocolate, and set aside on a plate. The chocolate chips will go back to the hard state around them, after you set them on the plate. Easy and they are good. After they get hard on the peanut butter balls you can put them in a bowl if you like. You can set them in the fridge too if you want to. The chocolate will stay harder on them. Posted by GARNET2002.

### Susan's Homemade Oatmeal Cookies

4 cups oatmeal, quick cooking or original  
 2 cups Splenda  
 1 cup oil (I'm using coconut)  
 2 beaten eggs  
 1 tsp. cinnamon  
 1 tsp. nutmeg  
 1/2 tsp. allspice  
 1 tsp. salt  
 1 cup raisins (could use dry blueberries)  
 1 tsp. vanilla

Combine first 4 ingredients and let sit overnight. Add beaten eggs, vanilla and spices. Beat well and add raisins. Bake at 325 degrees on ungreased sheets 12-15 minutes. Remove immediately from sheets. This recipe is from an old church cookbook that I have and was called Chewy Oatmeal Cookies. I have tweaked it to be legal. Posted by silenagig.

### Peanut Butter Cookies

3/4 c natural peanut butter  
 1 stick butter (softened)  
 3/4 c fructose  
 2 eggs  
 1 T vanilla

Mix this together well, add to the creamy mixture:

2 scoops vanilla protein powder  
 1/2 t salt  
 3/4 t baking soda

Drop by spoonfuls to a baking sheet and bake at 325 until lightly brown. This will make a soft cookie. If you let it brown too much it will taste burned. Posted by mzladyt.

### Walnuts and Cream Roll

7 eggs  
 3/4 cup sugar substitute (I use Whey Low)  
 1 1/2 cup ground walnuts  
 1 tsp baking powder  
 1 1/2 cups cream  
 1/4 cup confectioners sugar substitute (I use Whey Low brand)  
 6 - 9 tsp Davinci sugar free Kahlua syrup

Brush a 10 x 15" jelly roll pan with oil. Line pan with waxed paper & oil the paper. Separate the 7 eggs into 2 large mixing bowls. Using a wire whisk beater, beat the egg yolks with the sugar substitute until thick & pale in color. Beat in the walnuts & the baking powder. In the other bowl beat the egg whites until stiff. Fold the walnut batter into the egg whites until thoroughly mixed. Spread the mixture in the prepared pan. Bake in preheated 350 oven for 15-20 minutes. It will be brown in color. Chill the cake in the pan in the refrigerator covered with a damp cloth. I chilled it for about 5 hours. I guess about an hour would do. When ready to assemble cake, whip the cream until fairly stiff. Add the confectioners sugar substitute & the Kahlua flavoring. Dust the chilled cake with some more confectioners sugar substitute. Turn out onto a surface covered with 2 overlapping sheets of wax paper. Strip the paper from the bottom of the cake, carefully. Spread the whipped cream filling on the cake to within 1" of the edge. Roll up the cake & slide the roll onto a flat serving plate. Sprinkle with some more confectioners sugar substitute. Chill & serve - I would recommend serving within 2 hours of assembling. Note: Some people also drizzled sugar free chocolate sauce I had served with something else over their slices. I concocted this last night for a party we had. It was such a hit I had to share immediately! Posted by wired\_foxterror.

### Vanilla Almond Cookie Clouds

3 Egg whites  
 7 1/2 teaspoons SomerSweet  
 2 Tablespoons vanilla  
 1/2 Cup slivered almonds

Preheat oven to 250. Place egg whites in small bowl, beat with electric mixer, gradually adding the sugar. Beat on high speed until stiff peaks form. Do not under-beat. Add vanilla, beat until well blended. Fold in almonds. Drop by teaspoonfuls onto greased baking sheet. Bake 35-40 minutes or until cookies are dried on the outside, but still soft in the center. I forgot to grease the pan on this batch, but they still came out great. Just need to remove cookies quickly from pan. These have a delicate flavor and remind me of Italian cookies. They are really good and easy! Posted by Chelle14.

### Nanaimo Bars

#### BOTTOM LAYER

1 square bakers unsweetened chocolate  
 2 tbsp. butter  
 2 tbsp. cream  
 1/4 cup cocoa  
 3/4 cups unflavored whey protein powder  
 1 cup unsweetened coconut  
 1/3 cup splenda  
 DaVinci's sugar free chocolate syrup

Mix cocoa, whey power, coconut and splenda in a bowl. Melt chocolate, butter and cream over low heat. Cool just a bit and then add to the dry ingredients. At this point the mix is fairly crumbly so add the chocolate syrup 1 tbsp. at a time until the mixture just comes together (will take about 3 tbsp. of syrup). Press evenly into a greased 9" square pan and chill.

#### MIDDLE LAYER

1 cup butter  
 1/2 cup splenda  
 1 pack Vanilla sugar free pudding mix  
 2 tbsp. Davinci's Irish Cream SF syrup  
 (could also use Vanilla or English Toffee)  
 3 tbsp. ThickenThin not/Sugar thickener

Cream together butter, splenda, pudding mix, irish cream syrup and not/sugar. Beat until creamy and spread over chilled base. Refrigerate till hardened.

