

# Somersize Cookbook

A compilation of recipes  
suitable for Somersizing  
collected from the SS website  
September 2003 – August 2004

Compiled by ianj9

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## BREAKFASTS

### Crockpot Oatmeal

Just put it in the crockpot with instead of the micro or stove and cook on low 6-8 hours. (I use skim milk or water 2 parts liquid to 1 part oats.) I also add cinnamon, and sweetener-- and you can put flavored syrups, too. kntheboys

### Crockpot Oatmeal

1c uncooked rolled oats  
2c water  
salt  
1/3-1/2 cups raisins (omit)  
1/4 tsp. ground nutmeg  
1/4 tsp. ground cinnamon

Combine ingredients in slow cooker. Cover and cook on low 6-8 hours, eat with milk and brown sugar. Of course you could use any sweetener!! This is from "fix it and forget it" cookbook. Posted by JCNmyheart

### Baked Oatmeal

2c old fashioned oats  
4 c milk (substitute non-fat milk)  
1/2 tsp vanilla extract  
1/2 tsp cinnamon  
1/4 tsp ground nutmeg  
1/4 c brown sugar (substitute Whey Low brown sugar)  
1/2 c raisins (omit)  
1/2 c chunky applesauce OR 1 lrg apple peeled & grated (substitute yoghurt or rhubarb?)

Preheat oven to 400 degrees. Coat 3 qt casserole or baking pan with cooking spray. Combine all ingredients. Bake uncovered for 45 minutes. Serve hot. Serves 6-8. Posted by Pammyjoy1.

### Chocolate Oatmeal

1C fat free milk  
2C oatmeal (non-instant)  
2T vanilla  
2t cinnamon  
1/2C splenda  
1/2C wondercocoa

Mix until well blended, spray pan with Pam. (I use a round cake pan) Pour into pan or you can scoop the mixture if you want cookies. Bake for 10 minutes at 375 degrees. Eat or cool and cut into squares. Posted by Connsailor.

### Crispy Brown Rice Treats

6 cups Erewhon Crispy Brown Rice Cereal  
10 ounces sugar free LaNouba Marshmallows  
3 Tablespoons Molly McButter Natural Butter Flavor Sprinkles  
3/4 teaspoon vanilla  
3/4 teaspoon water

Spray a large saucepan, spatula and 9x13 inch pan with non-stick spray (slight imbalance). Melt marshmallows over low heat in saucepan, stirring until smooth. Or microwave in a safe bowl covered for 2-3 minutes. Add Molly McButter, water and vanilla, mix well. Add cereal and stir quickly until well coated. Using a piece of wax paper, press mixture evenly into the prepared pan. Cut into 16 squares when cool. (Level one carb.) Posted by mjlibbey.

### Bircher Muesli Style Cereal

1/4 c oatmeal  
 1/4 c skim milk  
 1/4 c blueberries  
 1/4t cinnamon

Let it sit overnight. Posted by jenn p.

### Spiced Cottage Yogurt

1 c. plain nonfat yogurt  
 1/4 c. nonfat cottage OR Ricotta cheese  
 1-2 pkts Splenda  
 1/4 c. Bran Buds or steel cut oats  
 1/8 t. each cinnamon, nutmeg, ground cloves

Blend together and serve. This makes one serving. It seems that I got this recipe in here several years ago but I haven't seen it circulate in awhile and it's a wonderful breakfast filler-upper. Posted by Cathy.

### Deluxe Bear Mush

Bear Mush hot cereal (Arrowhead Mills)  
 Sweetener of choice  
 Cinnamon  
 Vanilla extract  
 Skim Milk  
 Grape Nuts (optional)  
 Wondercocoa (optional)

Put Bear Mush & water into saucepan according to directions (1 serving is listed as 1/4 C bear mush & 1 C water. I use 1/3 C bear mush & 1 1/3 C water). Add 1/2 tsp cinnamon or pumpkin pie spice, 1 tsp vanilla, 1 Tablespoon Wondercocoa. If you like a maple flavor, add a tablespoon of SF maple syrup, or a 1/2 tsp maple extract. Bring to a boil, stirring constantly. The mixture will start to come together & thicken. When it starts to thicken, turn down to simmer, add about 3 Tablespoons FF milk, & continue stirring until it gets to desired consistency. Add sweetener to taste (I use a mixture of stevia & Somersweet). I also stir some grapenuts in at this point, for added crunch. Posted by hoffs. DebB notes: this can also be made using oatmeal.

### Baked Spelt Pudding

1/2 C spelt berries  
 4 c fat free milk  
 Sweetener equal to 1/2 c sugar  
 1/4 tsp salt  
 1/8 tsp cardamom  
 1 vanilla bean split lengthwise  
 dash of cinnamon

Place spelt berries in a medium saucepan. Cover with water to 2 inches above spelt. Bring to a boil. Cook 2 mins. Remove from heat. Cover & let stand 1 hour. Drain. Place spelt in a food processor. Process 45 seconds or until spelt resembles coarse meal. Preheat oven to 275. Combine spelt, milk, sugar sub, cardamom, & vanilla in a 2 quart casserole. Bake at 275 for 3 1/2 hours, stirring every hour to prevent a skin from forming. Let stand 5 mins. Sprinkle with cinnamon. Serve warm or chilled. This reheats great in the microwave with a little fat free milk. I found the spelt berries at Whole Foods Markets. The ones I have are from Bob's Red Mill, so you could also find them at his website. Here is a new recipe for all you hot breakfast cereal lovers. I have had this for a long time & it is suppose to be a dessert. I was going through some old recipes & decided if I adjusted it a bit, it would be great for breakfast. The only thing I am concerned about is that you are supposed to coat the casserole with cooking spray. I left that out so it would remain a legal level one carb. It may be a "sticky" mess. Posted by weesers.



## Whole Wheat Bagels

2 pks Dry yeast	3 cups - 3 1/2 of whole wheat flour
2 c warm water (105-115 degrees)	3 1/2 qts water
2 tbs Splenda	1 tsp salt
2 cups whole wheat flour	sesame seeds or your choice of toppings
1 1/2 tsp salt	

Dissolve yeast in warm water in large bowl; let stand 5 mins. Add splenda, stirring well. Stir in first 2 cups of flour & 1 1/2 tsp salt; mix well. Gradually stir in remaining flour to make a soft dough. Turn dough onto a heavily floured surface (dough will be sticky), knead until smooth & elastic (8 -10 mins). Place dough in a bowl sprayed with fat free cooking spray & spray little spray on dough. Cover dough & let rise in a warm place for 1-1/2 hrs or till doubled in bulk. Punch dough down, divide into 12 equal pieces. Roll each into a smooth ball. Cut with a 1-inch cutter or punch a hole in center with floured finger & pull dough away from the center to make a 1 1/2 inch ball. Place bagels on a lightly greased ( with cooking spray) cookie sheet. Cover & let rise for 15 mins. Broil bagels 5 inches from heat, 2 mins on each side or until lightly browned. Bring water & 1 tsp salt to a boil in a large dutch oven. Reduce heat & simmer each bagel 3 mins on each side. Place bagels on lightly greased cookie sheet. Sprinkle with topping of your choice & lightly press into the bagels. Bake at 425 for 20-25 mins or until golden brown. Currious. I found this recipe on Recipe source .com but converted it to SS.

## Zucchini Muffins

2 1/4 cups vanilla whey powder (fluffed with a fork)  
 4 Tbsp Somersweet (or 1 1/4 c sugar equiv)  
 1 1/2 tsp baking powder  
 1 1/2 tsp baking soda  
 1 1/2 tsp cinnamon  
 3/4 tsp salt  
 1/4 tsp nutmeg  
 1/4 tsp ground cloves  
 1 cup canola oil  
 3 eggs  
 1 1/2 cup shredded zucchini  
 1/2 of a 20 oz can of crushed pineapple, drained  
 1 1/2 tsp vanilla

Preheat oven to 325. Grease muffin pan, or use paper liners. In a large bowl, combine flour, sugar, baking powder, baking soda, cinnamon, salt, nutmeg & cloves. Make a well in the center, & pour in the oil, eggs, zucchini, pineapple and vanilla. Mix until smooth. Fill muffin cups 2/3 to 3/4 full. Bake in the preheated oven for 10 to 15 mins, or until a toothpick inserted into the center comes out clean & tops are golden. Level 2. Posted by shannie.

## Banana Muffins

1 cup whey protein powder,(I used 2 cups and they turned out WAY too dry)  
 1/4 cup pourable splenda or somersweet equivalent  
 2 1/2 teaspoons baking powder  
 3/4 teaspoon salt  
 1 beaten egg  
 3/4 cup milk ( I used cream and water)  
 1/4 cup cooking oil (you may add more to make them denser and not so dry)

Preheat oven to 400. Generously grease a cupcake pan with pam or butter. Mix dry ingredients first, then add wet ingredients, slowly mixing in one by one. When dough is ready, add about 1 TBSP of banana extract, depends on your taste buds & how strong you like it. After you put in the extract I would suggest only filling the cups 1/2 way because I filled mine 2/3 full and since the protein power expands so much, they overflowed the pan. Cook about 12-15 mins, depends how dark you want them, watch them though, the protein powder cooks very fast! You may also do as I did and melt some butter, splenda, cinnamon, and whey powder together to make a crumbly coffee cake type topping and sprinkle it on top of the muffins before you bake them. Posted by sunshyne123.

### Mock Southaven Choc Muffins

1 1/2 cups nonfat milk  
 1 cup plain nonfat yogurt  
 2 teaspoons vanilla  
 1 3/4 cups sifted whole-wheat pastry flour (sift twice then measure)  
 1/2 cup Wondercocoa  
 3 1/2- 4 tablespoons Somersweet (depending on desired sweetness)  
 2 tsp Xanthan gum  
 3 pinches kosher salt

Preheat oven to 400 degrees. Whisk together milk, yogurt and vanilla. Set aside. Sift together remaining ingredients. Make a well in the middle of dry ingredients and pour liquid mixture into center. Stir just until combined, do not over mix. Spoon into non-stick muffin pan. (i used pam cooking spray) Bake for 17-19 minutes or until wooden pick comes out almost dry. For level 2, add 2-3 tbs of Somersize mini chips! Southaven muffins are so delicious but i hate paying those darn shipping costs. here's my first attempt in somersizing a recipe, a choc muffin that is close to texture and taste to the real thing! Let me know if you veterans come up with any improvements. (perhaps a sugary topping?!) Posted by showgirl.

### Pro/Fat Waffles

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

Combine ingredients (Add the whey protein last and lightly stir it. It becomes tough if you stir too much). I have been using the above recipe for my waffles. We have always enjoyed them but my husband thought they were a little fragile (just as whimsey does) and so I wanted to share the fact that the last two times I have made these I have not put any oil in them at all. This results in a "sturdier" waffle. I do spray the waffle iron with Pam and I am making them in this cheap little \$9.00 waffle maker and it works just great. I also wanted to say again that I make these up and use them in place of DebB's buns in the French Toast Casserole as I like the looks of the casserole when it is done and I get nice even distribution of the egg mixture. I also make up half the recipe at a time as there is just my husband and I and this makes up a 9 x 12 pan.

### Chocolate Souffle Waffles

6 eggs, beaten	1/4 t baking powder
1/2 cup heavy cream	1/8 t baking soda
1 T vanilla extract	1/3 cup cocoa powder
1 T Somersweet	

Mix all ingredients together, whisk steadily for two minutes. Place 1/3 cup into each grid in waffle iron. Cook 5 minutes; extra 2 for crispy waffles.

\*\* I altered the ingredients as follows, since I don't like chocolate for breakfast. Also, these would be level 1.

6 eggs, beaten	1/3 cup Splenda
1/2 cup heavy cream	1 t imitation maple extract (McCormick)
1 heaping T vanilla,	a dash of salt

I used 1/4 cup for each waffle and cooked for 7 minutes each. Made 6 or 7 waffles. These were excellent with butter and Cary's SF syrup. I liked these better than another recipe for waffles that I found on the old boards.  
 LisaCar

### Wonder Waffles

1 bag (3-4 oz.) pork rinds	¼ cup heavy cream
2 Pkts or 2 tbs sweetener	¼ cup water
1/4 Tsp. ground cinnamon	1 Tsp. vanilla extract
5 large eggs	

I used my food processor to get the pork rinds down to a fine, almost powdery consistency. Keep processor (or blender) running while adding the remaining ingredients. Add sweetener and cinnamon. In a separate bowl, combine eggs and vanilla. Beat well. Add to pork rinds. Combine cream and water and slowly add to pork rind mixture. (I try reserve about a tablespoon or so of the cream mixture to add later. The mixture gets very thick while sitting waiting to go on the waffle iron.) Mixture will be thick but should still be spoonable. Bake on waffle iron and add your favorite SF syrup. Enjoy!!! Yum!!! My waffle iron makes 2 waffles about 4" square each. This recipe makes about 7 or 8 waffles on my iron. GBY

### Strawberry Parfait

2 cups Fresh strawberries  
 1 cup Grapenuts  
 2(6 oz) cartons of plain non-fat yogurt  
 4 tbs DaVinci Sugar-free Strawberry Syrup  
 4 tbs Vanilla extract

Slice strawberries Mix vanilla extract, DaVinci syrup and yogurt together. To assemble parfaits, place about 3 tablespoons strawberries in each of 4 parfait glasses. Then spoon about 2 tablespoons yogurt over strawberries. Sprinkle 2 tablespoons grapenuts over the yogurt. Repeat layering until parfait glass is full. Serve immediately. Posted by grouchojll.

### Easy Carb Pancakes

2 C Whole Wheat Flour	Dash sweetener
1 Tbsp. Baking Powder	Skim milk to desired consistency
Dash salt	

Mix together and fry the pancakes on a NON Stick griddle. Top with SF syrup of your choice. Holly C.

### Whole Wheat Pancakes

3 cups whole wheat flour or flour of choice  
 1 tablespoon or 1 package of active dry yeast  
 1/2 teaspoon baking soda  
 3 cups tepid water  
 1 tablespoon fat-free plain yogurt  
 1 teaspoon salt

About 12 hours before you plan to cook the pancakes, mix yeast with 2 cups tepid water, the yogurt, and 2 cups of flour. Cover loosely with a dish towel and let sit for about 12 hours on the counter. After 12 hours, stir the batter then add the remaining flour and water, soda, and salt and stir until all is incorporated. Let rest for 15 minutes. Spoon batter onto a buttered griddle preheated over medium heat, immediately spreading the batter to about 1/4" thick. When the top is no longer shiny and bubbles have appeared over the entire surface, turn cakes over. Leftover cakes reheat well in the microwave or toaster. If you have leftover cakes, cool them completely on a cooling rack, place individually into a plastic sandwich bag, and keep leftovers in the refrigerator or freezer until used. Makes 20 4-inch pancakes. I recommended the use of whole wheat flour, brown rice flour, or whole spelt flour. Pancakes made with yeast need longer cooking times at lower temperature than ordinary pancakes. Posted by MJLibbey.

### Whole Wheat Pancakes

1 cup whole wheat flour  
 1/2 fat free milk  
 2 teaspoons baking powder  
 2 tablespoons splenda  
 1/2 tsp salt

Sift all dry ingredients. Add them to milk. Stir and add more milk until desired consistency. I leave the batter fairly thick. I add about 1/4 to 1/2 cup of extra milk. Let sit for a few minutes. Cook the pancakes over medium heat. It's like, 2 minutes on each side. Cover with Vermont sugar free syrup (its sweetened with splenda). This is for one person and can easily be doubled. Posted by fakeblonde16.

### Whole Wheat Pancakes

3/4 Cup Rolled Oats  
 2 Teaspoons Baking Powder  
 1/2 Teaspoons Salt  
 2 Egg Whites  
 3/4 Cup Whole Wheat Flour  
 1/2 Teaspoon Baking Soda  
 1-1/2 Cups Skim Milk

Combine all ingredients & let sit for 10 mins to soften rolled oats. Scoop onto greased or non-stick frying pan & cook exactly as you would regular pancakes. Serve with SF jam (Almost Level 1) or SF Syrup. Posted by KDLite.

### The Best Pro/Fat Pancakes

3 oz cream cheese  
 2 eggs  
 1 packet somersweet  
 2 HEAPING tbs Naturade whey protein (vanilla)  
 1/2 teas baking powder  
 1 teas vanilla

Microwave cream cheese until VERY soft. You don't want any lumps in the batter. I did 1 min on high. Add eggs and mix until smooth. Add whey protein, somersweet, vanilla and baking powder. Mix until smooth. Cook on low heat on greased frying pan or griddle. I topped these with 3 tbs melted UNSALTED butter mixed with 1/2 teas maple flavoring and one packet somersweet. I then topped them with somersweet sweetened whipped cream and cinnamon sprinkled on top. ENJOY!! By – CUZNVIN. Note: I use 8 oz all the time and adjust the eggs to 5, protein powder to 5 Tbs, sweetener to 5 scoops of somersweet, 1 heaping tsp of baking soda and more vanilla. I generally get around 30 pancakes and wrap/freeze in stacks of 6. RoinMD.

### Sarah's Sourdough Pancakes

3 cups whole wheat flour (or any whole grain flour)	1 tablespoon non-fat plain yogurt(or pureed/smooth
1 tablespoon or 1 package active dry yeast	fat free cottage cheese for a less sour taste)
½ teaspoon baking soda	1 teaspoon salt
3 cups tepid water	

Mix yeast with 2 cups of tepid water. Add the yogurt & 2 cups of flour, beating this batter until very smooth. Cover loosely & set aside overnight. Next morning, stir together remaining flour, the soda and salt, and add them with 1 cup of tepid water to the batter; let the mixture rest for 15 minutes. Spoon onto a seasoned griddle preheated over medium heat, immediately spreading the batter about 1/4 inch thick. Turn each pancake when the top is no longer shiny. VARIATION: May use whole grain spelt flour instead. Makes 20 4-inch pancakes. This is the best tasting pancake recipe so far. I make this in the morning to have pancakes for dinner. (mjlibbey) Pancakes made with yeast need longer cooking at lower temperatures than ordinary pancakes. These very flavorful pancakes are moist inside and somewhat chewy; if you like them drier, warm them in the oven for a few minutes.

## Pancakes Level 1

Remember the pancakes using 2 eggs, separated, & 4 oz cream cheese. Here is an improvement. Add a pinch of salt, cream of tartar, & a pkg of splenda to the egg whites, beat until stiff. To the cream cheese & egg yolks add: orange extract, cinnamon, mace, & nutmeg. The cream of tartar makes them fluffier & hold their shape better & the spices are for Krispy Cream flavor. I also found using olive oil to fry in was better than butter. I do add a scant of butter after removing them from the pan. Use your favorite SF syrup. Posted by Skinny in River City.

## Quik'n'Easy Cream Cheese & Smoked Salmon Pancakes

2 eggs  
grind of black pepper  
1/8 teaspoon of ground nutmeg  
1 pot whipped cream cheese  
smoked salmon  
sour cream  
chopped chives  
butter for frying pan

Put 1st three ingredients in a bowl & whip to combine. Add cream cheese & stir in until combined. Shred about 1 oz of smoked salmon & stir into the batter. It will be very runny. Melt butter in the pan over a medium heat. Spoon batter into pan. I can do 3 at once in my frying pan. They will likely run together but you will be able to separate in about a minute. Cook until light golden & then flip. When second side is golden, put on a warm plate. Repeat with remaining batter until done. To serve: add more smoked salmon on top, a dollop of sour cream & sprinkle with chopped chives.

Variation 1: Use whipped smoked salmon cream cheese for a more salmony flavour or instead of shredded smoked salmon. You could also add the chives into the batter for a pretty presentation.

Variation 2 (haven't tried this but intend to): Use the cream cheese batter without the salmon, but add lemon extract & lemon zest. Make larger crepes, roll & sprinkle with somersweet or splenda & serve with whipped cream. (Used to be a favorite dessert as a child <G>).

You could probably also use this batter to make a very fine crepe for use in other recipes. This will NOT puff up like American-style pancakes. I really like the Cream Cheese Pancakes in Fast & Easy but they were very very rich :-). I wanted something that was quick & easy to make & not quite as rich - & a bit more like the pancakes (or crepes) I used to have as a kid in England. This is what I came up with. Posted by Zafire.

## September's Dutch Babies

2 eggs	1 1/2 tbl. whey protein powder
1 1/2 oz. cream cheese, softened (optional)	1/2 tsp. baking powder
1/2 cup heavy cream	1/2 tsp. SomerSweet
1 tsp. vanilla	

For a single dutch baby: Preheat oven to 425. Place a 9 inch skillet or 9 inch cake pan in the oven with 1 tbl. of butter in it. Melt the butter & then swish it around in the pan to completely coat the pan. Combine all ingredients & pour into the pan or skillet. Bake for 12 minutes. You will have a fluffy, big pancake shape, hopefully with slightly raised outer edges. Using a spatula, carefully work it out of the pan. Sometime I flip it onto a plate & then back onto another plate, if I'm not feeling coordinated. You want the part that was facing up in the oven facing up on the plate. Once its on a dinner plate, put in a couple of tablespoons of sour cream (I use Daisy or Knudsen Hampshire) & some cut up strawberries (remember this would make it Almost Level One). Drizzle with a bit of Somersize maple syrup. You can also serve it with blueberries, raspberries, or, for a completely Level One treat, leave out the berries completely, & drizzle it with some fresh lemon juice & a sprinkle of SomerSweet. I've discovered that these come out way better if you mix all the ingredients in the blender for 1 minute (not less). I don't know why but they come out better. Dutch Baby for a crowd: Double the above recipe, (except use 5 whole eggs instead of the extra yolk). Melt the butter in a 9 x 13 pan, & follow the cooking instructions. Once done, cut it into squares & serve as described above. Pro/Fats, Almost Level One (with berries) Level One (without fruit). Dutch babies have been a tradition in my family since I was a kid. These are traditionally baked in a very hot pizza oven, the heat is important. I hope you enjoy this recipe as much as my family does. Posted by September.

### Easy Carb French Toast

Legal Bread	Dash salt
Mix together:	Dash Cinnamon
Milk	Dash Vanilla

Dip bread in milk mixture & fry in a dry non stick pan, top with dash of cinnamon & favorite SF syrup. Holly C.

### No Flour French Toast

1/2 a 3-oz bag of unflavoured pork rinds  
 2 eggs  
 1/4 cup heavy cream  
 3 pkts splenda  
 1/2 tsp cinnamon (I usually add more)  
 1/2 tsp vanilla or egg nog (I use vanilla)

Finely grind pork rinds (food processor) until fine crumbs. Beat eggs well & mix with remaining ingredients & then beat again. Add the crushed pork rinds to the egg/cream mixture & allow to sit for 5 min until the mixture is gloppy. Heat skillet or griddle with butter or oil. When hot, fry the mixture pancake style until golden brown on both sides. Serve with your favourite low carb maple syrup or I sprinkle with cinnamon sugar (made with splenda). You can also whip cream & serve on top! I generally don't like pork rinds too much but these are great! I don't even miss "real" french toast. Also, try to buy pork rinds that are bland. Make sure they are really well crushed or you will have some hard little bites in there (which is not good, as per experience :) Also, it is important to add vanilla or some kind of flavourings as it really makes it taste like french toast, not pork rinds. This is the best "french toast/pancake" I have made. I make it at least twice a month & usually on Sundays! Posted by airam.

### Baked French Toast Casserole

10 DebB's pro-fat buns(thanks DebB!)	1/4 teaspoon nutmeg
4 large eggs	pinch of salt
1/2 cup heavy cream	Topping:
1/4 cup water	4 Tablespoons (1/2 stick of room temp butter)
2 packets splenda or somersweet	1/8 cup pourable splenda
1/2 teaspoon vanilla	1 Tablespoon sugar free maple syrup
1/4 teaspoon cinnamon	1/4 teaspoon cinnamon
	1/4 teaspoon nutmeg

Arrange bread in GENEROUSLY buttered 9x12 inch baking dish in 2 rows, overlapping slices. In a med bowl, combine eggs, cream, water, sweetener, vanilla, cinnamon, nutmeg, & salt & beat with a beater or whisk until blended-but not too bubbly. Pour over bread slices, making sure all are covered evenly with cream-egg mixture, spooning some in between the bread, too. Lightly sprinkle some extra cinnamon on top of buns. Cover with foil & refrigerate overnight. The next day, preheat oven to 350 degrees. Combine topping ingredients in a small bowl & spread evenly over the bread. Bake covered for 25 - 30 minutes, until puffed & lightly golden. I like to serve with some extra topping & sf maple syrup. And of course crispy bacon &/or sausage links. SCRUMPTIOUS!!!! This recipe is highly adaptable so you can add some or lessen according to your own taste. Twinkle.

### Denise's Fabulous Breakfast Casserole

6oz (1/2 pkg.) bacon or sausage crumbled	8 eggs beaten
4oz mushrooms drained (can use onion instead)	1/4 cup heavy cream
1 cup each cheddar, mozzarella, swiss	1/2 tsp each salt and garlic salt
1 cup chopped peppers	dash of pepper

Beat eggs with cream & set aside. Cook meat & crumble. Sauté veggies in 2 tbs meat drippings. Add meat, veggies, & seasonings to egg mixture. Spray 8x12 pan or dish with non stick oil or coat with butter. Layer bottom of pan with half of the cheeses. Pour egg mixture on top of first layer of cheese. Layer remaining cheese over egg mixture. Bake 350 35-40 mins until top is golden brown.

## Breakfast Casserole

Scramble eggs and put in a greased casserole dish, then cover with sour cream, add crumbled bacon (cooked), and shredded cheese. Bake at about 350 F until bubbly, about 15 – 20 mins. I just guess at the amounts depending on how much I want to make. This can be refrigerated and warmed up in the microwave. mpmills. I make this for my bed and breakfast guests and they always like it.

## Make-Ahead Breakfast Eggs

12 eggs, beaten  
 1/2 cup cream or 1/4 cup cream/1/4 cup water  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 1 tablespoon butter  
 1 cup sour cream  
 12 slices bacon, crisply cooked and crumbled  
 1 cup shredded sharp cheddar cheese

Stir together first 4 ingredients; set aside. In a large skillet, melt butter over medium-low heat. Add egg mixture, stirring occasionally until eggs are set but moist; remove from heat and cool. Stir in sour cream. Spread mixture in a buttered 2-quart shallow baking dish; top with bacon and cheese. Cover dish and refrigerate overnight. Uncover and bake at 300 degrees for 15 to 20 minutes. Serves 6 to 8. Posted by mjlibbey.

## Easter Pie

Make a very thin pork sausage crust in a pie plate and bake it the day before - drain and blot off fat. Make a cheese sauce and put in fridge - boil about 4 eggs. Easter morning - put sliced eggs cut side down in pie plate and pour cheese sauce over - make a very light sauce you want to be as close to white sauce as you can - sprinkle with garlic, salt, pepper, paprika and more cheese - bake about 20 min on 350 deg. I have made this many times and everyone loves it - it always reminds me of Easter - when you bake it don't let it dry out. Posted by lovessing.

## Pizza Breakfast

For a protein breakfast I removed the topping from some left-over pizza. It had sausage, cheese, peppers & mushrooms. Discard the crust. Mix toppings with two scrambled eggs and fry in a pat of butter. YUM ! Posted by gravit4854.

## Deb's Enchilada Eggs

2 eggs  
 vegetable oil for frying  
 1 can of enchilada sauce - (no added sugars)  
 1 slice american cheese, shredded cheddar, or Mexican blend (about 1/4 cup of shredded, but the creaminess of the melted american cheese was surprisingly more delicious in this recipe! Normally I would have thought cheddar would be better...)

In small frying pan, heat about 1 tablespoon of vegetable oil over medium heat. Crack eggs into hot oil and fry lightly on first side, flip, then top with enchilada sauce (You wont need the whole can- just use to your liking, save the rest for other mornings!) and cheese. Lower heat and cover pan with lid and let cook for an additional two minutes, or until cheese is fully melted and sauce heats through. Slide out of pan onto plate, and enjoy! Note: If you are making this with cold sauce and don't want to over cook the bottom of your eggs, slide onto microwave safe plate and heat until hot. Ole! I came up with this idea because I noticed that when I eat 2 eggs in the morning I seem to stay satisfied longer than I do with a carbos meal. Anyway, this is fast, easy, delicious and satisfying- I was content until mid-afternoon! My Mom grew up in Old Mexico, and this reminded me of her enchiladas- she would sometimes top the traditional stack of corn tortillas in enchilada sauce with a fried egg. This is basically the same thing- only without the corn tortillas! Posted by debsdesserts.

### Southwestern Style Eggs and Cheese

2 pounds hot sausage, crumbled, browned and drained  
 1 onion, chopped  
 1 green pepper, chopped  
 2 cans chopped green chillies  
 1 pound shredded coby-Jack cheese, or Mexican 4-cheese blend  
 18 eggs

Layer IN ORDER in crockpot:- 1 pound of the sausage, 1/2 of the onion, 1/2 of the green pepper, 1 can of the chillies, half of the cheese, remaining pound of sausage, the rest of the onion, the rest of the green pepper, the second can of chillies, the rest of the cheese. Beat eggs and pour over all. Cover and cook at LOW for 8 to 10 hours. Serves: 12. Effort: Easy. Posted by Issa, ex a low carb website.

### Breakfast Southwest Hot Dish

8 ounce chorizo ( found in the Mexican isle)  
 8 eggs  
 1 package frozen spinach thawed and drained  
 1 cup queso fresco cheese  
 1 half cup whipping cream  
 salsa and sour cream for garnish

Warm oven to 400 degrees. Cook sausage and let drain for 5 minutes then put it in a 9/13 pan. Beat eggs, then add all the rest of the ingredients. Mix well and pour over meat and bake for 20 minutes. I add the salsa and sour cream and serve with a salad, YUMMM. This is one of my favorite dishes, we have it all the time. Sometimes I add onion or green pepper. Posted by CHATTERBOXXXX.

### Bruschetta Omelette

3-4 slices bacon  
 1/2 small onion slivered  
 1 roma tomato  
 sweet basil  
 grated cheddar cheese (approx 1/2 - 1 cup)  
 3 eggs beaten

First I fry up bacon until crisp. Then I remove the bacon, and use the reserving bacon grease to fry onions until tender. (For variation I sometimes add sliced mushrooms after this step.) Dice one roma tomato and add to pan. Break up bacon and add to pan. Add basil to taste (I love lots!) You may have to add a wee bit of olive oil depending on how much bacon grease you have so it doesn't burn. Remove mixture and heat up clean pan with a bit of olive oil in it for frying. When hot, add 3 beaten egg mixture to make omelette. Cover and let cook approx 1 minute until fluffy. Add cheese and basil fried mixture to one side of omelette and fold over other side. Cover and let cook 1 min. Serve hot! I just love my omelettes in the morning, and one day I just thought about experimenting and created this delicious omelette. There really are no specific quantities, a bit of this a bit of that but this is what I use. Posted by kelled.

### Zucchini Omelette

I just made this up and have had it a few times and I just love it. It's not really all that unique, but I enjoyed the little differences. Add about 1/4 stick of butter and 1/2 tsp minced garlic in a hot frying pan, whisk in separate bowl: 2-3 eggs, 1-2 TB of sour cream, grated zucchini (this is really good, I just used a very fine cheese grater) and whatever kind and as much cheese as you want. You can also add bacon but I don't care for it. So I just scrambled it all up and had it with salsa. So good. Really filling. I don't know why but adding the sour cream and the grated zucchini really beefed up a dish that i was getting sick of. Posted by bri\_getting\_skinny



### Spinach Cilantro Omelet

1/2 10-oz. frozen spinach, cooked according to package direction, and drained WELL	pepper to taste
4 oz. cream cheese, softened	1 Tbsp chopped cilantro
1 clove garlic, minced	1/2 c. grated jack cheese
1/2 tsp. salt	10 eggs, beaten

In med bowl combine all ingred. Pour into small ramekin type (the round white kind) dishes, or 1 large round dish (the kind that has only 1 inch scalloped edges) and bake at 350 until lightly brown on top and not runny in center. It can be put together the night before, and baked in the morning. Katie K

### Ham & Spinach Quiche

6 eggs, beaten	1 8-oz pkg shredded mozzarella cheese (or cheese of your choice)
1 10-oz pkg frozen chopped spinach, thawed	Salt & pepper to taste
1 cup diced ham	
1 cup cream	

Preheat oven to 350 degrees. Mix all ingredients together and bake for 40-45 minutes, or until knife inserted in middle comes out clean. Add or substitute chopped onion, mushrooms, etc if you want. K.

### Breakfast Quiche

4 eggs	1/2 cup ham
2 cups cream	1/4 cup shredded swiss cheese
1/2 lb bacon, cooked & crumbled	1 small onion, chopped

Butter glass pie plate. Spread crumbled bacon, ham, onions, & cheese over bottom of pie plate. Add eggs to cream & beat well. Pour cream & egg mixture over filling in pie plate. Place in 350 oven & bake about 1 hr. or until golden brown & cooked through. (SisterPat)

### Donna's Cheesy Quiche

2 Tbsp. Olive Oil	1/2 tsp. dried Oregano
1 Small Onion, diced	1 tsp. Salt
3 Eggs	1/2 tsp. Ground Pepper
1 Cup Heavy Cream	3/4 Cup Shredded Mozzarella Cheese
1/2 tsp. Dried Basil	3/4 Cup Shredded Cheddar Cheese

Preheat oven to 350. Heat oil in skillet over medium high heat. Add onions & sauté until soft. In large bowl, beat eggs, cream, basil, oregano, salt & pepper. Pour into quiche or pie dish, & sprinkle cheeses over top. Bake in oven about 30 to 40 mins or until center comes out clean when toothpick is inserted. \*I added the extra salt, & it was a little too salty for me. You could either add or omit any of the spices\*. Posted by LeahM1999. Note: could try adding cut up cooked veggies like broccoli or asparagus or spinach.

### Scrambled Eggs with Spinach

4 eggs  
2 T cream  
Olive Oil Spray  
6 oz. raw spinach or 1/2 cup cooked  
1/4 tsp. minced garlic  
salt and pepper to taste

Cook spinach in a small amount of water until wilted. Squeeze out any excess water & chop. Add 1/4 tsp. minced garlic. Set aside. Place medium non stick skillet on medium low. Coat skillet with olive oil spray. In a bowl, whisk eggs & milk until mixed thoroughly. Pour egg mixture into skillet, add spinach & garlic. Stir constantly until eggs are no longer watery - about ten mins. Makes 2 servings. By Sherryj9.