#### TOP LAYER

2 squares Bakers unsweetened chocolate  
 1 Ross Dark Delight Chocolate Bar  
 (could substitute with 1 more Bakers square)  
 2 tbsp. butter  
 1/3 cup splenda

Melt chocolate, butter and splenda over low heat and then pour over chilled middle layer and tilt pan back and forth to spread evenly. Refrigerate for about 20 minutes until chocolate layer just starts to harden and score into bite size pieces. When totally hard cut and remove pieces from the pan.

There was also some variations to this recipe: Mint Nanaimo bars: substitute creme de menthe sugar free syrup for the irish cream and add some green food coloring to the middle layer. Raspberry nanaimo bars: substitute raspberry syrup for the irish cream. Posted by slowdon.

## Angel Food Cake

10 Egg Whites (from XL Eggs)	goes well with it too)
1/2 tsp Salt	1/2 cup Barley Flour
1 1/4 tsp Cream Of Tartar	1 cup Splenda (whizzed in the coffee grinder to make it more like confectioner's sugar)
1/2 tsp Almond Flavoring	3/4 cup Splenda (just out of the box)
1/2 tsp Vanilla Flavoring	
1/2 cup Unflavored Whey Protein (or the vanilla kind)	

Preheat oven to 375. Beat egg whites & salt on high speed until just frothy. Add cream of tartar & flavorings & beat until soft peaks (don't over-beat - it could make the cake dry & crumbly). Add 1 cup of (whizzed) Splenda (a little at the time) & continue beating until well incorporated. In a separate bowl sift together remaining Splenda, whey protein & barley flour. It is best to sift it about 3 times. Sift about 1/4 of flour mixture over egg whites & fold with a spatula (don't do this with an electric mixer!). Continue until all the flour mix is well incorporated. Pour into an ungreased Angel food pan. Once all the batter is in there shake the pan a LITTLE to settle the dough & release any air bubbles. You could also just "cut" the dough lightly with a knife (don't cut too deep or you will damage your pan!!). Bake for around 35 mins or until a toothpick inserted comes out clean. After taking your pan out of the oven, invert it (upside down) on a plate or the counter top & let it cool this way. Once cooled the cake will come out quite easily. \* TaterHead's note: I used CMF Whey Protein Isolate from the Protein Factory, this yielded the best result. Deb's notes: The only thing I did differently was increase the almond extract to 1 teaspoon & I'll add even more next time - probably 1 1/2 - 2 teaspoons. I whizzed the Splenda in the food processor - faster than the coffee grinder. The whizzed Splenda really incorporates nicely when processed this way - otherwise it's difficult to get it incorporated into the whites. I think I have a tendency to over-beat my egg whites, so next time I'm going to try beating them for a shorter period of time. I used Bioplex Protein Powder (plain). The barley flour I used was from Bob's Red Mill. With the addition of the 1/2 cup of barley flour, this recipe gets bumped into the Level 2 category, but it's the best tasting sugar-free AF Cake I've tried. A big thanks to TaterHead on Low Carb Friends for sharing this recipe! Posted by DebB.

## Twisted Pumpkin Cheesecake

1 recipe of P. Neuman's pumpkin cheesecake (I did use canned 100% pumpkin because it's cheaper for me and I don't really eat it any other time of year)	1 cup of pecan meal (finely ground pecans)
1 recipe of Teri's caramel sauce	3 Tblsp butter, or a little more cinnamon and sweetener to taste.
	1/2 cup of chopped pecans

I made this up using those two recipes for Thanksgiving. Mix up pecan meal, butter, cinnamon & sweetener to make a crust on the bottom of a springform pan. I made the cheesecake batter & put half of the batter in the springform. Bake about 15-20 mins. Let cool, & shrink a little. Add 1/2 cup of chopped pecans, pressing them in a little all over the top. Then pour on top of that the caramel sauce. I put this outside on my porch to get colder & firm up, or just stick in the fridge for a half hour or so. Then, pour rest of batter on top & bake for rest of time specified in P. Neuman's recipe. I just made this last night & it is to die for! I will make it again & when the cake is chilled overnight, take it out of the pan & secure a piece of wax paper around it with tape, so that it stands up around the sides of the cake. I will do another recipe of Teri's caramel sauce & use it like a ganache of sorts just on the very top of the cheesecake. This really is yummy! I think this will fix my craving for pecan pie, as this at least is level 2. Posted by Devon0613. Further notes by Devon: I used the big Libby cans of pumpkin puree, I think it was 28 oz? It has 3 1/2 cups of pumpkin in the can I believe, so I ended up using about 1 1/2 cans of it. I am so delighted with this! It will serve a lot of people because it's so big \*I used splenda in the cheesecake, & obviously crystalline fructose for the caramel sauce. Doing it over again, I will use the crys. fructose for the crust as well, because the splenda tastes funky in the crust to me. This did make more batter than you will use - the middle layer that you make with the pecans & caramel sauce takes up enough room that there will be a little left (this will end up filling up to the top, so it looks as high your traditional NY style cheesecake). Just wanted to clarify this in case anyone makes this & wonders about the leftover batter. What I also like about P. Neuman's recipe is that it's not overly cheesecakey in taste, just a little bit. More on the pumpkin pie side. By the way! I added WAY more spice than he suggests. Probably a good 2 or 3 Tblsp of cinnamon & maybe 1 or 2 Tblsp of nutmeg & allspice, & I kept it smaller with the cloves at 1 tsp. Might wanna try just a bit of ground ginger in there, too if you like it. I just kept tasting it & adding more, cuz I like my pumpkin pie nice & spiced! I would recommend this a day or two before T-day, as I noticed that it tasted even better a day or two later.

### Vanilla Bananas

Banana (half if you're not that hungry)  
 cap full of Vanilla  
 ounce or 2 of heavy cream  
 1/2 packet of Somersweet

Slice bananas, pour cream and vanilla, and somersweet over top and mix. You can heat this on the stove or microwave if you want it warm. Delicious quick finish to a meal. I'm really getting into fresh fruit as dessert. It's the presentation and the details that remind me of a French dessert. Good for breakfast as well. This is a quick dessert with stuff you probably have on hand most days of the week. Posted by Erinn. Could use berries for Almost Level 1.

### Chess Pie

3 eggs  
 1 cup Splenda (I use the pkgs, they seem to be sweeter than granule splenda (24 Pkgs)  
 1/2 cup Erythritol  
 3 Tbsp melted butter  
 1 Tbsp plain white cornmeal  
 1/3 cup heavy cream  
 1 tsp white vinegar  
 1/2 tsp salt  
 1 and 1/2 tsps vanilla extract  
 1 unbaked 9 inch pie crust (egg shell or any low carb crust)

Preheat oven to 375 degrees. Beat the eggs with a wire whisk. Add the sweeteners, melted butter, cornmeal and remaining ingredients. (I always taste a bit of it to make sure it is sweet enough and add more splenda or sweetener of your choice) Mix ingredients well. Pour into unbaked pie shell in preheated 375 oven on bottom rack for 15 minutes, then reduce heat to 350 and bake 20 minutes more or until middle of pie just barely jiggles. It will continue to set as it cools. Hope this recipe will work with your eating plan. This is the closest to a good old fashioned chess pie I've eaten. And as I said, eating in moderation caused me no weight gain or stalls. Now it also calls for 1 tablespoon plain white cornmeal. It did not cause me any problems as far as stalls or weight gains. The entire recipe only has 35 carbs. And I pre-cut the pie in 8 equal slices. Now also I must tell you I have met and surpassed my weight loss goal and I no longer use the Egg shell crust. I buy the Carbsense Snickerdoodle Cookie Mix and cut in butter until it is mealy like and then press it into the bottom and up the sides of the pie tin. if you use the Egg shell crust be sure you do cook it first before you fill with pie mixture. You might even cover the rim of the cooked egg shell crust with tin foil to keep it from burning while the filling cooks. Posted by LilLooLoo.

### Cinnamon Apple Bread Pudding

8 slices cinnamon bread, cubed  
 2 medium apples, sliced and peeled  
 3 Tbsp. Somersweet (or sugar substitute equivalent to 1 c. sugar)  
 1 tsp. cinnamon (I always add a little more cinnamon than what's in the bread)  
 1/2 tsp. ground nutmeg  
 3 eggs, lightly beaten  
 2 cups cream  
 1/4 c. butter, melted

Place the bread cubes, and apples in a greased slow cooker\*. In a medium bowl, combine the sugar substitute, cinnamon and nutmeg. Add the eggs, cream & butter. Pour over bread and apples. Cover and cook on low heat for 3-4 hours or until a knife inserted in the middle comes out clean. \* I use a 3 qt. slow cooker. I love bread pudding, especially in the fall, and this is one treat I am glad I have a recipe for. Posted by AmyLS

## Flourless Carrot Cake

1 Cup Almonds, with skins  
 3 Large Eggs, separated  
 2 Large Carrots, peeled and trimmed  
 Zest of 1/2, Finely Grated lemon  
 Juice of 1/2 lemon  
 2 Tbl somerSweet  
 4 Tbl Cornstarch  
 1/2 Tsp Baking powder  
 1 Tbl Pine nuts  
 1 Tsp Vanilla  
 SomerSweet for coating

Preheat oven to 350F. Butter the sides of an 8 x 2-inch cake pan, line the base with a circle of baking parchment, and butter the parchment. Using a nut mill, grind almonds to flour and set aside. Using the same nut mill, grate carrots into fine' shreds. There should be 1 1/2 cups, quite firmly packed, Place in a bowl, add lemon zest, lemon juice Set aside. Beat egg whites until they start to stiffen, sprinkle with half the SomerSweet, a little at a time, and continue beating until stiff and glossy. Beat egg yolks with remaining SomerSweet until very thick and pale lemon in color. Stir in carrot mixture and ground almonds. Fold in egg whites. Sift cornstarch and baking powder on top and fold in lightly but thoroughly. Spoon into prepared pan, smooth top with a rubber spatula, and sprinkle with pine nuts. Bake for 40 mins, until a tester comes out dry. Let cool in pan for 10 minutes. Run a knife blade around edge of cake and unmold onto a rack. Peel off paper, reverse onto rack right side up, and let cool completely. Dust edges with SomerSweet (let the toasted nuts show in the center) before serving. Posted by Chelle14.