## Greek Scramble

6 to 8 large eggs  
 3 TB minced fresh mint  
 1 TB minced flat leaf parsley  
 1 ts minced fresh oregano  
 2 TB minced scallion  
 freshly ground pepper  
 1 TB olive oil  
 2 cups packed spinach  
 1 cup crumbled feta cheese  
 1 cup diced ripe tomatoes or halved cherry tomatoes

Break eggs into medium sized bowl & beat with a whisk until smooth. Stir in the herbs & scallions, & grind in a good amount of black pepper. Place a 10" skillet or sauté pan over med. heat. After a few minutes, add the olive oil, wait about 10 seconds, then swirl to coat the pan. Turn the heat up to med-high add the spinach. Sauté for 2-3 minutes or until spinach has wilted & turned a deep green. With the heat still at med high pour the eggs into the pan scrambling them slowly, as the eggs begin to set push the curds from the bottom to one side allowing cooked uncooked eggs to flow into contact with the pan. The spinach will blend into the eggs. When the eggs are mostly set but still slightly wet, sprinkle in the crumbled feta. Continue scrambling, slowly allowing the cheese to melt slightly into the eggs. Wait about a minute & stir in tomatoes. Cook for just a few seconds longer, or until the eggs are done to your liking. Serve right away. By phoffer.

## Huevos Rancheros Egg Crepes

Eggs  
 Heavy Cream  
 Mushrooms  
 Salsa  
 Cheese  
 Onion  
 s and p to taste

Make fluffy egg crepes out of the egg and cream mixture. I do NOT measure very often, so you may want to look at someone's actual crepe recipe or use Suzanne's. I sauté the chopped mushrooms and onions in butter and wrap a crepe around this and cheddar cheese and top with salsa and sour cream. My husband makes these for me when he wants to get on my good side. They are SO good. By sisterstu.

## Breakfast Tortilla

Layer fat free cheese and salsa on a tortilla. Heat in microwave on high until cheese starts to melt. Twiggy88.

## Florentine Breakfast Wedges

1 9 oz. bag of fresh spinach, clopped	2 Tbsp. green onions, chopped
10 eggs	8 oz. cream cheese
¼ cup heavy cream	4 oz. Romano cheese, grated
1 clove garlic, crushed	¼ tsp. salt and pepper
1 Tbsp. olive oil	¼ tsp. nutmeg
1 Tbsp. water	¼ tap. Paprika
4 oz. mushrooms, canned, sliced	

Lightly sauté garlic in olive oil on medium heat. Add water & spinach, cover. Let steam for 1 min. Drain on paper towels. Beat eggs & cream. Mix other ingredients except cheese & paprika. Blend well. Grease 8 x 8 non-metallic baking dish with olive oil. Spread ½ spinach mixture on bottom. Cover mixture with cream cheese (slice thin pieces & place over spinach). Spread out remaining spinach mixture over cream cheese. Pour egg mixture over spinach. Sprinkle Romano cheese & paprika on top & bake for 40 mins at 350 deg. F. Cut into 8 pieces. Serve at once. Refrigerate leftovers. Makes 8 servings. I came across this recipe & it sounds delicious. Posted by Pippa.

### Sausage Frittata

1 small to medium green, red or yellow pepper, chopped  
 1 tbsp. olive oil  
 4 scallions, chopped  
 ½ lb breakfast sausages, cooked & sliced & cut into 2 inch pieces (I use ½ lb of bulk Italian sweet or hot sausage)  
 ½ tsp. freshly ground pepper  
 ½ tsp red chillies, crushed (I used green chillies from the can)  
 8 eggs  
 ½ c. heavy cream  
 4 oz. grated cheddar cheese

Preheat oven to 350. In oven proof frying pan, sauté peppers in olive oil until al dente. Add scallions & cooked sausage slices. Add ground pepper & chillies. Whisk together eggs & cream & pour evenly into pan. Cook on low heat for two or three minutes or until the eggs begin to set. Sprinkle cheese over top & put in middle of oven for 10-15 minutes until the top is puffed & golden. Cut into wedges & serve. This is great for breakfast but I have also used it for a light supper during this hot weather. We love it. Posted by Fricke.

### Zucchini Frittatas with Pecorino and Chives

1-1/2 tablespoon olive oil  
 3 medium zucchini, halved lengthwise and cut crosswise into 1/8-inch slices  
 1/4 teaspoon salt  
 1/4 teaspoon pepper  
 1/4 cup chopped fresh chives  
 1-1/2 oz. finely grated Pecorino or Parmigiana cheese  
 10 large eggs, lightly beaten

Preheat oven to 375F. Heat oil in 12-inch nonstick skillet over medium-high heat until hot, but not smoking. Sauté zucchini with salt & pepper, stirring occasionally, until just tender, about 4 mins. Whisk chives, zucchini & ½ cup cheese into eggs. Divide mixture among oiled muffin cups & bake in middle of oven until tops are puffed & set, about 14 mins. Remove from oven & turn on broiler. Sprinkle frittatas with remaining 1/4 cup cheese & broil 3 to 4 in from heat until cheese is melted & tops are golden, 1 to 2 mins. Posted by MsTified, ex Gourmet Magazine.

### Individual Zucchini, Mushroom and Cheddar Frittatas

1 1/2 tablespoons olive oil  
 1 small zucchini, shredded on large grate  
 1 shallot, peeled, thinly sliced  
 8 white mushroom caps, cleaned and sliced thin  
 salt and pepper to taste  
 3 eggs  
 1/4 cup half and half cream  
 1/4 cup shredded white cheddar  
 1/4 teaspoon salt  
 freshly ground pepper  
 1/4 teaspoon fresh thyme, chopped  
 vegetable oil spray

Pre-heat oven to 375. Heat oil in a medium sauté pan until oil is just shimmering. Add shallot & sauté for a few seconds, then add zucchini, mushroom, & sauté 3 – 4 mins until slightly wilted & soft. Season with salt & pepper. In a mixing bowl, whisk together eggs, half & half, shredded cheddar, thyme, salt, & pepper. Spray four cups of a muffin tin with vegetable oil spray. Divide zucchini mixture among the cups. Cover the zucchini mixture with the egg mixture, dividing the egg mix equally among the cups. Bake 15-20 minutes until puffy, golden brown, & just set. Serve immediately. I got this from the CBS Early Show-Chef on a Shoestring this morning. It just came out of the oven & I use leftover mushrooms, onions & cheese from fajita dinner the other night. They are incredible-I ate 3!!! I put some spinach artichoke cream cheese spread on top while still warm & WOW!! Posted by leener3boys.

### Ham and Cheese Frittata

6 eggs, beaten	1/4 tsp. Salt
1/2 cup cream	Dash pepper
1/4 cup finely chopped ham	2 Tbsp. butter or margarine
1 Tbsp. finely chopped green onion	Shred 1 cup sharp Cheddar Cheese,

MIX eggs, milk, ham, onion and seasonings in medium bowl. Melt butter in 10-inch skillet on medium-high heat. Pour egg mixture into skillet. As egg mixture sets, lift slightly with spatula to allow uncooked portion to flow underneath. When egg mixture is set but top is still moist, place 3/4 cup cheese on half of omelet. Sprinkle with remaining 1/4 cup cheese and broil until cheese melts. Twiggy88.

### Hash Browns

1 Tbsp butter(I also use canola oil)  
 1/2 small onion diced  
 1/2 lb. daikon radish diced  
 salt & pepper to taste  
 1/4 tsp dried thyme  
 paprika

Sauté onion in the oil/butter until soft then add the daikon. Cook over medium heat until crisp outside and soft inside, about 8 minutes. Add seasonings near end of cooking time. Sprinkle with paprika just before serving. Note: I added a Tbsp of water to the daikon mixture and covered the skillet for 5 minutes then removed the cover and cranked up the heat to "brown" it a bit. Worked perfectly. Makes 2 servings. Posted by LilLooLoo.

### Easy Cheesy Casserole

8 eggs  
 1 c. cream  
 1/2 t. salt  
 1 1/4 lbs. Monterey Jack cheese, shredded  
 1 lb. Cheddar cheese, shredded  
 2 small cans whole green chilies

Toss shredded cheeses together & divide in half. Place half of the cheese mixture in the bottom of a buttered 9 x 13 shallow casserole. Cover with a layer of ALL the chilies. Top with the remaining half of the cheeses. Beat eggs lightly. Beat in the cream & salt. Pour evenly over the casserole. Bake 350 for 30 to 35 mins. Posted by pfreeland.

### Chile Relleno Casserole

Preheat oven to 375. Spray 9 x 13 pan with Pam, line bottom of pan with green chiles (I roast & peel my own but you could use canned chilies). Sprinkle with 1/2 diced onion. Sprinkle with shredded cheese (cheddar or Mexican mix) - about a cup. Separate 9 eggs: whites into a big bowl, yolks into a small bowl. Beat egg whites until stiff. Fold in slightly beaten yolks. Spread egg mixture over the chile/onion/cheese. Bake at 375 for 30 mins. Remove casserole from oven. Pour 1/2 can enchilada sauce over all (more may cause the casserole to "fall" but it will still taste fine). Sprinkle with more shredded cheese if you like. Bake 10 more min. Serve with sprigs of cilantro. We enjoy this for breakfast, brunch or even dinner, & it's great to take to potlucks. Slender spirit @ PP site

### Chile Relleno Cups

6 eggs	1/2 cup monterey jack, shredded
1/2 onion, chopped	1/2 cup cheddar, shredded
1 can chopped green chiles	

Saute onions in butter, add chiles. Transfer to small bowl & add cheeses, mix until combined. Fill bottom of cupcake tins with above mixture (about 1 Tbsp per tin). In separate bowl, beat eggs with a splash of water & salt & pepper. Pour eggs over chile mixture in each tin until about 3/4 full. Bake at 350 for 20 mins. MarineWife.

## Candied Tomato Egg Cupcakes

8 roma tomatoes  
 olive oil  
 kosher salt  
 dried rosemary  
 1 sweet onion  
 6 slices of deli ham  
 Approx 1 cup shredded cheddar cheese  
 10 eggs  
 Pepper to taste

Candied tomatoes - from one of Suzannes books. Slice tomatoes in half - long ways. Drizzle with olive oil, sprinkle with kosher salt and rosemary. Bake at 325 degrees for 2 hours or until tomato is wrinkly on the outside but moist on the inside. Cool tomatoes and cut in quarters. Slice onion and saute in olive oil over medium high heat, stirring regularly until soft and golden brown. Take ham slices and slice them into strips. Preheat oven to 350 degrees. Spray muffin tin with Pam. Layer candied tomatoes, caramelized onions, ham slices and cheddar cheese in each muffin cup. Beat eggs well and add fresh ground pepper to taste. Pour eggs over layers until muffin cup is 3/4 full. Bake for 10-12 minutes until eggs are firm. These are so good and make it easy to grab in the morning and take to work. Makes 12. Posted by freedom4me.

## Breakfast Cups

Line each muffin cup with sliced deli ham. Add some well drained/squeezed chopped spinach. Add a dollop of cream (I omit this). Carefully break an egg into each cup. Top with shredded cheeses of your choice. Season with salt/pepper to taste. Bake for 10-12 mins at 350 & enjoy. I just tried these for the first & they are a nice change for breakfast. I use a large muffin pan. I bet this would be good with cheese or hollandaise sauce on top. JadeCat.

## Breakfast Skillet

Cube a turnip, and add this with onions and green peppers (cut as you wish), to a skillet with a little olive oil. Add sausage or chicken strips. When this is done, scramble 2 eggs and add all together and top with sour cream and salsa. This is soooo good!!! If i make it with chicken, then i toss my chicken in some of Suzanne's salt rubs for extra flavor! funnyface.

## Creamed Chipped Beef

heavy cream :1-2 cups  
 approx. 4oz cream cheese  
 garlic powder and pepper  
 \*\*\* NO SALT\*\*\*

I heated cream in a sauce pan until warm & then gradually added the cream cheese in small chunks. May need less or more of the cheese. Then I used Armour dried beef (jar), I rinsed it well & cut it up & put into the sauce. I ate it in a bowl, but think I will try it over DebB's protein buns:) Posted by JCNmyheart.

## Breakfast Sausage

1 pound ground turkey  
 1 T. parsley  
 1/2 t. salt  
 1/2 t. marjoram leaves  
 1/4 t. ground sage  
 1/4 t. nutmeg  
 1/4 t. ground black pepper

Mix all ingredients until well blended. Pat into patties & brown in lightly greased or nonstick skillet. You may also brown like ground hamburger for spaghetti type sauces etc. (Amounts approximate to taste.) Posted by FrozH2O.

### **Breakfast Meatballs**

2 lbs sausage  
1 lb ground beef  
3 eggs  
2 TBS dehydrated minced onion  
1/2 lb shredded cheddar cheese  
black pepper to taste

Preheat oven to 350 degrees. Combine all ingredients and mix well. Roll into 1-1/2" balls and place on cookie sheet. Bake 20-25 minutes. Makes about 50 meatballs. They freeze well after cooking for an anytime snack. Ruscod @ ALCF. I added chopped baby spinach, chopped mushrooms and celery, some garlic too. I stuck a cube of Colby cheese in the middle. It was awesome! I give it a two thumbs up! Deb's notes: I just made these today, and are they GOOD! I lined the cookie sheets with aluminum foil, which is a good idea for this recipe. I ended up using Jimmy Dean b'fast sausage, 2 (12oz) regular and 1 (12oz) spicy - along with the hamburger. Mine were smaller than the 1 1/2" and made 2 large cookie sheets full. Delicious!

### **Level 1 Apple Jelly (kinda)**

Dilute 1 packet Knox gelatin in 1/2 cup water. Make 1 cup apple cinnamon herbal tea (Bigelow teas) and stir into gelatine. Refrigerate to set. Good on cool toast, it will melt on hot toast. It's also a nice dessert with a dollop of whipped cream. Twiggy88.

### **Lamb and Eggs**

1 lb of ground lamb  
1/2 teas of salt

Cook until very well done (kind of dry). Drain well on paper towels. Wash pan with soapy water, or use a different one. Add 2 tablespoons of cooked lamb to a hot sprayed skillet and then add three beaten eggs. Extra lamb can be stored in a ziplock for future use. Lindylou.

## APPETISERS

### Devilish Eggs

My favorite deviled eggs - previously saved just for the holidays. Day ahead, preferably, hard boil 18 eggs, refrigerate until cool and then cut in half, scoop out yolks and mash with fork or pastry cutter until fine. Cook 12 oz. Hot Jimmy Dean Sausage. Refrigerate until cool and then finely dice. Day of assembly: Combine mashed yolks with finely diced sausage. Add finely diced dill or sour pickle (to taste) - I use one medium sized. Add mayonnaise to taste (usually a few tablespoons) - it's easier to keep adding more than to correct if you've added too much so take it easy. Add a dash of mustard (I like this taste). Sprinkle with salt to taste. Mix all together until it's a nice consistency. Spoon mixture into egg whites - there is a lot of filling here, so the whites will be piled pretty high making for an excellent egg! Assemble eggs on platter etc. and sprinkle lightly with paprika to serve. YUM YUM. Oh so good when refrigerated before serving to let those flavors really mix together.

### Green Chili Devilled Eggs

1 4 oz can diced green chilies  
12 large eggs  
1/2 C mayonnaise  
1/8 tsp. hot pepper sauce

Cut eggs in half length wise. Remove yolks. Place in small bowl. Mash yolks, mayonnaise, and hot pepper sauce, stir in chilies. Fill egg white halves with yolk mixture. Sprinkle lightly with paprika. By Phoffer.

### Crabby Devilled Eggs

8 large hard-boiled eggs, peeled	1 tsp Old Bay Seasoning
3 TBS mayonnaise	1/8 tsp cayenne pepper
1 TBS minced shallot	1/4 tsp Tabasco
2 tsp lemon juice (fresh)	8 ounce lump crabmeat

Cut eggs in half, lengthwise. Scoop out yolks and place in a bowl putting egg on a serving plate. Mash yolks with a fork. Mix mayo, shallot, lemon juice, Old Bay seasoning, cayenne and Tabasco together very well. Add crabmeat. Season to taste with salt and pepper. Mound devilish mixture in the egg white halves. Cover and refrigerate for like 4 hours. Garnish the plate with parsley and serve once cooled. Missalula.

### Savory Devilled Eggs

hard boiled eggs (as many as you want)  
1 can of tuna, drained and flaked

The remaining ingredients are all to your taste:

mayo  
salt & pepper  
curry powder

Slice eggs in half, scoop out yolks & mash. Add tuna & mix. Add salt, pepper & curry powder to taste. Add mayo (enough to make a paste like consistency). Stuff egg whites, sprinkle with parsley & serve. Posted by BMWgirl.

### Crab Canapés

6 oz cream cheese	1/2 c chopped red pepper
2 tsp lemon juice	4 green onions, sliced
1 tsp hot pepper sauce	cucumber slices
6 oz crabmeat	

Combine all ingredients except cucumbers; mix well. Chill until ready to serve. For canapes, spoon 1 1/2 tsp crab mix on each cucumber slice. \*\*I use this more as a dip with bell peppers, celery, cucumber slices etc. Sarara.

### Just Right Cheese Bites

1 lb. mild semi firm cheese, Colby, Monterey Jack, Provolone, etc.  
 1/2 C chunk style crab meat chopped  
 2 TB legal pesto

Use hors d'oeuvres cutters, cut cheese 1 ¼ to 1 ½" pieces. Or using a sharp knife, cut cheese into 1 ½ inch cubes. Using a small end of a melon baller, hollow out each cheese piece, taking care not to cut through the bottom. Refrigerate removed cheese for another use, eg soup or fondue. In small mixing bowl, gently stir together crab meat, pesto. Spoon 1 to 1 ½ tsp crab meat mixture into each cheese piece. Makes 16 pieces. By Phoffer.

### Cheese Puffs

1 small bag 3-4 oz cream cheese  
 ¼ lb sharp cheddar cheese, grated or shred  
 ¼ lb butter ( 1 stick)  
 2 egg whites room temperature  
 ¼ tsp cream of tartar  
 1 bag 3-4 oz plain pork rinds

Melt cream cheese, cheddar cheese & butter in a double boiler or in microwave. Cool for 5 mins. Beat egg whites with cream of tartar until stiff but not dry. Carefully fold cheese mixture into beaten egg whites, being careful not to break down whites. Dip pork rinds into mixture to evenly coat & then place on wax paper or parchment paper covered plate. Let stand in frig over night. Preheat oven to 250, spread puffs evenly across cookie sheet & bake at low even 250 F. for approx 1 hour or until crisp. The finished texture is somewhat like a puff cookie. By phoffer.