## Carrot Cake

wet ingredients:

1 c splenda  
 1 stick butter, softened  
 1.5 c shredded carrots  
 2 eggs

1 tsp. vanilla

dry ingredients:

1.5 c almond flour  
 1 tsp. baking powder  
 1/2 tsp. salt  
 1 tsp. cinnamon  
 1 tsp. ground ginger  
 1 tsp. cloves  
 1/2 c chopped walnuts

frosting:

8 oz cream cheese, softened  
 4 oz whipping cream  
 1/4 cup splenda  
 1/2 teaspoon vanilla

Preheat oven to 350. wet ingredients: Cream the butter with a hand mixer, beat in the splenda. Beat the eggs until thickened and lemon-yellow, mix gently into the creamed butter and sugar. Mix in the carrots and vanilla. Dry ingredients: Mix together the dry ingredients very well, then add to the wet ingredients. Mix only until blended; DO not over beat, since that will make the cake tough. Bake in two 8" cake pans at 350 for 30-35 minutes, or until tester comes out with damp crumbs on it. Do not over bake! Cool completely, then frost. FROSTING: Whip cream cheese until soft; add splenda and vanilla and beat until mixed well. Whip cream until it forms soft peaks; fold into cream cheese. I like this recipe. To lower the carbs, substitute some zucchini for carrots. But carrots don't have all that many carbs, so if you don't like zucchini cake, just use all carrots. You can also add shredded coconut (1/2 cup), or unsweetened pineapple (1/2), if you can afford the carbs. Tiva @ Low Carb Friends. I have not tried this recipe, but am posting it by request. This is LEVEL TWO. Posted by DebB.

### Devils Food Bundt Cake Surprise

Cheesecake filling:

8 ounce package cream cheese

1/3 cup sugar substitute

1 egg

3 oz semi sweet or dark SF chocolate chips/chunks

Cream together cream cheese, sugar substitute and 1 egg. Stir in chocolate chips/chunks.

Chocolate Cake:

2 1/4 to 2 1/2 cups pecans (to make 2 cups pecan meal)

4 tablespoon cocoa

4 eggs

1 tsp vanilla

1 1/4 cups sugar substitute

1/2 cup (1 stick) melted butter (I use the high fat European style)

1/2 teaspoon baking powder

Place the pecans in food processor. Ground to meal (pecans process very quickly). Place the rest of the cake ingredients into the food processor. Process for 30 seconds; scrape down sides and then process again for another 30 seconds. Pour half of cake batter into bundt pan which has been sprayed with Pam. Put the cheesecake mixture on top of the cake batter, along the middle (not touching the sides of the pan). Pour the remaining cake batter over, covering completely. Bake in preheated 350 oven for 45 mins. Let cool on wire rack, then remove cake onto a serving plate. You can drizzle cake with your favorite sugar free chocolate sauce. This cake is SO GOOD!!!! Moist, really "cake"! Posted by wired\_foxterror.

### Mango Ice Cream

4 egg whites

1 3/4 cups superfine sugar (use YOUR sugar substitute)

2 1/2 cups heavy cream (MAKING it Level 2)

2 ripe mangoes, flesh roughly chopped into 1-inch pieces

In a bowl, beat the egg whites until thick. Add the sugar and beat until stiff. Add the cream and continue beating until the mixture is thick and creamy. Gently mix in the mango pieces. Cover and freeze until almost set. Take out, beat again and return to the freezer to set overnight. One hour before serving, place the ice cream in the refrigerator to soften a little. I found this on Cooking.com. Posted by 1goodfriend.

### Blueberry Fluff

Use equal amounts of sweetened whipped cream & full fat cottage cheese. You can stir these two together with a spoon or spatula, or if you like a smoother texture you can whiz it in the blender or food processor for a few seconds. Stir in sugar free blueberry syrup & sweetener of your choice, and top with more sweetened whipped cream. Posted by manda318.

### Pink Salad

16 oz. (roughly 2 cups) of cream; sweetened and whipped.

24 oz. whole milk cottage cheese

can of crushed pineapple in it's own juice; drained (size of can should be around 15oz or so)

1 large box (8 serving size) sf strawberry jello

1 cup chopped pecan pieces

Place all ingredients in a large mixing or tupperware bowl and stir until well combined. Chill in the refrigerator for 30-45 minutes or until ready to serve. This is a nice dessert recipe that my grandmother always makes for holiday dinners. It's super easy and tastes wonderful! Posted by manda318. Belle Belle's Note: you can change the flavor by simply changing the fruit and jello flavor you use.