### Parmesan Cheese Puffs

2 large egg whites  
 1 cup freshly grated Parmesan  
 a pinch cayenne  
 vegetable oil for deep frying

Put whites in a large bowl and let stand at room temp. about 15 minutes. With an electric mixer beat whites until they hold stiff peaks and with a metal spoon thoroughly fold in Parmesan and cayenne. Roll mixture into about twenty ¾" balls. In a 3 qt. heavy skillet hat 1" of oil to 375 degrees. Working in batches, fry balls, turning them until golden, about 2 minutes. Transfer to paper towel to drain. By phoffer.

### Cheese Blossom

8 oz Provolone cheese, sliced	1/4 tsp Salt
16 oz Cream cheese, room temperature	1/4 tsp Ground pepper
2 cloves Garlic	2 tbs Extra virgin olive oil, EVOO
1/2 cups Fresh basil leaves	3 oz Sundried tomatoes, oil packed
1/2 cups Fresh parsley	

Line a medium bowl with plastic wrap, leaving enough overhang to cover the top. Reserving 3 slices of provolone, line bottom & sides of bowl with remaining provolone (one in the middle & the others around the edges like a flower), overlapping slices. For cream cheese layer, process cream cheese & 1 of the garlic cloves in a food processor until blended; scrape mixture into a bowl & set aside. For pesto layer, process basil, parsley, & remaining garlic clove in food processor until blended. Dissolve salt & pepper in olive oil & mix well. With machine running, add oil in a fine stream. Scrape this mixture into a second bowl & set aside. For tomato layer, drain tomatoes, reserving oil. Puree tomatoes with a small amount of reserved oil in a food processor. Spread some of the cream cheese mixture over the cheese slices lining the bowl. Layer pesto mixture, half of remaining cream cheese mixture, sun-dried tomato mixture, & then remaining cream cheese mixture in bowl. Cover with remaining provolone. Bring edges of the plastic wrap together over top & secure with a twist tie. Freeze until firm. Remove plastic wrap & invert mold onto a serving platter. Serve with crispy cheese chips in one of Suzanne's books. This will keep in the refrigerator for up to 3 months. Level 2: To pesto layer add 1/2 cup pine nuts. Posted by grouchojll.



### Onion Cheese Ball

4 packages (3 oz) cream cheese, softened  
 2 C shredded cheddar cheese, room temperature  
 4 ounces Roquefort cheese, room temperature  
 3 Tbsp. dried minced onion  
 1 Tbsp. Worcestershire sauce  
 1 C minced fresh parsley

In a mixing bowl, beat cheeses, onion, and Worcestershire sauce until well blended. Shape into a ball and roll in parsley. Chill. By momtomgm.

### Bacon Cheese Spread

1 package bacon, chopped  
 4 C shredded sharp cheddar cheese  
 2 C mayonnaise  
 1 small onion, chopped finely  
 2 Tbsp. sweet red pepper, chopped finely  
 1/8 Tsp. cayenne pepper

Cook bacon until crisp, drain. Mix with remaining ingredients. By momtomgm.

### Bacon Wrapped Shrimp with Horseradish Sauce

24 shrimp, large, uncooked, peeled & deveined  
 24 whole water chestnuts in the can, drained  
 12 bacon slices, cut in half crosswise  
 6 TB unsalted butter  
 1 8 oz package cream cheese  
 1/2 c mayonnaise  
 1/2 c Daisy sour cream  
 3 TB prepared horseradish  
 1 TB fresh lemon juice  
 Tabasco sauce to taste  
 white pepper to taste

Wrap shrimp around 1 water chestnut then wrap one piece of bacon around that and secure with tooth pick, repeat for all 24 pieces. Melt 3 tb unsalted butter in heavy skillet over high heat. Add half the shrimp at a time and cook until bacon browns about 2 1/2 minutes per side. Transfer to large dish and finish the other half. Preheat broiler. Beat cream cheese until smooth, add remaining ingredients & beat until blended. Season with salt. Spoon over shrimp broil until top is brown. Serve and enjoy! Patricia Hoffer

### Scallops with Pancetta and Gorgonzola Cheese

1/2 lb (about 12 slices) thinly sliced pancetta ham  
 4 oz. gorgonzola cheese  
 1/2 lb sea scallops (20-30 per lb)

Preheat oven to 450. Place round slices of pancetta in 9 x 13 baking dish. Center one scallop on top of each slice of pancetta. Top each scallop with pea to dime size (1/2 tsp) nugget of gorgonzola cheese. Wrap lightly and twist the pancetta around the scallop and cheese so it resembles a little purse. Place dish in oven; bake until internal temp of scallops is 140 degrees - or about 10 minutes. This recipe is from our local Supermarket (Wegmans) in Rochester, NY. Haven't tried it yet - -but it sounds like something tasty (and legal) for the holiday parties. Posted by suzysun55.

### Prosciutto Wrapped Scallops

Wrap large sea scallops in a half a slice of prosciutto & fasten with a toothpick. Drizzle with olive oil & broil for 5 mins or until scallops are cooked through. The prosciutto will get lightly crispy & will not produce the grease that bacon does! I've found this recipe to be better than using bacon! Great for holiday get-togethers. By caeahome.

### Salami & Cheese Roll Up

This is like pepperoni roll ups, with a slight variation. Dab about 1/2 t of cream cheese in the middle of a slice of genoa salami (I buy it at Costco in the deli section). Then dab a bit of mozzarella ontop of that, sprinkle with any spices you like (garlic powder, pepper, etc). You can then fold in half and secure with a toothpick, or not. Microwave to 2 minutes. An awesome appetizer for all, or a dinner for you! Bella232232

### Roast Beef Roll-ups

2 Tbsp mayonnaise	1 tsp. Worcestershire sauce
2 Tbsp prepared horseradish	1/4 tsp. seasoned salt
2 Tbsp sugar-free catsup	8 oz cream cheese, cubed

Thoroughly blend all ingredients. After the flavors have blended (several hours), spread it on roast beef slices and roll it up. You could probably stuff these with the pickled asparagus or dill pickles too -- I like them plain so I haven't stuffed them yet. Missalula.

### Ham Roll-ups

2 Tbsp. mayonnaise	1/4 tsp. seasoned salt
2 Tbsp prepared horseradish	8 oz cream cheese, cubed
1 tsp. Worcestershire sauce	

Thoroughly blend all ingredients. After the flavors have blended (several hours), spread it on ham or beef slices and roll it up. I like to put in a pickled asparagus spear (I buy these at Costco, by the pickles) others like a dill pickle and then roll it up. \*Ü\* DebB

### Citrusy Hummus Roll-Ups

1 15 oz can garbanzo beans (chick peas), drained (save liquid)  
 Fresh garlic (to taste; I like it garlicky, so I used about 5 cloves)  
 Lemon juice (again, to taste; I used the juice of one lemon.. zap citrus in the microwave on high for about 20 seconds to extrude extra juice)  
 Lime juice (to taste; I used the juice of one lime)  
 Several leaves of fresh basil (any herb you like will do here with the exception of rosemary, which is too woody - fresh flat leaf parsley, thyme, or a combination would work well. Just make sure to use fresh herbs)  
 Kosher salt (to taste)  
 Black and/or cayenne pepper (to taste)  
 Level two: Add tahini, peanut butter, or almond butter to taste (roughly 2 Tbsp)  
 3-5 large Whole Wheat Lavash roll-ups (I prefer Joseph's if you can find them)

Open can of chick peas & drain liquid into a small dish. Set liquid aside. Dump chick peas into food processor or blender. Add garlic, lemon juice, lime juice, salt, & pepper to taste (add nut paste of choice for level two). Blend until mixture starts to look like a smooth paste. If the mixture looks too lumpy & dry, add more citrus juice (if you like it extra tangy) or add some of the chick pea liquid. Add fresh herbs, & blend until desired consistency is reached. Be sure not to add too much liquid at first, or your spread will be runny. Refrigerate in an airtight container for at least an hour to let the flavors mellow. Overnight would be best. TO CONSTRUCT ROLL -UPS: Take lavash bread & spread a generous amount of hummus over every possible inch. Roll semi-tightly into a log shape, & cut into 1-inch pieces. Poke a toothpick through each little roll & serve on your best platter. Variations: Use same ingredients & add a whole mess of legal veggies &/or warm brown rice & turn into a zesty lunch! Use hummus as dip for legal veggies! As far as I know, this is a completely vegan recipe. Much of this recipe is according to taste & can be easily adapted, so measurements are not going to be precise. This is level one (Carbs). Posted by Yesitis909.

### Turkey Roll Ups

Two to three slices deli chicken or turkey for each roll up  
 2 to 3 green onions, chopped  
 2 to 3 radishes, chopped

cucumbers, sliced and then chopped  
 6 or 7 grape tomatoes, cut in half  
 2 to 3 Tbsp of mayo  
 Shredded white cheddar cheese

Chop veggies & mix together with mayo. You want this to have enough mayo to hold all the veggies together. Take two to three slices of the deli meat & lay on a piece of plastic wrap. Put a fourth of the veggies in the middle of the meat, top with cheese and roll up, using the plastic wrap to hold it all together. For the amount of veggies listed up this will make about three for four roll ups. You could mix and match any type of veggie or cheese to give some variety. These are so easy and I have them for lunch all the time. It is a little tricky rolling up the deli meat if it is sliced too thin. I usually take two to three slices, one on top of the other and roll up. LBBugs.

### Pasilla Poppers

Pasilla chili peppers  
 Shredded Mexican cheese blend

Preheat oven to 350. Slice the peppers lengthwise & clean out the seeds. Place the peppers on a greased cookie sheet with the inside of the chili facing up. Fill each pepper with a fair amount of cheese. Bake about 20 minutes. Cut into bite size pieces & serve. I have found that leaving the stem on is best. If you cut off the stem end of the chili pepper, all the cheese runs out while the chili pepper is baking. These are best served hot/warm. This is so simple & yet so yummy. Whenever I serve these at a party they go really quickly. I eat these all the time for a snack & for lunch as well. They are great because Pasilla chilis are pretty mild & have great flavor. I would think that if you can't find Pasilla peppers, you could certainly substitute Anaheim peppers which are also mild. Pasilla peppers aren't quite as readily available as the Anaheims. I give my sister credit for the recipe. I had been on this diet about a week & we were going over to her house for dinner. I took food of my own, not knowing what she was serving. I walked in the door & saw the Pasilla Poppers out. I didn't even say hello. The first words out of my mouth were "I can eat those!" I was so excited & they were so good. Enough, here it is. Posted by weesers.

### Quick and Easy Sausage Wonders

1lb of loose sausage meat (any kind)  
 parmesan cheese  
 toothpicks  
 Marinara sauce

Make small round sausage balls in your hands. Fry them in a small amount of oil. Place on paper towel. Then roll them in parm cheese. Fry again until crusty. Arrange them on plate with toothpicks. Serve them with sauce for dipping. Quick and easy and you can make a lot in short amount of time. Great substitute for meatballs. I spice it up or you can use sweet. These are easy to make and you can prep them ahead of time. They also freeze well. Just place in ziplock bags and seal tight. Posted by Skye2.

### Pepperoni Poppers

Spread goat cheese on pepperoni & top with sliced or diced pickled jalapeños, or sundried tomatoes (The packed in oil type), or diced marinated artichoke hearts before rolling them up. By OJAGAJ.

### Ham Pinwheels

Cooked Ham (fresh Lunch Meat)  
 Whole dill pickles  
 cream cheese

Take a slice of ham, spread with cream cheese, lay pickle on top and roll up and cut in slices. Great for parties and goes over real big. By Phoffer.

### Cumin Drumemies

2 lbs chicken drumettes	1 tsp salt
2/3 C cream	1/4 C lemon juice (fresh is best)
2 garlic cloves, peeled and minced	1/4 C melted butter
4 TBS ground cumin	

In a Ziploc bag, mix cream, garlic, 3 TBS of cumin and salt. Add drumemies and toss them to get them coated very well. Put in the refrigerator and let these marinate for at least 6 hours or overnight. Drain the wings. Put them on an oiled broiler pan and bake them, skin side up for 15 minutes in a 475 degree oven. In a small bowl, stir together 1 TBS cumin, lemon juice, butter, and salt to taste. Brush the wings with the mixture after the 15 minutes cook time. Put the wings back in for 10 more minutes or until they are golden. MissaLula.

### Spicy Drumemies

1/2 stick butter	For serving:
1/2 C Texas Pete Hot Sauce (or whatever you like)	1 C Bleu Cheese dressing
1 pkg Hidden Valley Ranch DIP mix	Celery Sticks
2 lbs chicken drumettes	

Melt butter in saucepan & add hot sauce. Rinse & dry drumemies. Dip chicken in hot sauce, roll in Ranch Dip mix. Place on a cookie sheet. Bake at 350 for 20 to 25 minutes. Serve with bleu cheese dressing and celery. Missalula.

### Lemon-Rosemary Chicken Skewers

8 skinless boneless chicken breast halves (each about 7 ounces)	6 bay leaves, broken into small pieces
48 8-inch bamboo skewers, soaked in water 30 minutes, drained	3 TBS chopped fresh rosemary
1 1-pint basket grape tomatoes or small cherry tomatoes	4 large garlic cloves, crushed and peeled
1 C olive oil	2 tsp salt
1 C fresh lemon juice	2 tsp Tabasco sauce
	1 C Mayonnaise

Cut each chicken breast half lengthwise into 6 thin strips. Thread each strip completely onto 1 skewer, leaving 1/2 inch of skewer exposed at 1 end. Press 1 grape tomato onto end of skewer. Divide skewers between two 15x10x2-inch glass baking dishes, stacking skewers if necessary. Pour oil into bowl. Whisk in next 6 ingredients. Pour marinade over chicken. Marinate 1 hour at room temperature, turning often, or cover and chill overnight. Preheat oven to 425°F. Remove skewers from marinade and arrange on 2 large rimmed baking sheets; reserve marinade. Bake chicken until just cooked through, about 8 minutes. Transfer to platter. Transfer reserved marinade to medium saucepan. Boil over medium-high heat 1 minute. Cool marinade 15 minutes. Strain. Pour 1/2 cup marinade into medium bowl; whisk in mayonnaise. Season sauce to taste with salt and pepper. Spoon remaining marinade over chicken to moisten. Serve chicken with sauce. Missalula.

### Roasted Pepper and Basil Skewers

1/2 pkg of mozzarella cheese, cut into 16 cubes
16 fresh basil leaves
2 medium yellow or red peppers, roasted cut into 16 small squares
16 small cherry tomatoes
16 toothpicks or small wooden skewers
1/3 cup Paul Newman's Italian dressing

Skewer 1 cheese cube, basil leaf, pepper square and tomato with each toothpick; place in a shallow dish. Pour dressing over skewers. Let stand 20 min. to marinate, turning occasionally. Remove skewers from marinade just before serving. Discard marinade. Posted by TL.

### Artichoke Nibbles

2 jars of marinated artichoke hearts  
 1 small onion (6 oz.) (or 2 green), chopped fine  
 1 clove garlic, mashed  
 4 eggs  
 ½ tsp pepper  
 1 tsp oregano  
 ¼ tsp salt  
 ½ lb sharp cheddar cheese, shredded (bout 2 cups)  
 2 TBL minced parsley (fresh if possible but dry is OK if necessary)

Drain artichoke hearts and discard marinade. Chop artichokes and set aside. Chop onion. In a frying pan add onion and garlic and sauté. In a separate bowl, beat eggs with fork until frothy; add salt, pepper and oregano. In frying pan stir in cheese, parsley, artichokes, and egg mixture. Bake in 7 by 11 or 9 by 9 inch greased pan at 325 ° for about 30 minutes. Cool and cut into one inch squares. Reheat for hors d'oeuvres or serve cold as canapé. This recipe is good as a side dish when SSing too because it gives you a feeling of eating a "bread like" food even though it is completely legal and YUMMY!! Posted by Sass McGhee.

### Goats Cheese Stuffed Artichokes

12 artichoke bottoms (canned)  
 5.5 oz. herbed goat cheese  
 shredded parmesan cheese  
 white wine  
 butter  
 s&p to taste

Dry artichoke bottoms on paper towels. Dollop about a teaspoon of the goat cheese on these. "Roll" (really sprinkle, I'd say) in the shredded parmesan, place on a baking sheet and bake at 350 until browned and a little bubbly. Drizzle with sautéed butter/wine mix. Season to taste if needed. Serve warm. Can also broil instead of baking. Can use marsala instead of the white wine. By sisterstu.

### Montana20024's Stuffed Mushrooms

1 pkg Philly cream cheese	parsley
1-2 tsp Worcestershire sauce	chopped shrimp and ham
1 tsp lemon juice	a couple of shakes of parmesan cheese
1-2 tbsp mayo	

Stuff in mushrooms and sprinkle 1/2 shredded cheese. Bake for 15 min on 300 if you precook the mushrooms. I like to pre cook mushrooms just to get juices out. Pat dry and fill.

Just an FYI - I have discovered that any leftover 'stuffing' makes a real good base for a frittata. Just start by melting a tablespoon of butter in a skillet, add your leftover stuffing mixture, warm it up a bit over medium-high heat, add beaten eggs mixed with a little cream, then pop in a 350 degree oven for 10 minutes or so, until the top is set. YOU can add a bit of cheese to the top if you want. Heck, if you have leftover stuffed mushrooms, too, just chop them all up for your frittata! Makes for a quick & easy breakfast, lunch or dinner. Lori .

### Stuffed Mushrooms

Chop mushroom stems, lobster and deviled crab meat. Stuff Caps with mixture. Bake in oven and smother with White Cheddar Cheese. From Red Lobster, posted by SS Sheila.

### Sausage Stuffed Mushrooms

1 lb sausage (hot if you like that)	8 oz cream cheese, softened
1 C (3 oz) grated Parmesan Cheese	1 large egg yolk
1/2 tsp Worcestershire sauce	24 mushrooms (large) with stems removed
1/2 tsp garlic powder	Olive Oil, extra virgin

Cook sausage until done over medium heat, breaking it up until it's like ground beef. Drain sausage & cool. In a bowl, combine sausage, 1/2 C parmesan cheese, Worcestershire sauce, garlic powder. Next add softened cream cheese. Add salt & pepper to taste. Mix in egg yolk trying to not overwork the meat. Spray or brush large glass baking pan with olive oil. Fill each mushroom cap with about 1 TBS of filling & sprinkle with parmesan. Bake in a preheated oven of 350 about 25 to 30 mins. The mushrooms should be tender & filling brown on top. Missalula.

### Stuffed Mushrooms

Brown one lb sausage, stir in until melted 1 8oz cream cheese. Clean & de stump mushrooms. Lay out on a cookie sheet, stuff all & bake at 350 for about 15 mins or until browned tops! These are so excellent! Cold or hot! I got this recipe from a friend, I don't know if she made it up or got it from something. Posted by nyk.

### Crab Stuffed Mushrooms

1 lb fresh mushrooms	ground black pepper
7 oz crab meat	1/4 c parmesan cheese
5 green onions, thinly sliced	1/3 c mayonnaise
1/4 t dried thyme	3 T grated parmesan cheese
1/4 t dried oregano	1/4 t paprika

Pre heat oven to 350. In a medium bowl combine crab meat, green onions, herbs and pepper. Mix in mayo and 1/4 c parmesan cheese. Refrigerate until ready to use. Wipe mushrooms clean with damp towel. Remove stems. Fill caps with filling and place them in an ungreased shallow baking dish. Sprinkle tops with parmesan cheese and paprika. Bake for 15 min. serve immediately. Posted by gokars5.

### Portobello Mushrooms with Crab Dip

Follow ss recipe for Hot Crab Dip or

- 1/2 C mayo
- 2oz cream cheese
- 1/4 C chopped scallions/red onions
- 1/4C parmesan cheese
- 1tsp Montreal Steak spice

Mix all ingredients and place on top of a de-stemmed underside of a portobello mushroom. This will make approx 4 very large mushrooms. Bake at 350 for approx 10-15mins until juices start to flow and mushroom softens. This is great for SSing. I serve as an appetizer. Posted by renew.

### Mushrooms Vittorio

3 lbs medium mushrooms	1/2 tsp oregano
1/2 c chopped celery	1 TB sugar substitute
1 tsp. chopped parsley	1/2 tsp garlic salt
1 med. chopped onion	salt & pepper to taste
1/4 c each cider and wine vinegar	

Clean mushrooms, if large, quarter them. Blanch 5 minutes in boiling water to which 1 tb of vinegar or lemon rind has been added; drain. Combine all other ingredients in lg 2 qt. jar or container. Add hot mushrooms, cover and shake to cover mushrooms. Refrigerate at least 2 days; shake every day so mushrooms are covered with dressing. Great to use for an antipasto for those who may be level two. By phoffer.

### Bennigan's Broccoli Bites

3 eggs  
 6oz. shredded monterey jack cheese  
 6 oz. shredded colby cheese  
 1- 16 oz. box frozen chopped broccoli, thawed, drained and dried  
 2 1/2 ozs. bacon pieces  
 1/2 oz. diced yellow onion  
 1 oz. all purpose flour (grated parmesan cheese)  
 Italian bread crumbs (pork rind flour) as needed

Drain thawed broccoli thoroughly by pressing through a strainer. Beat eggs in a mixing bowl with a whisk until well blended. Place all the ingredients into a plastic container, except the bread crumbs. Stir together with a spatula until thoroughly combined. Refrigerate mixture for about 1 hour. This will help to bind the mix making preparation much easier. Heat about 4 cups oil in a fryer or deep pan for frying at 350\*. Set up a shallow pan with bread crumbs. Scoop about 1/2 oz. portion of the broccoli mixture into the bread crumbs. Form each portion into a ball and coat it well. Place broccoli bites into the fry basket or frying pan. Make sure they do not stick together. Fry for one minute, then remove and place onto a plate lined with paper towels to absorb excess oil. Serve with : honey mustard dressing; use Starlite's recipe. Posted by mjlibbey.

### Cream Cheese Tomatoes

Using small salad tomatoes, core out the tomatoes leaving a round cavity. Fill with cream cheese. These are so yummy and are even better the next day. By critter.

### Stuffed Cherry Tomato Cups

20 cherry tomatoes  
 1/4 C chopped chives or green onions  
 10 slices of bacon, fried and crumbled  
 1/2 C lettuce, very finely chopped  
 3 TBS mayo  
 salt/pepper to taste

Cut top off the tomatoes and scoop out the pulp. You can leave them upside down on a paper towel to drain while you make the rest. Combine: bacon, chives, lettuce, mayo, and salt & pepper. Fill the tomatoes with mixture. I used a mini food processor to mix all the ingredients. I also used a melon scooper to get the pulp out and put in the mixture or you could use a measuring teaspoon. I printed this up from another website and just made these. They are great! Posted by mickey72.

### Sun-Dried Tomato Pâté

1/2 cup sun-dried tomatoes in oil  
 8 oz. cream cheese  
 1/2 cup parmesan cheese  
 2 TBS butter  
 1 garlic clove  
 1/4 cup green onion  
 1/2 tsp rosemary  
 1/4 tsp oregano  
 1/4 tsp basil

Process in food processor or blender until smooth. (Scrape down if necessary.) I serve with celery sticks. It tastes like pizza! Posted by LindaVA. This is addictive, so watch out!

### Easy as One, Two Dip

1/4 cup mayonnaise  
1/4 cup sour cream

Mix and refrigerate for a little bit. My grandmother got me loving this when I was 15-fifteen years before I'd even heard of somersizing. I absolutely love this with broccoli and cauliflower. Posted by karma.

### Brie Dip

Sauté a chopped med onion with some butter. Once it's done, mix in 1 brick cream cheese and 1 cup sour cream. Mix well and add two triangles of brie with rind removed. Add a splash of Worcestershire sauce. Mix well. I put it in a casserole and bake until bubbly 350 for about 30 minutes. My friends ask for it for their birthdays!! By Beth8266.

### Dill Vegetable Dip

1 C sour cream  
1/2 C mayonnaise  
1 Tbsp. finely chopped onion  
2 Tsp. dried parsley flakes  
1 Tsp. dill weed  
1 Tsp. seasoned salt

In a bowl combine all ingredients and mix well. Cover and refrigerate 2 hours for flavors to blend. By momtomgm.

### Dill Dip

1 1/2 C Mayo  
1 1/2 C Sour Cream  
1 T. Dill Weed  
1 T. Dehydrated Chopped Onion  
Salt  
Pepper

Mix and let the dried onions rehydrate, about 1 hour. I always have some of this made up. I use celery and cauliflower. Any legal veggie will do. Posted by sockim123.

### Onion Dip

3 Tbs butter  
1 Tbs oil  
3-4 Onions, 1/8" half moon slices  
1 Tsp Salt  
1 Tsp Fresh Ground Pepper  
1/2 to 1-1/2 tsp Cayenne Pepper (depending on how much heat you like!)  
1/2 Cup Mayo  
1/2 Cup Sour Cream  
4 oz Cream Cheese (room temperature)

Melt butter and oil together. Add onions, salt, pepper on med for 10 minutes or until soft. Add salt, pepper and cayenne. Lower heat to low and cook until onions are caramelized - 20 to 40 additional minutes. Let onion cool - approx 10 minutes. Blend mayo, sour cream, and cream cheese in food processor until smooth. Add onions and pulse until onions are still chunky. Refrigerate at least one hour before serving. Stays well in air-tight container in refrigerator for about 3 to 4 days. Posted by writer22.



### Zucchini and Roasted Red Pepper / Feta Dip

2 roasted red peppers, drained  
 8 ounces feta cheese, crumbled  
 1 clove garlic, cracked from skin  
 1/2 lemon, juiced  
 Salt and coarse black pepper  
 2 medium zucchini squash, washed

Combine red peppers, cheese, garlic and lemon juice in a food processor and process until smooth. Season with salt and pepper. Cut each zucchini in rounds or half moon slices. Refrigerate dip and zucchini until ready to serve. (Could also use other veggies!!!!) This is originally from the Food Network - but they added chickpeas. Since that is not legal with fats, I deleted. Haven't tried this yet - but sounded like a nice dip. Posted by suzysun55.

### Hot Broccoli Dip

1/2 C finely chopped onion  
 1/2 C finely chopped celery  
 2 Tbsp. butter  
 1 package (16 oz.) processed American cheese, cut into cubes  
 2 C chopped fresh broccoli, blanched  
 1/2 Tsp. dried rosemary, crushed

In a small saucepan, sauté onion and celery in butter until tender. Add cheese and cook over low heat until melted. Stir in broccoli and rosemary. By momtomgm.

### Really Good Broccoli Dip

1 Cup Of Mayo  
 1 Cup of Shredded Cheese ( any kind you like) I use a sharp Cheese  
 1/2 cup of grated Parmesan cheese  
 1 10 oz of Frozen Chopped Broccoli well Drained  
 1 2oz Jar of diced Pimientos well drained

Mix altogether (put leave a little of the cheese to put on top the last five min of baking) and spread into a 9" pie plate. Bake in a 350\* oven For 20 to 25 min. the last 5 min top with the remain of the cheese and bake for last 5 min. Serve with fresh cut veggies. By littleoneme2001.

### Cheese/Salsa Dip

A pile of grated cheddar cheese.  
 1/4 C. warm cream  
 1/4 - 1/2 C. any salsa

Mix all ingredients together. Heat in a sauce pan over low heat, or nuke it. Vary measurements to suit your taste. This is what I did. I didn't measure. Posted by Luanne Porter.

### Hot Cheddar Dip

2.5 cups shredded cheese, sharp or mild  
 8 ounces cream cheese cut in 1/2 inch cubes  
 3 cups heavy cream  
 salt to taste  
 1/4 tsp ground red pepper

Here is the recipe that came with her slow cooker. Place into one side of the double dishes of the slow cooker and briefly stir to combine. Posted by sportstaxi.

### Hot Salsa Dip

1 cup hot salsa or one packet SS salsa dip mix  
 8 ounces cream cheese, cut up  
 1 cup sour cream  
 1 cup jalapeno jack cheese, cut up  
 1 cup heavy cream  
 1/4 cup mayonnaise  
 1 bunch green onions, sliced thin  
 1/4 cup fresh cilantro, chopped

Place ingredients into one side dish of the slow cooker and stir to combine. Heat slowly until melted and combined or follow directions in the slow cooker booklet. Posted by sportstaxi.

### Mexican 9 Layer Dip

1/2 lb. ground beef	1 jar salsa (I use Pace brand)
legal taco seasoning (can make your own)	1 cup cheddar cheese, shredded
1 can Eden Black Soybeans	1/2 cup green onions
1 cup lettuce, shredded	2-3 tbs. capers
12 oz. sour cream	1 bag pork rinds

Brown the beef, drain, then, add the taco seasoning and blend well. Spread a layer of Pork rinds in the bottom of an 8.5" casserole dish, then, layer the seasoned ground beef. Now, puree the Eden Black Soybeans with some of the salsa (to taste) and put on top of the beef, then, layer in this order, the cheese, salsa, sour cream, onions, capers, and lettuce. Now, it's ready to serve ~ enjoy! Almost Level 1. Teri T.

### Creamy Ortega Dip

2 8 oz packages cream cheese  
 1 4 oz can ortega diced green chilies  
 1/2 C Medium Taco Sauce  
 1/2 tsp. garlic salt

Combine cream cheese, chilies, taco sauce and garlic salt in a med. Bowl. Cover and refrigerate for 30 minutes. Serve with assorted veggies. By Phoffer.

### Jalapeno Popper Dip

My husband can't handle the stuffed hot peppers. But I made a 'dip' this weekend that was basically the same thing and he couldn't stop eating it. I used an 8 oz. pkg. cream cheese, added shredded cheddar cheese, a small amount of onion, pepperoni that had been nuked in the microwave until crispy (I'm out of bacon), and some hot peppers. Put this in a food processor and went until it was blended good. I put mine on more pepperoni chips. Hubby (non-somersizer) used it on nacho chips and on a sandwich with chicken breast and ate it out of the bowl....and that's someone who can't eat hot peppers! Posted by Jolly Giant.

### Artichoke Chili Dip

1- 14 oz can artichoke hearts  
 1 C freshly grated parmesan cheese  
 3/4 C sour cream  
 3/4 C mayo  
 1/2 (4 Oz) can Diced green chilies  
 1 clove garlic

Combine artichokes with 3/4 c cheese, sour cream, mayo, chilies and garlic in medium bowl; stir well Spoon into 1 qt. casserole dish. Sprinkle with remaining cheese. Bake 25 to 30 minutes or until bubbly. By Phoffer.

### Artichoke and Spinach Dip

1/2 of a 10oz. pkg. frozen chopped spinach, thawed  
 (2) 14 oz. cans of artichoke hearts, drained & mashed  
 1/2 cup mayonnaise  
 1/2 cup sour cream  
 1 1/2 cups parmesan cheese

Preheat oven to 350. Drain all water from spinach. Mix all ingredients & bake in greased casserole dish for 30 mins. Posted by Pat Polito.

### Spinach Artichoke Dip

1 14 oz can of artichoke hearts, chopped (non-marinated style)  
 1 10 oz package of frozen chopped spinach- defrosted, squeeze out as much water as you can  
 1 cup mayonnaise  
 1 8 oz package of cream cheese, softened  
 1 cup shredded (or grated) parmesan cheese  
 salt, pepper, garlic powder to taste  
 several dashes of Tabasco or hot sauce (optional)

Mix cream cheese & mayo together. Add artichoke hearts, spinach & cheese, reserve some cheese for the top. Add seasonings & hot sauce. Transfer to a baking dish, sprinkle remaining cheese on top. Bake at 350 for about 30 mins or until bubbly. The measurements don't need to be accurate, you can even leave out the cream cheese & just add more mayo or add sour cream for a little tanginess, it tastes good in a variety of ways. By erika9473.

### Olive Garden Hot Artichoke and Spinach Dip

1 \*8 oz. pkg. Cream Cheese  
 1 can 14 oz. Progresso Artichoke Hearts, drained, coarsely chopped  
 1/2 C. Spinach frozen chopped, or steamed  
 1/4 C. Mayonnaise (do not use Miracle Whip)  
 1/4 C. Parmesan Cheese  
 1/4 C. Romano Cheese (You can use all Parmesan)  
 1 clove garlic, finely minced  
 1/2 tsp. Basil (dry 1 Tbsp. Basil Fresh)  
 1/4 C. Mozzarella Cheese grated  
 1/4 tsp. Garlic Salt  
 Salt and Pepper to taste

Allow cream cheese to come to room temperature. Cream together mayonnaise, Parmesan, Romano cheese, garlic, basil, and garlic salt. Mix well. Add the artichoke hearts and spinach (careful to drain this well), and mix until blended. Store in a container until you are ready to use. Spray pie pan with Pam, pour in dip, and top with cheese. Bake at 350 degrees for 25 minutes or until the top is browned. Posted by pammyjoy1.

### TGI Friday's Spinach & Artichoke Dip

1/2 cup sour cream  
 1/2 cup mayonnaise  
 1/2 cup parmesan cheese (grated)  
 1/2 cup mozzarella cheese (cubed)  
 1 to 2 Teaspoons minced garlic  
 1 package of frozen spinach, thawed and squeezed of its juices  
 1 (14 oz) can of artichoke hearts, chopped (can also use frozen) & (thawed)

Combine all ingredients. Place in shallow casserole dish. Bake dip for about 15-20 mins at 325 F, or just heat it in the microwave for a few mins. Found at CDKitchen.com (copycat recipe). Posted by pammyjoy1.

### Spinach Dip

Chopped spinach drained good  
 1 cup mayo  
 1 cup sour cream  
 chopped green onions  
 sliced water chestnuts  
 1/2 cup dehydrated onions  
 onion salt, garlic salt

I eat this with provolone chips or with sliced jicama or celery:) Posted by JCNmyheart.

### The Best Ever Spinach Dip

2 lbs. frozen spinach, steamed and well drained (squeeze it out)  
 1 med. red onion finely chopped  
 1 med. yellow onion finely chopped  
 2 jalapeño peppers finely chopped (you could omit)  
 1/2 red pepper finely chopped  
 1 c. grated parmesan  
 1 c. shredded jack cheese  
 1 lb. crisp bacon, crumbled  
 2 8 oz. packages cream cheese  
 1 16 oz. sour cream  
 1/2 stick butter

In a large saucepan melt butter and sauté onions and peppers until onions are transparent. Cut the cream cheese into quarters and stir until melted down. Add sour cream and mix well. Fold in spinach. Put mixture into crock pot and add in other cheeses and bacon. Heat on medium until blended. Serve w/raw veggies. Originally posted by gulfview. \*\*kidsmom's notes--I omit the jalapeños and only use 12 oz. cream cheese. This recipe is a little time consuming, but definitely worth it. My daughter suggests using chopped artichokes so next time I make it I will add.