## DRINKS

### Hot Chocolate Mix

4 cups nonfat dry milk  
 1 cup wondercocoa  
 sweetener to equal 2 cups of sugar  
 1/2 teaspoon salt  
 1 teaspoon instant decaffeinated coffee

Mix each time before use. 1/4 cup of mix to 1 cup boiling water. Mary @ SS site

### Hot Chocolate Drink

1/3 cup decaf coffee  
 2/3 cup heavy cream  
 1/2 tsp. cocoa powder (unsweetend-Hersheys)  
 splenda to taste..

I'll share one of mine, I do this a lot - probably too much. This is a craving quencher for me. Posted by JCNmyheart.

### Hot Cocoa

1/2 cup unsweetened coconut milk  
 1/2 cup heavy cream  
 1 cup water  
 3T cocoa powder (I used wondercocoa)  
 sweetener to equal 1/3 cup (I used WLD)  
 1/4 tsp vanilla extract

Combine all ingredients in a saucepan and heat over med-low until just heated but not boiling. I added a little cinnamon to mine just because I love cinnamon. It was SO good. The coconut milk just adds a hint of flavor that made this hot cocoa taste so good. Without it, I don't think this would have been as good as it was. This is a atkins recipe, but it was so good I had to share it. Serves 2-Level 2. Posted by JamieAZ.

### Minted Hot Chocolate

1C. heavy cream  
 1/4C. water  
 1 1/2 T. splenda  
 1 1/4 T. wondercocoa  
 1/2 tsp. peppermint extract (can use a little less if you'd like)  
 1/2 tsp. davinci sf vanilla syrup  
 very tiny dash of cinnamon

Warm all ingredients in a pot and whisk until combined, pour into mugs and let cool. Okay, I just tried this this morning, and I loved it! To me, it has the same flavor as those Girl Scout thin mints! Posted by manda318.

### Hot Coffee Drink

Hot decaf coffee with 1 tsp chocolate extract (Watkins), 1 tsp caramel extract (Watkins), brown sugar twin to taste and topped with 1/4 cup cream, heated and frothed (I have one of those milk frother thingys), sprinkled with cinnamon and nutmeg. Heaven!!! Posted by BelovedUgly.

### Café Latte

I'm not sure on the measurements. But you take milk, heat it in a pan until it boils around the edges. Mix in some coffee and SomerSweet. Done. You can also add vanilla or cinnamon. Posted by Morgonn.

### Flavoured Coffee

I just made the greatest coffee, and since I'm weaning off caffeine, again, I needed to make it tasty. I used Folgers half the caf coffee and I put apple cinnamon tea bags (2) in the basket, as I made the coffee and as soon as it started perking the aroma was great. When my coffee was done it was just like Dutch Apple Crumb cake coffee that 7-11 sells. There was however a little bitterness - I'm not sure why - but a little vanilla syrup took care of that. I'm inspired to try different tea/coffee combinations. Posted by M.

### Wassail (Hot Mulled Apple Cider)

1 quart water  
 4 packages sugar-free apple cider drink mix  
 4 cinnamon sticks  
 1 whole nutmeg  
 1/4 cup lemon juice  
 1 teaspoon lemon peel, grated  
 3 oranges  
 3 teaspoons cloves, whole

Following the directions on the package, combine the appropriate amount of sugar-free apple cider drink mix with one quart of water in a large pot. Add the cinnamon, nutmeg, lemon juice, and lemon peel. Keep the oranges whole and leave the peel on. Press 1 teaspoon's worth of cloves into each orange and place them in the pot. Heat at least 1/2 hour. Before serving, cut oranges into wedges for garnish. This recipe also makes a great slow-cooker recipe. NOTE: To make this recipe Phase 1-appropriate, remove and discard the oranges after heating the mixture for 30 minutes. Serves 4. Courtesy of South Beach Diet. Posted by DebB.

### Sparkling Mulled Apple Cider

1 can sugar free orange soda  
 2 packets sugar free apple cider drink mix  
 1/4 teaspoon lemon extract (or to taste)  
 2 teaspoons apple pie spice mix  
 3 33.8-ounce bottles Sam's Choice Cider Apple Burst fruit-flavored sparkling beverage (available at Walmart)

Pour the sugar free orange soda into a saucepan. Heat the soda, then pour in the 2 packets of sugar free apple cider drink mix, the lemon extract and the apple pie spice mix. Stir to blend. (This part can be done the night before and refrigerated, if you wish.) Pour 2 bottles of the Cider Apple Burst into a crockpot. Add the soda/seasonings blend and stir to mix. Set crockpot on high until liquid is heated through, then reduce temperature setting to medium or low. Taste test and add more Cider Apple Burst if the taste is too strong for you. \*\*Note: Leftovers can be refrigerated and served hot or cold. This would be nice to keep in a pitcher in the refrigerator to heat on a per cup basis as an alternative to coffee or cocoa in the winter. Serve it cold over ice in the summer. \*\*\*Note: To package this as a gift, save old DaVinci or wine bottles. Wash them thoroughly and let dry completely. Use a funnel to pour the cider in and cap or cork to close. Be sure to let the recipient to keep the cider in the refrigerator. Do not freeze unless you put it into plastic containers, and be careful to leave enough head room for expansion of the liquid while freezing. From: Diana Bauer. Posted by DebB.