### Quick Spinach Dip

The process is so simple. I take a tupperware rock n serve (or any micro safe bowl) and I put in half a block of cream cheese. Then I sprinkle a few pieces of diced onion over it and pack frozen chopped spinach over that (it will reduce in volume when cooked so I really pack it in good). Microwave for a few minutes until the spinach is cooked and the cream cheese is melted. Stir to blend all and season to taste. That's it, makes a quick snack or lunch with "dippers" (pepperoni chips, pork rinds, peppers, cheese crackers etc.) or rolled up in ham slices. By Bettynotsuzy.

### Spinach Dip

Sautee onions, garlic and spinach in a bit of olive oil. Then blend in blender with cream cheese. Add a little lemon juice, salt and pepper and blend again, and voila! It tastes amazing with veggies. Posted by travellingbibi.

### Spinach Dip (for carbs)

16 oz low fat sour cream  
 10 oz chopped spinach  
 1/2 to 1 packed Good seasonings Italian salad dressing. (I'm not sure if we are allowed to have it)

I made one up that I eat with wheat bread. It tastes great. Posted by jpnunicorn.

### **Creamy Basil Dip**

1/2 cup cream cheese  
 1/2 cup sour cream  
 1 TBSP sweet basil

Combine ingredients. Dip bell pepper strips, cucumber strips, celery strips, asparagus, etc. twiggy88.

### **Creamy Pesto Dipping Sauce for Vegetables**

7 oz legal pesto with basil ( make your own)  
 4 oz. cream cheese  
 1/2 C sour cream  
 2 TB grated Parmesan Cheese

Place pesto, cream cheese, sour cream and Parmesan cheese in food processor or blender; cover, process until creamy. By Phoffer.

### **Green Chili Cheese Spread**

4 oz. cream cheese  
 1/4 C sour cream  
 1 C shredded cheddar cheese  
 1 c shredded Monterey Jack cheese  
 1 can Diced green chilies  
 3 TB sliced green onions  
 1/2 tsp. tsp hot pepper sauce  
 1/2 tsp chili powder  
 1/4 tsp ground cumin

Combine cream cheese and sour cream in medium bowl. Stir in cheddar cheese, Monterey Jack cheese, chilies, green onion, hot pepper sauce, chili powder and cumin. Mix well. Refrigerate until ready to serve. By Phoffer.

### **Herbed Cream Cheese**

16oz Cream Cheese, softened  
 2 sticks Butter, softened  
 1 clove garlic finely minced  
 1 teaspoon Dried Leaf Oregano  
 1 Tablespoon Dried Leaf Basil  
 1/2 teaspoon Dried Leaf Marjoram  
 1/8 teaspoon Dried Leaf Thyme  
 1 Tablespoon Dried Parsley

Mix all ingredients. Refrigerate. Serve with raw vegetables. Can also use this as a delicious stuffing for chicken breast. When I use this to stuff chicken breast, I use bone-in chicken breast with the skin on. I make a pocket between the skin and flesh. I put a couple of tablespoons and bake. Most of the cheese stays in this way. Posted by coulter.

### **Pesto and Sundried Tomato Appetizer**

Take an 8 oz block of cream cheese. Place it on a plate or shallow bowl. Pour legal pesto over the top so it drips down the sides, but you can still see the cream cheese underneath. Top with julienned sun-dried tomatoes that have been stored in olive oil. The flavors are so yummy together. Serve with crudités. (This combo would also be yummy stuffed inside a chicken breast.) Posted by freedom4me.

### Pizza Butter

1 lb. butter	2 tsp somersweet
8 oz mozzarella cheese	1 tsp salt
6 oz tomato paste	garlic salt
2 T oregano	

Mix all ingredients, cut jalapeno peppers in half, stuff and broil !!!! By phoffer.

### Hot Cheese & Sausage Dip

1 16-oz box of Kraft Deluxe American Cheese  
 1 2-cup package of shredded Cheddar Cheese  
 1 1-lb roll of Hot Jimmy Dean Sausage, browned & drained  
 1 Onion, finely minced  
 1/2 Green Bell Pepper, finely chopped  
 3 (depending on size) Cloves of Garlic, finely minced  
 1 can of Rotel Tomatoes & Chilies w/juice (If it's too hot for you, substitute 1 can of regular chopped tomatoes.)  
 1 8 oz can tomato sauce  
 3-4 Tbs. Chili Powder

Brown the sausage first. Scoop it out of the skillet and set aside. Drain all but about 2 T of the drippings from the sausage. Add the onion, bell pepper & garlic to the skillet & brown. Add the sausage, onion, bell pepper & garlic to the crockpot and turn it on. Add the Rotel, tomato sauce & the chili powder to the crockpot and heat it up. After the mixture is hot, add the cubed American cheese and the shredded Cheddar (you can add it at the beginning if you must.) After it's all melted, add more shredded cheddar cheese if you want it thicker. Serve with pork rinds or cheese chips or crudites (cut up veggies.)

### Pepperoni dip

1 - 8oz cream cheese, softened  
 1/2 c sour cream  
 1 tsp dried oregano, crushed  
 1/8 tsp garlic powder  
 1/8 tsp red pepper  
 1/2 c pizza sauce (I'm going to use Ragu's lite spaghetti sauce)  
 1/2 c chopped pepperoni  
 1/4 c green onions, sliced  
 1/4 c green peppers, chopped  
 1/2 c mozzarella cheese, shredded

Beat together first 5 ingredients and spread in bottom of a 9-10" quiche or pie pan. Spread sauce on top, sprinkle with remaining ingredients, except cheese. Bake @ 350 for 10 min, top with cheese and heat for 5 min. Serve with pork rinds, cucumber slices or whatever you choose. Found this in the old web cookbook and thought that it looked really good. Posted by carolannb.

### Hamburger Dip

1 lb ground beef	1 8 oz can tomato sauce
1 med onion chopped	1 tsp italian seasonings
1 clove garlic	1 tsp sugar replacement
1 8 oz pkg cream cheese	1/4 cup parmesan cheese

Brown ground beef, onion, garlic & drain if necessary. Add tomato sauce, italian seasoning & simmer for about 15 mins. Add sugar sub, cream cheese, parmesan cheese & blend till cheese is melted. Eat & enjoy - this is great by itself or with cheese chips. I have not been real successful making those but like to just eat this by itself it is so good. This is a recipe I have been making for 20 years that everyone loves! Posted by memefl51.

**Mexicali Dip**

1 lb velveeta cheese  
 1- 4oz can green chillies; chop & drain  
 2 C tomatoes drain & chop  
 1 T dry minced onion

Combine in saucepan; cook over low heat till cheese melts. serve hot with veggies and or pork rinds. By phoffer.

**Rockport Smoked Fish Dip**

1/2 lb. flaked smoked fish  
 1 C sour cream  
 2 tsp. fresh lemon juice  
 3 tsp. chives, chopped  
 1 tsp. dried minced onion  
 1/4 tsp. seafood seasonings  
 2 Tb parsley chopped

Combine all ingredients in a bowl except parsley. Mix. Chill for 2 hours. Sprinkle dip with parsley. Serve with veggies. By phoffer.

**Shrimp Filling**

3 oz. cream cheese  
 2 tblsp mayonnaise  
 1 tblsp SF ketchup  
 dash garlic powder  
 1 cup chopped shrimp (I use the tiny canned shrimp (drained) then I don't have to chop them)  
 1/4 cup finely chopped celery  
 1 tsp. very finely chopped onion  
 1 tsp. prepared yellow mustard

Cream together the cream cheese and mayo until very well blended. Add everything else and stir carefully until blended, and you're done!! By mamatomjay. My grandmother used this for years as the filling for shrimp sandwiches. We now use it as a filling for celery sticks and little lettuce leaves. We love it!

## SALADS

### Tomato-Zucchini Pasta Salad

8 oz. uncooked any whole grain pasta  
 2 cups thinly sliced zucchini  
 3/4 cup chopped green peppers  
 1/4 cup sliced green onion  
 1 cup (8 ounces) nonfat plain yogurt  
 1 tsp. dillweed  
 3/4 tsp. salt  
 1/4 tsp. pepper  
 2 medium tomatoes, cut into chunks.

Cook pasta, and cool. Combine all ingredients, except tomatoes and blend well. Cover and chill, stirring occasionally. Just before serving, stir in tomato. 6 servings. By mjlibbey.

### Cucumber-Zucchini Salad

In a 2 quart bowl, arrange in alternate layers:  
 2 medium cucumbers, scored with a fork, not peeled, sliced very thinly. (Discard ends.)  
 2 medium zucchini, raw, same size as cucumbers, prepared the same way.

Blend:

1/2 cup white vinegar with  
 4 tbsp Splenda (or equivalent) dissolved in:  
 1 cup hot water  
 1 tbsp salt  
 1 tsp coarse black pepper  
 1 tsp crushed red pepper

Drain any water formed from cucumbers before adding the dressing. Allow vegetables to marinate in the dressing at least 1 hour before serving. Julie's notes: I hate cucumber peel so I peel mine. And I shredded the cukes & zucchini to give it a "slaw"-type texture. Can be spicy because of the red pepper but it's soooo good. I found this recipe at a site about African cooking. It's from the Ivory Coast. Posted by ToniBaloneyGirl.

### Stuffed Lettuce

1 head iceberg lettuce  
 1 C. grated cheddar cheese  
 1/4 C. mayo  
 1/4 t. curry powder  
 1/2 C. slivered thin cooked ham slices  
 1/3 C. finely cut celery  
 1 diced pimento, (not sure if funky)  
 1/4 C. snipped parsley

Day before: Wash and drain lettuce. With a sharp knife, at core end of head cut a circle all the way around. Then continue cutting straight down to within 1/2 inch of the other side (i.e. the top). Now, with fingers and knife, hollow out this circle as evenly as possible, reserving cut-out lettuce pieces for later use. In a bowl combine cheese, mayo, and curry powder until smooth. Stir in ham, celery, pimento, and parsley. Use to stuff the hollowed out lettuce, packing filling in firmly. Refrigerate until served. A pastry bag may be helpful to fill the lettuce. At serving time the next day: With a long sharp knife, cut lettuce head into cross wise slices 1 inch thick. Serve slices on salad plates with your favorite legal dressing. Serves 4. Posted by sockim123.



## Caesar Salad Supreme

3 cloves garlic  
 5 anchovy fillets, rinsed  
 3/4 cup mayonnaise  
 6 Tbsp. freshly grated Parmesan cheese, divided  
 1 tsp. Worcestershire sauce  
 1 tsp. Dijon mustard  
 1 Tbsp. lime juice, OR half lemon juice, half lime juice  
 Salt to taste  
 Ground black pepper to taste  
 1/4 cup olive oil  
 1 head romaine lettuce, rinsed, dried, and torn into bite-sized pieces

Mince the garlic with the anchovy fillets. (I use my mini chopper.) Combine the garlic paste in a small bowl with the mayonnaise, 2 Tbsp. of the Parmesan cheese, the Worcestershire, Dijon, and lime juice. Season to taste with salt and black pepper. Refrigerate until ready to use. Place lettuce on individual serving plates. Top with dressing to taste and remaining Parmesan cheese. Makes 4 servings.

Variation: Chicken Caesar Supreme

1 Tbsp. chili powder  
 2 Tbsp. Worcestershire sauce  
 1 tsp. ground cumin  
 1/4 tsp. pepper  
 1 garlic clove, crushed,  
 1 lb. skinned, boned chicken breasts, cut into 1-inch wide strips (I just use chicken tenders)

Combine ingredients in a medium bowl. Stir well. Place chicken strips on grill rack or broiler pan coated with cooking spray, and cook 3-5 minutes on each side or until chicken is done. Cut into bite-sized pieces and place on top of salad. I put this recipe together from 2 recipes that I found on the internet, and then I changed it some more, so I think it's pretty much my creation by now. I love this stuff! Even anchovy-haters like this (as long as you don't tell them they're in there!) I usually make the Chicken Caesar variation, using thawed chicken tenders. Posted by iwillrejoice.

## Spinach Salad

Dressing:  
 1 c. salad oil  
 1/2 c. wine vinegar  
 sugar substitute (equal to 3/4 c)  
 2 t. salt  
 1/2 c. grated onion  
 1/3 c. legal ketchup

Put ingredients in blender and mix.

1 # bag spinach  
 1 can sliced water chestnuts  
 3 hard cooked eggs - sliced  
 1/2 # bacon cooked and crumbled

Toss together and add dressing. Posted by sockim123.

## Spinach Salad

Salad dressing:	1/8t pepper
1T sugar (I used 1/2tsp SS)	1/2c oil
1/2t salt	3T white wine vinegar
1/2t dry mustard	1T vermouth(I used water)
1/4t paprika	

(Well, I'm all out of vermouth (hah!) so I just used water. You could use regular or apple cider vinegar if you want.) Mix dry ingredients with the vinegar, then add oil (I used extra light olive oil, but whatever oil you like for salad. I find virgin olive oil too strong flavored for me.)

Salad:	
Spinach leaves or favorite Lettuce	chopped green onions
crumbled bacon	(croutons) those are for guests :)
hard boiled egg, crumbled	

Arrange it however you like, put on dressing. This was so good, I didn't even have any dinner, just this! Of course, I omitted the croutons, and I had no green onions, so I used regular white onions, after soaking in ice water to take out some of the strength. Enjoy!

## Marinated Spinach Salad

Marinade:

- 1/2 c. Newman's Own Olive Oil and Vinegar Salad Dressing
- 1/4 c. red wine vinegar
- 1 tsp. lemon juice
- 1 tsp. lime juice
- 1/2 c. canola oil
- 1 tsp. parsley
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 3 Tbsp. Splenda OR (3 tsp. Somersweet)

Salad:

- 4 oz. sliced fresh mushrooms
- 1/2 red onion, sliced
- 1/2 package fresh spinach leaves
- 1 head of Romaine lettuce
- 1/2 head Iceberg lettuce

Toppings:

- 1 c. shredded mozzarella
- 1/2 pound of bacon diced & cooked until brown and crispy

Make marinade with Newman's dressing, vinegar, lemon juice, lime juice, oil, parsley, salt, pepper and splenda or somersweet. Put onions and mushrooms in marinade, cover, and let sit overnight, or at least all day for best flavor. Tear up spinach and lettuces in large bowl. Make sure you do this JUST BEFORE SERVING or it will get soggy. Pour marinade with mushrooms and onions on top of salad. Toss to coat well. Top with mozzarella and bacon bits and toss lightly. Serve IMMEDIATELY. You can also add tomatoes, or cukes if you desire. If you're not a fan of spinach, this is great on a regular salad, or simply marinate all of your garden vegetables in this dressing for another great salad. The original recipe was created by a Chef in Salt Lake City. I love his salad but his dressing ingredients were vinegar, sugar and oil. I had to have a dressing that tasted like his without the sugar, so here's what I came up with. Yum ! I could drink the marinade! P.S. Be sure and whisk marinade ingredients till emulsified. Posted by tracey k.

### Creamy Spinach and Bacon Salad

4 bacon slices	2 tablespoons fresh lemon juice
1 small garlic clove	1 teaspoon splenda
2 tablespoons extra-virgin olive oil	1/2 lb. baby spinach
2 tablespoons sour cream	1/4 cup coarsely grated Parmesan (1 oz.)

Cook bacon until crisp & drain on paper towels. While bacon is cooking, mince garlic & mash to a paste with a pinch salt. Whisk together oil, sour cream, lemon juice, sugar, & garlic paste in a large bowl & season with salt & pepper. Add spinach & crumble bacon over it. Toss with cheese & dressing. Serves 4 as a side salad. Serves 2 if a main course salad. Missalula. Sometimes I use cold steak, chicken or pork from last weekend's cookout sliced & laid over this salad to make it a main dish meal versus a side dish. Start to finish: 15 min.

### Spanish Oriental Salad

Dressing:

1/2 c. canola or vegetable oil  
 1/4 c. sugar free ketchup  
 1/4 c. cider vinegar  
 1/4 c. Splenda  
 1 T. Worcestershire sauce  
 1/2 t. salt  
 1 onion, finely chopped

Combine in jar and shake well, then chill.

Salad:

8 c. spinach, bite size pieces, or baby spinach  
 1 can (16 oz.) bean sprouts, drained and rinsed  
 8 slices bacon, cooked and crumbled

Combine spinach, bean sprouts, and bacon. Toss lightly with dressing. Serve immediately. Posted by pfreeland.

### Swiss Mushroom Salad

2-3# block of Swiss cheese, grated	1/2 c. olive oil
1 plastic produce bag of mushrooms, sliced	1/4. red wine vinegar
Dressing:	3 tsp. legal Greek seasoning

Mix grated swiss cheese and sliced mushrooms together in a large bowl. Cover with plastic wrap and refrigerate until ready to serve. Dress lightly before serving. This is also good served over mixed baby greens. Sometimes I add sliced scallions as well. Tina M.

### Marinated Mushroom Salad

1/2 cup chopped fresh onion	1 tsp mustard
1/4 cup chopped celery	1tsp salt
1/2 cup sour cream	1/4 tsp dried leaf oregano
1/4 cup mayo	1/8 tsp pepper
2 TBS fresh lemon juice	1 lb fresh mushrooms, thinly sliced
1 TBS chopped fresh parsley	Salad Greens of your choice
1 tsp horseradish	

Mix together all ingredients except mushrooms and salad greens. Place mushrooms in a bowl; add dressing and mix well. Chill at least 2 hours. Serve on salad greens. Makes 6-8 servings. Posted by Skye2.

### Warm Mushroom & Pepperoni Salad

8 oz Monterey mushrooms, sliced  
 4 oz julienned pepperoni  
 1 T fresh garlic  
 1 red onion (sliced)  
 1/4 cup olive oil  
 2 T red wine vinegar  
 2 bunches of cleaned spinach  
 1 t salt  
 1 t pepper

Heat olive oil in large sauté pan, add sliced mushrooms, sliced pepperoni and red onion. Sauté till mushrooms are golden brown and onion has begun to caramelize. Deglaze pan with red wine vinegar, add salt & pepper, then pour over spinach and serve immediately. I haven't made this yet, but it sounds good and easy to make, will be making it this weekend for sure. I got this from the montereymushroom.com website - credit goes to Chef Todd Fisher, Pebble beach, CA. Posted by cubbiegal.

### Cheeseburger Salad

In a bowl mix shredded lettuce, chopped tomato, & chopped onions with mayo (enough to moisten just a bit). Top with ground beef & cheddar cheese. You could add bacon to make it a Bacon Cheeseburger Salad. MarineWife.

### Parmesan Vegetable Toss

4 c. broccoli  
 4 c. cauliflower  
 1 sweet onion  
 1 large head lettuce

Cut all of the above into bit size pieces.

1 # bacon, cooked and crumbled  
 1 can sliced water chestnuts

Dressing:

sugar substitute (equal to 1/4 c)  
 1/3 c. parmesan cheese  
 1/2 t. basil  
 2 c. mayo

In large bowl mix veggies (not lettuce). In separate bowl, mix dressing mixture. Toss together and refrigerate. To serve, add lettuce, bacon and water chestnuts with veggie mixture. Posted by sockim123.

### Cauliflower 'Potato' Salad

Taking advice from an Atkins site, I baked a head of fresh cauliflower. I cut the head into about 8 pieces (this was a large head), including the core. I placed the pieces in a covered casserole dish with 1-2 tablespoons of water. You don't want to over-bake/cook this - just until barely fork tender, so that it's not mushy. I baked it at 350° for about 45 mins - but this would depend on how large your pieces are. I would start checking them at 30 mins. The guy who posted his recipe uses frozen cauliflower, spread on a cookie sheet, 350° for 1 hour. I shied away from the frozen cauliflower because I just haven't had very good luck with it yet (I find it quite grainy). I cooled the cauliflower & chopped it as I would potatoes. Add whatever you would for your favorite potato salad. I added chopped celery, chopped sweet onion, 4 (chopped finely) hard boiled eggs, a bit of dill relish, mayo, mustard, salt, pepper, celery seed & mixed well. Then I give it a dusting of paprika for color. I can honestly say even though we ate it the same day I made it - that it WAS much better the second day, so from now on I'll try to make it a day ahead. Let me tell you! If you haven't tried it & miss/like potato salad - you've got to give it a try. \* Posted by DebB.

### Cauliflower - Broccoli Salad

3 bunches broccoli, cut into bite size pieces  
 1 head cauliflower, cut into bite size pieces  
 1 lb. bacon, cooked & crumbled  
 8 oz. shredded cheddar cheese  
 Dressing:  
 2T. minced onion  
 16 oz. mayo  
 4 T. vinegar  
 sugar substitute (equivalent to 1 C. sugar)

Mix dressing night before. Combine dressing, broccoli, cauliflower, and cheese. Sprinkle bacon on top of salad. Yummy summer salad. Posted by sockim123.

### Broccoli Salad

1 bunch fresh broccoli (I just use florets)	1 C red grapes
1/2 C green onions, sliced	1/2 lb. bacon, cooked and crumbled
1 C green grapes (cut in 1/2 if large)	1/2 C toasted slivered almonds

Combine all in large bowl, toss with dressing. Refrigerate to combine flavors.

Dressing  
 1 C real mayo  
 1/4 C sugar (use splenda or other replacement)  
 1 T vinegar

I love this salad and it helps me eat enough veggies! Technically, this is level two because of the grapes and almonds. I leave out the almonds, and the grapes haven't hindered my weight loss. I also use all red grapes for the color. The dressing is kind of sweet, most people will love this salad even if they don't love broccoli! Sarara.

### Broccoli Salad

2 heads broccoli-cut into florets	1 cup mayonnaise
2 red onions-chopped	5 teaspoons Somersweet (equiv. to 1/2 sugar)
1 cup shredded cheddar cheese	6 Tablespoons red wine vinegar
1 lb. bacon, cooked and broken into pieces	

Mix mayonnaise, Somersweet, and red wine vinegar to make dressing. Add to broccoli, onion, cheese, and bacon. Mix all together for a scrumptious salad! This makes a huge bowl...you could half the recipe or have for leftovers for a day of two. Sing4Joy. Can add bacon too.

### My Mom's Broccoli Slaw

4 cups broccoli (peeled and chunked see below)  
 1/2 cup mayo  
 1 Tbl + 1 tsp vinegar (wine or apple cider)  
 2 tsp minced onion  
 1 tsp horseradish (optional)

\*\*\*all measurements are approximate - tweak to your taste. When stalks are thick, hold broccoli upright like a tree by the crown and use sharp knife to peel harder outer edge and leaves from stalk. Then chop into 1/2"-1" cubes. Put all ingredients into food processor and puree. Serve immediately or keep in refrigerator for up to 4 days. Great to take to work or have with pork recipes. Nice for our family since I can't stand cabbage and my DH loves slaw. rain1mom.

**Blue Cheese Slaw**

3/4 cup vegetable oil	1 teaspoon salt
1/3 cup vinegar	1/2 teaspoon celery seed
2 1/2 teaspoons somersweet (or sweetener equivalent to 1/4 cup sugar)	2 quarts green cabbage, shredded
1 Tablespoon grated onion	Half a head red cabbage, shredded
	8 ounces blue cheese, crumbled

Mix first six ingredients together and chill for up to 24 hours. Toss with cabbages and blue cheese at serving time. Sing4joy. This slaw is soooo good!

**Dodie's Cole Slaw**

2 C- each red and plain cabbage-shredded  
 1 - red bell pepper thinly sliced  
 1 - red onion thinly sliced  
 1C- cider vinegar  
 1/4C- minced garlic  
 1/4C- stone grain mustard  
 1 1/2tsp- dried tarragon  
 1 tb- basil (in jar)  
 1 tsp- each salt and pepper  
 1 tbl- frank's hot sauce  
 1/4 C - veggie oil

Mix cabbage, red pepper & onion in a large bowl. In a quart size jar w/ lid, mix remaining ingredients. Shake well and pour over veggies. Toss to coat. Cover and let marinate for at least 30 min before serving. Posted by RaeSK.

**KFC Cole Slaw Variation**

8 cups finely shredded cabbage  
 1/4 cup shredded red bell pepper (optional)  
 1/2 of 1/3 cup measure Splenda  
 1/2 tsp. salt  
 1/8 tsp. pepper  
 1 cup mayonnaise  
 1 1/2 tsp. vinegar  
 2 1/2 Tbsp. lime juice (or 1/2 lemon juice, 1/2 lime juice)  
 2 Tbsp. minced onion  
 1 Tbsp. horseradish  
 1/2 tsp. celery seed

I just grate cabbage in the food processor, dump the cabbage into a bowl, add the remaining ingredients, & stir. Voila! Killer coleslaw! No kidding, this is so good, that I can sit & eat a LOT of it in 1 sitting. Posted by lwillrejoice.

**The World's Best Coleslaw**

1 package cole slaw already cut - I like the one with just cabbage best  
 2 green onions- chopped and sliced

sauce:

2/3 cup whipping cream  
 1/2 c. Splenda  
 1/4 cup vinegar  
 2/3 t. salt

Combine sauce ingredients and whip till thick. Combine with slaw and onions. This tastes wonderful. If there is any left over, it may be a little watery the next day, just pour the water off. Posted by sasnak1972.

### Eydie's Lowcarb Not/Tato Salad

1 head cooked cauliflower  
 2 eggs hard boiled  
 1/2 onion (medium yellow--or 1/4 large yellow, adjust per your own tastes--start with less, you can always add more)  
 2 stalks celery  
 1/2 cup mayonnaise  
 1 TBS. Muriel's Garlic Dip mix  
 1 TBS. ThickenThin not/Cereal thickener  
 1/2 teaspoon dry mustard  
 1/2 teaspoon vinegar  
 salt and pepper to taste  
 fresh dill to taste (optional)  
 1/2 large dill pickle (optional)

Chop the cauliflower into potato salad sized chunks and toss, while still warm/hot, with the not/Cereal (this will give it the "starchy consistency" of potato salad). After chopping the eggs, celery, onion and dill pickle, combine all ingredients in a large bowl. Serve chilled. Calories (kcal) 734, Total Fat 72g (82% calories from fat), Protein 16g, Carbohydrate 18g, Cholesterol 400mg, Sodium 596mg. This lowcarb version is actually easier to make than the high carb kind --no peeling! Like any potato salad, this tastes even better the next day! (I think you can make it just fine without the ThickenThin if you didn't have it) Recipe By: Eydie Leighty of The Low Carb Zone. Posted by divefrog.

### Grape Tomatoes with Capers

3 Tablespoons drained small capers	2 pints grape tomatoes
3 Tablespoons balsamic vinegar	6 large fresh basil leaves, shredded
2 Tablespoons olive oil	(OR you can use dried basil)
1/2 teaspoon salt	3 Tablespoons shredded Parmesan cheese
1/2 teaspoon pepper	

Stir together first 5 ingredients. Drizzle over tomatoes; toss to coat. Let stand at least 15 minutes or up to 1 hour. Stir in basil and cheese. Sing4joy. This is a nice combination of flavors!

### Basil, Beans and Tomatoes

2 large vine ripened tomatoes, washed, and then diced into bite size pieces (or use 3-4 Roma tomatoes)  
 5-6 scallions, cleaned and sliced (use green and white parts)  
 2 cloves fresh garlic, crushed  
 1/2 lb. Green beans, cleaned, cut and boiled 9 minutes, then drained and cooled  
 1/2 lb. Yellow beans, cleaned, cut and boiled 9 minutes, then drained and cooled  
 1 cup basil leaves, chopped fine (or in a chiffonade - -ribbons)  
 1/4 c. olive oil  
 1/8 c. balsamic vinegar  
 Freshly ground black pepper to taste.  
 Salt to taste

Place all the ingredients in a mixing bowl, toss, taste to determine if additional seasonings are necessary, then serve. (Could add some of your favorite cheese - -perhaps Parmesan shreds, or Feta crumbles.) Serves 4-6. I have not yet had the chance to try this - but it sounds so good, that I thought I would share! I did something similar last week, using hearts of palm slices instead of the beans. It was great after sitting in the fridge for awhile marinating! Posted by suzysun55.

### Antipasto Salad

Salad greens  
 chopped stick pepperoni  
 Chunk marinated fresh mozzarella balls (I use basil and garlic)  
 grape tomatoes-cut in 1/2  
 slices of pepperoncini

Drizzle with oil from marinated cheese. Drizzle with vinegar of your choice. Toss and serve immediately. I have grown addicted - there are so many variations of the mozzarella balls - pesto, w/sun dried tomatoes, etc. The oil makes a great dressing- all the flavor is amazing. I have been eating this a lot lately. Posted by Medicmom.

### Antipasto Salad

I buy romaine hearts, chop & place in a large (one serving) bowl. Then I use those pickled veggies (I pick out the carrots) & cut into smaller bite size pieces & place in the bowl. I buy whole salami (processed pork has some sugar in it, not sure why) & cut it into lg. bite sized chunks & place into a bowl. Chop up chunks of tomato & cucumbers, add to the bowl. I sprinkle with grated cheese (any kind) & top with Paul Newman's Olive oil & vinegar dressing. So easy & refreshing. I do sprinkle with kosher or sea salt. Posted by JCNmyheart.

### Italian Salad

1 bunch of broccoli, washed, cut into bite sized pieces.  
 1 head of cauliflower, washed, cut into bite sized pieces.  
 1 pound legal smoked sausage, sliced and cut into bite sized pieces. (I think salami might also work for this. I have not tried it though.)  
 1/4-1/2 pound provolone cheese, cut into bite sized pieces.  
 1 recipe italian dressing mix. (I plan on using the new carb option italian dressing. I didn't see anything funky in it) about 16 oz or so.

Throw everything into a huge bowl & mix well. If you can wait, allow to marinate a couple of hours so that the flavors mingle. When the kids were younger I would put this in zip lock bags so that they could just reach in & grab & go with it. Makes a nice quick lunch, snack or even a summer dinner. I didn't really know what to call this. I don't really have a name for it. It is very easy to throw together & is quite good. I make a huge bowl of it so that we can eat on it for a couple of days. You can adjust the amounts to your family size. Level 1 pro/fat. \*\*If you can find a legal fat free italian salad dressing you can omit the meat & cheese & add whole wheat cooked fusli & it makes a nice carb salad. I have yet to find a fat free dressing but I haven't looked that hard. Posted by FrozH2O.

### Sonoran Salad

1 lg. head romaine, chopped  
 1 lg. tomato, chopped  
 1 med. red onion, chopped  
 3 oz blue cheese, crumbled (add more or less for your own personal taste)  
 6 slices bacon, fried and crumbled (we use a little more)  
 1 hard boiled egg per person, sliced or diced  
 Dressing:  
 3/4 c. canola oil  
 1/4 c. white wine vinegar  
 1 tsp. salt  
 2 packets Equal  
 2-3 cloves of garlic, minced  
 pepper to taste

Combine dressing ingredients in a sealed jar and shake. Place lettuce on a large dish. Arrange all veges, blue cheese, bacon and eggs in rows on top of lettuce (this makes a nice presentation if you want). Add dressing before serving and toss. Posted by sportstaxi.



### Shrimp Cobb Salad

2 large eggs, hard-boiled	1 large tomato, chopped
6 slices of bacon, cooked crisp and crumbled	1/4 cup sliced green onions
6 cups torn salad greens	1 cup crumbled blue cheese
6 oz. deveined cooked medium shrimp	3/4 cup homemade ranch dressing (I love Cheri's)

Arrange salad greens on a large plate. Arrange eggs, bacon, and all other ingredients into rows over greens. Serve with dressing. MarineWife.

### Parmesan Crusted Shrimp Caesar Salad

I just took some of those frozen shrimp in a bag, defrosted, and dipped in a little bit of mayo (barely, just to get wet), then rolled the shrimp in parmesan cheese and fried in some peanut oil just till a little browned. Then I tore up some romaine lettuce, put the shrimp over it and poured on some Kraft Carb Free Caesar dressing. It was AWESOME. I just stuck it in a Tupperware and brought it to work with me for lunch! YUM! I don't know if I exactly "invented" this salad, but I was inspired by the new line of Burger King salads and SSed one. Posted by Kelly84.

### Shrimp & Artichoke Salad

2 cups shrimp  
 1 can artichoke bottoms, chopped  
 1/4 onion, sliced thin  
 chopped fresh tomatoes  
 salt, pepper, white pepper, to taste  
 Italian dressing  
 lemon juice, from 1/2 lemon

Combine all ingredients and chill overnight. Posted by MarineWife.

### Eggs with Miracle Whip

Boil as many eggs as you desire. Shell and slice into rounds. Loosen the slices up a tad so the miracle whip can drip down threw them on the plate. Salt and pepper to taste. Pour the miracle whip over the eggs and sprinkle with paprika. Eat right away of store in fridge.

#### Miracle Whip (Ssized)

1 cup mayo  
 1 cup sour cream  
 2 teas. mustard (Prepared)  
 2 teas. vinegar  
 1 1/2 t. somersweet  
 2 Tab. water

Mix well. Makes a pint.

### Egg Salad

6 hard-boiled eggs, finely chopped  
 1/4 - 1/3 cup mayonnaise  
 2 tablespoons minced onions  
 2 tablespoons minced celery  
 Salt & ground black pepper to taste  
 Pinch of curry powder

Combine all ingredients in a medium bowl. Refrigerate until cold. 4 servings. Thought I'd post my favorite Egg Salad recipe. Courtesy of Joy of Cooking. Posted by iwillrejoice.

## Egg Salad

6 hard boiled eggs	2 pieces of cooked bacon crumbled
2 tbsp mayo	1 tsp fat from cooking bacon
2 tbsp dijon or spicy mustard (regular if you prefer)	just a dash of tabasco!

Mix all ingredients together. For yummy spicy devilled eggs prepare same filling with yolks only and sprinkle with paprika! My favorite pro/fat snack. Posted by Kelly84.

## Tuna Salad

Put in a food processor/chopper: 1/2 red bell pepper, 1/4 onion, 2 celery stalks. Chop finely. Add: 1 can tuna, 1 Tbsp legal mayo, 1 Tbsp tarragon, dash of salt and pepper. Mix thoroughly. Eat alone or sandwich between lettuce leaves. Add a pickle on the side and this makes a tasty and healthy meal! I usually make a big batch to keep in the fridge for a quick snack or meal. Posted by RenaissanceGirl.

## Ham Salad

1 pound cooked ham from the deli, 1/4-inch thick slices, diced  
 3 ribs celery, from the heart, finely chopped  
 1/2 cup salad olives with pimento, drained, chopped  
 1 jalapeno pepper, seeded, finely chopped  
 4 scallions, finely chopped  
 1/4 cup chopped flat-leaf parsley - a couple of handfuls of leaves  
 1/3 cup mayonnaise, just enough to bind salad  
 3 tablespoons prepared yellow mustard  
 3 tablespoons dill pickle relish  
 Salt and black pepper

Combine ingredients and adjust seasoning. Rachael Ray just did this on 30 Minute Meals and it looked tasty. Posted by Mighty-nice.