### Simple Hot Holiday Drink

Last year I made a simple hot holiday drink using 1/2 fresh apple juice, 1/2 water, cinnamon sticks, allspice, whole cloves, a bit of Somersweet and a lemon slice. I put it all in a saucepot and let it simmer. It hit the spot! Posted by Kisa 1.

### Hot Mulled Cider

Mulling spices are wonderful to have on hand for those winter evenings when the clan gathers 'round the fire. Mix 2 cups dried orange peel, 2 cups broken cinnamon sticks, 1 cup whole allspice berries, 1 cup whole cloves, 4 broken star anise. Store in a closed jar. To use: Mix 1/4 cup of spices per gallon of wine, cider, or apple juice. Simmer for 30 minutes. Serve hot in mugs with cinnamon stick stirrers or fill a punch bowl and garnish with orange slices. I found this recipe and I'm sure there are tons more. Of course maybe some mulling Sser here has a great recipe! Posted by DebB.

### Hot Mulled Cider

1 tub s/f apple drink mix (I use morning start)  
6 cups water (not 8 called for on package)  
3-4 tbs. Spice hunter mulling spices (found at cost plus world market)

Add water and drink mix to sauce pan. stir to mix. Then I filled my tea ball with the mulling spice mixture and hung it off the edge of my sauce pan and simmered for 30 minutes to get the flavors to mix. After all the trial and error I have come up with a mulled cider that is easy and tasty. Best part is it is sugar free, fat free, and calorie free! And nice and warm for the cold winter nights. Posted by eyeswideopen.

### Caramel Apple "Not-tini"

Ok, we went to a party and they were serving Caramel Apple Martinis. Well, I'm on Level One so I didn't have one. BUT, I came home and mixed Somersize Green Apple Martini mixer with some Torani (or Somersize or DaVinci) Caramel Syrup and some club soda. Voila! Caramel Apple Not-tini! Posted by ILovePink.

### Smoothies

I have tried mangoes, pineapples, pears, and I add some crystal light sugar free, pink grapefruit juice for the liquid to liquefy, before adding ice and some somersweet, it gives it a little kick. Posted by Luv2shop.

### Berry Bliss Smoothie

During the busy work week, I'm not much on breakfast, but I've found a delish way to take b'fast on the go. It's super simple - fresh strawberries, frozen blueberries, a couple squirts of SF vanilla Davinci syrup, water, ice, whirrrrrrr and go! Posted by pattimelt.

### Sparkling Berry Smoothie

In the blender add:

about a cup of ice  
2 Tablespoons lemon juice  
1/2 - 1 cup plain organic Kefir (depending whether I am making for more than just myself.) Usually an extra 1/2 cup Kefir per person. (Kefir is a drinkable yogurt.)  
1 cup total of mixed berries like a combo of Blueberries-strawberries-blackberries-raspberries. Also add a few chunks of pineapple and other fruits like melons to equal another 1 cup of fruit. I keep fresh fruits washed, and separated in the freezer. Adding them from frozen state makes the smoothie thicker and stay colder longer. I don't usually add sweetener, like it straight up on the rocks, but you can if you want to. Sometimes but not often, I add a scoop of vanilla protein powder but that's optional

Blend well. Take a glass add some ice and about 1/4-1/2 cup club soda. Fill the rest of the way with smoothie mixture. Stir and enjoy! This is great to have on a hot day or any day! Makes a great festive holiday drink too! Also the remaining if any can be frozen in ice cube trays, stored in zip baggies, and added to your next smoothie! This smoothie also makes great Sparkle Berry frozen pops! Posted by Angel Bear. NB: This would be a Level 2 recipe due to the fruit being combined with yoghurt. Using protein powder would make it even more so.

## Jamie's Protein Shakes

### Cherry Vanilla

3T heavy cream  
 2/3 c. cold water  
 4-6 ice cubes  
 2T vanilla whey protein powder  
 2-3T cherry s/f syrup( to taste)  
 2T vanilla s/f syrup  
 somersweet or splenda to taste, if needed  
 guar, if needed to thicken  
 \*\*\*see below

### Berry-Orange spice

3T heavy cream  
 2/3 c cold water  
 2 tsp vanilla extract  
 1/8-1/4 tsp orange extract (to taste)  
 1&1/2T blueberry s/f syrup  
 1&1/2T strawberry s/f syrup  
 2T raspberry s/f syrup  
 1/4 tsp ground cinnamon  
 2T vanilla whey protein powder  
 somersweet or splenda to taste if needed  
 guar if needed to thicken

\*Blend together in blender. You can increase or decrease syrups to taste. I find that the syrups make it sweet enough for me, but my DH likes the extra sweetness of adding a little somersweet. For the guar, while blender is running, add a 1/8 tsp at a time, allowing blender to run for 10-15 seconds before adding more. Adding too much can ruin the shake. Or, you could do what I do, and just add extra ice cubes. These can also be made into a carbos smoothie by replacing the cream, water and protein powder with 1 cup ff yogurt and 1/4 cup ff milk. Just adjust syrups and sweeteners to taste and omit guar and reduce ice cubes to 2 or 3. for almost level one, replace syrups with real fruit. I have over 50 recipes for shakes. I love the syrups ( Davinci) Torani is good but doesn't offer the selection. I get guar made by bob's red mill at the grocery store. Or it can be ordered through their web site.

### Protein Shake

1/4 c half and half  
 1 cup water  
 4 ice cubes  
 2T vanilla flavored protein powder  
 2 1/2 tsp instant decaf coffee granules  
 1/4 tsp almond extract  
 1/4 tsp vanilla extract  
 2T chocolate s/f syrup (this is level 1, for the chocolate syrup is artificial)  
 sweeten to equal 1T sugar

Put in blender and blend. I try not to rely on these for obvious reasons, but they make a great alternative for the days I don't want anything else. ex: from Dana Carpenter's LC smoothies. Posted by JamieAZ.

## Yoghurt Smoothies

### Apple Pie Smoothie

1c. plain non fat yogurt  
 1T vanilla s/f syrup  
 3T green apple s/f syrup, or to taste  
 1/4 tsp apple pie spice  
 pinch cloves  
 somersweet or splenda to taste  
 3-4 ice cubes

### Many Berry Smoothie

1c. plain non fat yogurt  
 2T raspberry s/f syrup  
 1 1/2T strawberry s/f syrup  
 1-2T blueberry s/f syrup, to taste  
 3-4 ice cubes  
 sweetener to taste if needed

### Pina-Colada Smoothie

1c. plain non fat yogurt  
 1-2T coconut s/f syrup, to taste  
 1-2T pineapple s/f syrup, to taste  
 2-3T banana s/f syrup, to taste  
 3-4 ice cubes  
 sweetener to taste if needed

### Tropical Fruit Smoothie (Sort Of)

1c plain non fat yogurt  
 1/8-1/4 tsp mango koolaid powder, to taste  
 1 1/2 T peach s/f syrup  
 1-2T pineapple s/f syrup  
 1/2-1 tsp coconut extract, to taste  
 3-4 ice cubes  
 sweetener to taste if needed

### Berry Orange Spice

1c plain non fat yogurt  
 1/8-1/4 tsp orange extract, to taste  
 2 tsp vanilla extract  
 2T blueberry s/f syrup  
 2T raspberry s/f syrup  
 1T strawberry s/f syrup  
 1/4-1/2 tsp cinnamon  
 3-4 ice cubes  
 sweetener to taste

### Orange Strawberry Spice

1c plain non fat yogurt  
 1T cherry s/f syrup  
 1/8-1/4 tsp strawberry koolaid powder  
 1/8-1/4 tsp orange extract, to taste  
 1/4 tsp cinnamon  
 3-4 ice cubes  
 sweetener to taste if needed

### Strawberry Banana Spice

1 c plain non fat yogurt  
 1/8-1/4 tsp strawberry koolaid powder  
 1T strawberry s/f syrup  
 2 1/2 T banana s'f syrup  
 1/4 tsp cinnamon  
 pinch ground ginger, to taste  
 3-4 ice cubes  
 sweetener to taste if needed

### Berry Mango Spice

1c plain non fat yogurt  
 1/8-1/4 tsp mango koolaid powder  
 2T strawberry s/f syrup  
 1T strawberry s/f syrup  
 1T blueberry s/f syrup  
 1/8 tsp ground nutmeg, ot to taste  
 3-4 ice cubes  
 sweetener to taste

### My Favorite Raspberry

1c plain non fat yogurt  
 1/8-1/4 tsp mango koolaid powder  
 1T vanilla s/f syrup, or to taste  
 1T coconut s/f syrup, or to taste  
 2T raspberry s/f syrup  
 3-4 ice cubes  
 sweetener if needed

### Orange Cream

1c plain non fat yogurt  
 1/8 tsp orange extract  
 1-2T orange s/f syrup, or to taste  
 2 T vanilla s/f syrup, or to taste  
 sweetener to taste  
 3-4 ice cubes

I used davinci s/f syrups for these and unsweetened koolaid powder. Adjust ingredients to your own taste. Put everything together in blender and blend. If they are thin after blending, use 1/4 tsp guar to thicken or more if needed. Add while blender is running. I have over 50 recipes so far. Just mix and match s/f syrups, extracts and koolaid powders (any flavors you want). Add spices or anything else that sounds good. You can also make all of these into protein shakes by replacing the yogurt with 2-3 T cream, 3/4c water and add any unflavored protein powder you use. (I prefer naturade whey. Posted by JamieAZ.

### Mango Shake

1/2c mango puree (or fresh cubed mango)  
ice (about one cup, probably)  
water (a little at a time)  
sweetener (to your preference)

When blending this in a blender, it will make enough for two regular sized glasses. I often substitute the sweetener with 1/4c unsweetened fruit juice, like orange or pineapple (or I use fresh pineapple if I need to get rid of it before it spoils!). Posted by marie172.

### SSed Russian Tea

2 bags decaf tea (I like earl grey)  
The grated rind of one medium orange  
4 tbsp lemon juice or more to taste  
2 1" cinnamon sticks  
3 whole cloves  
3 whole allspice berries  
Sweetener to taste - about 2-3 tbsp Splenda

Place all ingredients into a 4-cup tea pot (I love my brown betty ;) ) and pour boiling water overtop. Allow to steep for at least five minutes (I like about 7). Adjust sweetener/lemon juice ratio and serve. If you are concerned about having bitter tea from steeping it too long, steep the orange peel/spices/lemon juice mix first and then add the tea in a few minutes before serving. (Although I have never had a problem with Tetley or Celestial Seasonings tea for that.) You may want to strain the tea through a tea strainer upon pouring, or place all ingredients into a large tea ball. (One Pot - 4 cups.) My grandmother used to use that exact recipe and this is how I have SS'd it. Posted by BelovedUgly.

### Chai Tea Drink

14 oz. unsweetened evaporated milk (use cream to somersize)  
1/2 t. ground cardamon  
1/4 t. ground allspice  
1/4 t. ground cinnamon  
1/4 t. ground cloves  
1/8 t. ground black pepper  
3 scoops Somersweet

Combine ingredients and refrigerate. This is simply delicious. I make it with evaporated milk, which is unsweetened. To be somersized I suppose it should be made with heavy cream. Some of the spices have health benefits too (per Dr. Perricone). Keep it in a jar in the fridge and shake well before adding 2-3 tablespoons to a cup of strong black tea. Posted by dmchugh.

### Banana-Chai Frosty

1 1/2 c. skim milk  
2 chai tea bags  
1/2 tsp vanilla extract (or to taste)  
1/2-1 tsp banana extract (to taste)  
sweetener to taste (I used 2 tsp somersweet)

Heat milk in microwave for 2 minutes. When hot, add the tea bags and let steep for 15 minutes. Remove tea bags, add remaining ingredients and stir to combine. Pour over ice to chill and enjoy. You may increase or decrease the amounts of extracts and sweetener. I like things sweet and I really wanted the banana flavour to come through. I made this today and really enjoyed it. This is tech. almost level one because of the caffeine in the tea. I have never found decaff. chai tea. Posted by JamieAZ.

### Herbal Tea

I love my herbal tea and before SS would mix fruit juice in. I've found something better! Herbal tea and DaVinci sf syrup. Sf Raspberry with Celestial Seasonings Very Cherry is good. But SF Gingerbread is wonderful! It tastes good with a bigger variety - Madagascar Red Vanilla, Sugar Plum Spice, Nutcracker Sweet, Apple Cinnamon. I add about 3-4 tbs of syrup to a pot of tea. Posted by amandasp.

### Yummy Eggless Eggnog

2 Cups of Heavy cream  
5 T Vanilla Extract  
3 Packets of Splenda (or to taste)  
1 tsp nutmeg  
2-3 drops Butter Rum Lorann oil

Mix and serve hot or cold. I like it hot! I was afraid to make a big batch of the real stuff with all those eggs and have it taste "unpasteurized" or eggy, so I got to thinking, the eggs don't do a thing for flavor---they just thicken the texture of this drink. So, here's what I did for a yummy nog I've been enjoying all week! I even cheated and added brandy to a cup on Christmas eve and it was heavenly! Tasted just like the real deal! Posted by Freed.1.

### Lemonade

2/3 cup lemon juice  
1 cup splenda (3 tablespoons SSweet)

Add water to make 2 quarts. My husband & I buy pounds of lemons at a time & juice them, then freeze the juice for homemade lemonade. We had to tweak to get it to our liking, but this is how we make it. Posted by DebB.

### Fresh Squeezed Lemonade

1 1/4 cups sugar substitute (I use WL)  
1/2 cup boiling water  
1 1/2 cups fresh squeezed lemon juice  
4 1/2 cups cold water

Combine the sugar substitute and boiling water in your lemonade pitcher, stirring or shaking (with top on) well until the sugar substitute dissolves. Add the lemon juice and cold water, mixing well. Chill and serve over ice in tall glasses. My all time favorite drink! Posted by wired\_foxterror.

### Lime Soda

Juice of 2 or 3 medium limes  
Ice cubes  
Seltzer water or club soda, chilled  
Simple syrup to taste (see recipe below)

Squeeze lime juice into two tall glasses. Add ice cubes & fill glasses with seltzer water or club soda. Serve as is, or add simple syrup to taste. Mix well. I always have limes on hand as I have a very prolific lime tree in my yard, so I enjoy this when I have guests over for cocktails, or for just anytime!

#### Simple Syrup Recipe:

1 cup sugar substitute  
1 cup water

In a small saucepan, combine sugar substitute & water, mix well. Bring to a boil; boil until sugar substitute is dissolved. Let cool. Store in refrigerator. This keeps indefinitely. (I always have this in the refrigerator – it works as a substitute for light corn syrup in recipes – and is great to sweeten iced tea!) Posted by wired\_foxterror.