## Mini Ham Salad Sandwiches

I take roma tomatoes & slice into 1/4 inch rounds. Lay out on a plate. Top each tomato with 1 fresh spinach leaf (or salad leaf of your choice). Make your own ham salad (I cheat & use the canned but you could make fresh). Top each piece of spinach (lettuce) with a bit of ham salad. Top with pepper (ham is usually salty so I don't salt it but you could). I just slid my fork under each one & popped it in my mouth. It was yummy! Just a little ham sandwich without the bread. Even my partner at work said they looked yummy. Posted by CONTESSARIA.

## Spaghetti Squash Salad

3 C cooked spaghetti squash  
 2 C cauliflower cut in bite size pcs, parboil  
 1 c celery sliced thin  
 1 medium onion, diced  
 1 green or red pepper, diced  
 1 tsp dill weed, (opt)  
 Dressing:  
 1 C sugar substitute  
 1 T salt  
 1/2 C veggie oil  
 1 C vinegar  
 1 tsp paprika

Shake dressing ingredients well in a jar with a tight lid. Pour over veggies, Chill well before serving. Use this dressing to pour over your own mixture of parboiled veggies. Makes a good cold vegetable salad. By phoffer.

### Molded Chicken Salad

1 env. unflavored gelatin  
 2 C chicken broth, cooked  
 2 C diced cooked chicken  
 1/2 C finely chopped celery hearts  
 2 hard cooked eggs chopped  
 1/4 c hellmans mayonaise  
 1 T chopped dill pickle  
 1-2 tsp somersweet  
 1 T lemon juice

Soften gelatin in 1/2 C broth 10 mins. Heat remaining broth, stir in gelatin to dissolve. Chill til it begins to set. Grind chicken, add remaining ingredients, dash of salt & gelatin mixture. Pour into Pyrex loaf pan, Chill. By phoffer.

### Chicken Salad

2/3 c. mayo  
 1/4 c. water  
 2 T. vinegar  
 2 t. grated onion  
 1/2 t. pepper

Mix above 5 ingredients together. Add:

4 # chicken, cooked and cut into bite size pieces  
 1 c. chopped green pepper  
 1 c. celery

Mix all ingredients together and serve on lettuce leaves. Posted by sockim123.

### Canned Chicken with Sour Cream

Drain a can of chicken breast and mash/mix it with sour cream, salt, and pepper. Make sure you mix it really well. It is really good with celery! I think I will try it with some salsa as well. By MarineWife. My sister gave me this idea and it is good and easy to make.

### Chicken Salad Greek Style with Lemon Vinaigrette

6 cups romaine lettuce  
 2 cups cooked chicken, bite sized pieces  
 1/3 cup feta cheese, crumbled  
 12 Kalamata olives (NB: not legal Level 1, but I sometimes add legal green olives - not quite the same, but good)  
 2 tablespoons green onions, sliced  
 1 medium tomato, coarsely chopped  
 1 medium cucumber, halved, seeds removed, 1/4-inch slice

Lemon Vinaigrette:

1/4 cup extra virgin olive oil  
 2 tablespoon lemon juice  
 1 teaspoon dried oregano, or 1 tbsp. fresh  
 1/2 teaspoon salt  
 1/2 teaspoon pepper  
 1 clove garlic, finely minced

Whisk together all vinaigrette ingredients, set aside. Wash lettuce, dry well, tear into pieces & place in a large salad bowl. Add remaining ingredients, pour on dressing, toss well & serve immediately. Contributed by: MsTified as found at: Chef2Chef.com.

### Chicken and Goat Cheese Salad

baby spinach/red leaf Dole salad mix  
 3-4 mushrooms, cut in chunks  
 1 large tomato, cut in chunks  
 2 hard-boiled eggs, sliced thin  
 1 chicken breast, seasoned however  
 goat cheese, sliced into 4 nice size pieces  
 parmesan cheese  
 butter  
 balsamic vinegar

Freeze goat cheese, cut into round slices, about 1 hour. Start chicken cooking. (I cooked in the microwave with lemon pepper seasoning.) Rinse salad mix & put on plate. Add tomatoes, eggs, & mushrooms. Take goat cheese out of freezer. Coat with parmesan cheese & fry in butter in a frying pan on medium high heat. (I fried once, rerolled them, & fried again.) Just when they start to melt, take out & immediately put onto salad. Slice chicken & add to salad. For dressing, melt a little butter in frying pan. Pour in some balsamic vinegar & let it reduce a little. While hot, pour over entire salad. Grind a little sea salt & black pepper over top. I made this up tonight & it was so fantastic that I had to share! No measurements - all based on your taste. Posted by melmel325.

### Lazerdobies Fajita Salad

Grilled Chicken Breasts	Salsa
Favorite Spices	Chopped Tomatoes
Red Pepper Strips	Any Spicy Cheese (I use the shredded Mexican)
Green Pepper Strips	Olive Oil (I like the Garlic oil)
Sliced Onions (I use the Red ones)	Romaine Lettuce
Sour Cream	Asst Baby Greens

Take chicken breasts & grill them on the BBQ or non-stick grill (I use my "George F Grill"). Spice up the chicken with your favorite spices. Grill peppers & onions in some olive oil in a pan until nice & soft. Slice chicken & mix with the peppers & onions. Mix romaine & baby greens together with some olive oil & place on each plate. Top the greens with the hot chicken/pepper onion mixture. Top that with the chopped tomatoes, salsa, sour cream & then the spicy cheese. Mix together before eating & enjoy. This salad is made totally legal & is really yummy.

### Skirt Steak Salad with Goat Cheese

Dressing:

1/3 c. raspberry blush balsamic (or any balsamic you've got on hand)  
 1 clove (or more, it's up to you) crushed and minced garlic  
 salt and pepper (lightly, we'll add more later)  
 Olive oil

Combine everything but olive oil in a bowl. Drizzle olive oil while whisking.

Salad:

Greens (any kind) I prefer baby field greens  
 very ripe tomato cut in small pieces  
 English cucumber sliced and quartered  
 goat cheese  
 Very thinly sliced red onion  
 sliced skirt steak

Combine vegetables. Toss with dressing & place into bowls. Slice goat cheese rounds & place on top (put cheese in freezer for a couple of mins before slicing to get nice round pieces). Put warm slices of steak on top. I usually add a little freshly ground sea salt & black pepper on top. This salad takes no time at all. The skirt steak takes about 6 mins a side under the broiler for medium rare, even faster on the grill. I make this at least once a week, it's so delicious! Posted by Christine6165.

### Thai Beef Salad

2 pounds beef fillet  
 soft lettuce leaves  
 1 tomato, thinly sliced  
 3 garlic cloves, finely chopped  
 12 mint leaves  
 4 small red chilies, sliced into rings  
 2 onions, finely chopped  
 2 tablespoons lemon juice  
 2 tablespoons fish sauce  
 salt and pepper to taste

Preheat oven to 425, then roast the beef for 30 minutes. Transfer to a rack and cool. Once cool, slice into thin strips and mix well with the garlic, mint, chilies, onions, lemon juice, and fish sauce, adding salt and pepper to taste. Serve on a bed of lettuce leaves and garnish with the tomato slices and onion. Serves 6. From Summer 2004 interval world. Posted by Audrey-TN.

### Winter Salad of Fennel, Parmigiano & Prosciutto

2 small fennel bulbs  
 3 bunches arugula, washed and trimmed  
 1/3 cup extra virgin olive oil 75 mL  
 to taste salt and freshly ground black pepper  
 1/2 lemon  
 1/4 lb prosciutto 125 g  
 1/4 lb Parmigiano-Reggiano cheese 125 g  
 2 Tbsp extra virgin olive oil 30 mL

Trim and discard the bottom of the fennel and any discoloured bits. Cut the fennel bulbs in half lengthwise and then very thinly slice across the width of each bulb. Place the sliced fennel in a large salad bowl along with the arugula. Drizzle with the 1/3 cup (75 mL) olive oil. Add the salt and pepper and a squeeze of fresh lemon juice. Toss well. Distribute the greens among 6 salad plates. Loosely arrange slices of prosciutto on each, followed by shaved Parmigiano-Reggiano. Drizzle the remaining 2 Tbsp (30 mL) olive oil over each salad. Serves 4 – 6. Found this on goldaskitchen.com. Posted by TL. You may use fresh watercress in place of the arugula if you prefer. This is a wonderfully fresh-tasting salad that can be ready in no time at all.

## CONDIMENTS, DRESSINGS & DIPS

### Lawry's Taco Spice & Seasoning

1 tsp chili powder (8 tsp)	1/2 tsp cumin (3 tsp)
1 tsp paprika (8 tsp)	1/4 tsp cayenne pepper (1 1/2 tsp)
3/4 tsp salt (4 1/2 tsp)	1/4 tsp garlic powder (1 1/2 tsp)
3/4 tsp dried minced onion (4 1/2 tsp)	1/8 tsp ground oregano (3/4 tsp)

Combine all ingredients in a small bowl. If you want to use this for taco meat: In large skillet, brown 1 pound ground beef until crumbly; drain fat. Add spices & 2/3 cup water; mix thoroughly. Bring to a boil; reduce heat to low and cook uncovered, 7 to 10 minutes, stirring occasionally until most of the liquid has cooked off. Here's the Taco Seasoning I make (as most packaged mixes have sugar and/or starches and are funky). I make a big batch (I multiply this recipe by 8 - I've put my quantities in parenthesis) of this each time and keep it in a sealed glass jar and typically use 4 teaspoons per one pound of hamburger. This is really good! This will make the equivalent of a 1oz. package.

### Creole Seasoning

2 parts coarse black pepper  
1 part each of cayenne, thyme, paprika and sea salt.

Mix, store and use as desired. By Sheila0029.

### 1000 Island Dressing

1 1/2 cup mayonnaise	dash Worcestershire sauce
2 Tbsp tomato paste	1 Tbsp vinegar
2 Tbsp minced dill pickles (I use the kind in the jar)	2 pkts sweetener (to equal 2 tsp sugar)

Whip tomato sauce with mayonnaise, then add other ingredients. Letting it sit in the fridge overnight really lets the flavors melt together. This is the best 1000 Island I've tasted. You can also add in some diced hard-boiled eggs if you like. Karma.

### Super Easy Ranch

1/2 c. heavy cream	1 cup mayo
1/2 cold water (*you may use 1 cup cream instead of the water. Dressing will be thicker, but very rich.)	1 pkg. Uncle Dan's Southern Dressing Mix.

Mix, chill and enjoy. SSmomof3.

### Ranch Dressing

1 cup mayo  
1/2 cup sour cream  
1/2 tsp dried chives  
1/2 tsp dried parsley  
1/2 tsp dried dill weed  
1/4 tsp garlic powder  
1/4 tsp onion powder  
1/8 tsp sea salt (I used regular salt)  
1/8 tsp black pepper

Add all together and mix with a wire whip, cover and chill at least 30 minutes before serving. (I like to water it down a little by adding water.) Posted by marie172.

### Caesar Salad Dressing

1 C. mayonnaise  
 1/4 C. grated parmesan cheese  
 2 TBSP water  
 2 TBSP olive oil  
 1 1/2 TBSP lemon juice  
 1 TBSP anchovy paste (I use less)  
 2 cloves garlic, pressed (I use more)  
 1/2 tsp coarse ground pepper  
 1/4 tsp dried parsley (I use 1/2 tsp)

Combine, chill, & enjoy. Lasts about a week in the fridge. I don't know where I got this recipe from. I always have some on hand in my fridge. Posted by aliceinwonderland.

### Caesar Salad Dressing

1/3 cup Mayo  
 1 TBS. Vinegar (white or cider, I hate cider)  
 1-2 cloves Garlic, minced  
 2 TBS. Grated Parmesan Cheese  
 1/2 t. salt  
 1/2 t. black pepper

In a small bowl mix all ingredients until well blended. Serve over torn Romaine Lettuce w/ crumbled bacon and toss. Feel free to add more cheese, but stay away from those croutons! Also great w/ a grilled chicken breast on top. Makes 1/2 cup. Posted by suebee55.

### Blue Cheese Dressing

4-6 oz. pkgs, bleu cheese	2 T veggie oil
2 c Hellmans mayo	2 T vinegar
1 c sour cream	1 tsp garlic salt
1/2 tsp pepper	1 tsp onion salt

Blend all together in blender, makes 1 qt and will keep in frig for 2 weeks. By phoffer.

### Bleu Cheese Dressing

1c mayo  
 1/2c sour cream  
 1 garlic clove minced  
 1tbs lemon juice  
 1/4c bleu cheese

Mix ingredients, refrigerate at least 1 hour before serving. This is the best bleu cheese dressing that I have ever had. Posted by imbuggin.

### Chart House Blue Cheese Dressing

3/4 C. Sour Cream	1/3 tsp. Garlic Powder
1/2 tsp. Dry Mustard	1 tsp. Worcestershire Sauce
1/2 tsp. Black Pepper	1 1/3 C. Mayonnaise
1/2 tsp. Salt (Scant)	4 oz. Danish blue cheese; crumble

In a mixer bowl, blend sour cream, mustard, pepper, salt, garlic powder, and Worcestershire for 2 mins at low speed. Add mayonnaise. Blend 1/2 minute at low speed and 2 mins at medium speed. By hand, crumble cheese into mixture. Blend at low speed no more than 4 mins. Refrigerate 24 hours before serving. I have always loved the thick yummy dressing at Chart House and I found it on the CopyKat website. Posted by sherryj9.

### Blender Mayonnaise

2 eggs  
 1 1/2 tsp salt  
 1 tsp dry mustard  
 1/2 tsp paprika  
 2 T lemon juice  
 2 C veggie oil  
 2 T vinegar

Put first 4 ingredients in blender and whirl. Clean down sides. Add lemon juice, start blender and very, very slowly pour in 1/2 c veggie oil. Add vinegar slowly; with blender running add rest of oil. This tastes exactly the same as Hellmans mayonnaise and is a keeper in our house. By phoffer.

### Cajun Mayo

1 cup mayonnaise  
 1 teaspoon red pepper  
 1/2 teaspoon paprika  
 1/4 teaspoon granulated garlic (original recipe called for 1/2 teaspoon garlic, but this is what I used.)  
 1/2 teaspoon chili powder  
 1/2 teaspoon onion powder  
 1/4 teaspoon black pepper  
 1/4 teaspoon nutmeg

Mix well. Serve on burgers. I really liked this! I put it on a cheeseburger, I dipped some pepperoni in it, & I dipped a piece of Cheddar cheese in it - Yum! From Kraft. Posted by iwillrejoice.

### Tomato Dressing

Put a large tomato in the blender. Grind it up pretty good, then add enough mayo to make it thick. Add salt & pepper to taste, it is so good. I started to eat it up with a spoon. Great over any kind of lettuce. Posted by mzladyt.

### Olive Garden Salad Dressing Clone

1 cup mayo  
 2/3 cup vinegar (I like red wine)  
 2 tblsp olive oil  
 2 tblsp sugar sub.  
 1/2 cup parmesan cheese (powder grate works best)  
 1 tsp italian seasoning  
 1 glove garlic  
 salt and pepper to taste

I throw it all in my blender and whiz it up. It's really good. I found this recipe and SS it. It's yummy, it's the only one my DH will eat now. Posted by elmojabr.

### Mexican Dressing

1 med onion  
 1 C somersweet or splenda  
 1 C veggie oil  
 4 T hellmans mayo  
 3 T mustard  
 1 tsp celery seed  
 1/2 tsp salt

Put all ingredients into blender and blend. Can be stored in frig up to 2 weeks. By phoffer.



### Creamy Salsa Dressing

2 c. Best Foods Mayonnaise  
 1/2 c. salsa (with no sugar)  
 1 tsp. paprika  
 1 Tbsp. red wine vinegar  
 1 Tbsp. olive oil  
 1 Tbsp. lemon juice  
 1/4 tsp. salt  
 1 garlic clove, minced or crushed with press  
 1 Tbsp. grated onion  
 pepper (to taste)

Combine and mix thoroughly. Let sit overnight for best flavor. Sometimes I sprinkle a 1/4 tsp. chili powder and a dash of cayenne. By tracey k.

### Creamy Cucumber Dill Dressing

1 cup mayo	1/2 tsp Paprika
1/4 cup cream (I think this could be omitted)	1/2 tsp Celery Salt
1/2 English cucumber, peeled (I didn't seed mine - I'm sure you could go to the trouble for a smoother dressing, but I didn't mind the seeds.)	1 tsp dry mustard
1/4 tsp Cayenne pepper	1 TBS dried dill (fresh would also be yummy!) salt and pepper to taste.

Use a food processor or blender to get cucumber to a smooth consistency, add the rest of the ingredients and there you have it! It would be very easy to make this suitable for a carb meal - just replace mayo/cream with nonfat yogurt. Neatnik.

### Creamy Cucumber Dressing

1/2 cup mayonnaise	1/4 teas. salt
2 tbs cream	1 garlic clove, minced (1/4 teas. garlic powder)
2 tbl olive oil	1 teas dried dill
2-3 teas. lemon juice	1/4 cucumber peeled and grated, or chopped fine
pinch of somersweet	

Place first 7 ingredients in blender, blend until smooth. Add more cream if necessary to reach a thin pourable consistency. Pour into bowl and stir in dill and cucumber. Add more lemon if tangier taste is preferred. Gridmama.

### Creamy Cucumber Dressing

Seed the cucumber and dice it very finely (or put it in a blender and pulse). Mix with sour cream, salt, pepper, dill and thin with heavy cream until you reach the desired texture. You can also add a little chopped garlic or onion but this is a good base. Posted by connsailor.

### Herb Salad Dressing

1/2 cup mayonnaise	pinch somersweet
1 tbs heavy cream	1/4 teas. salt
2 tbs olive oil	1/4 teas. garlic powder
2-3 tbs lemon juice	1 teas. dried dill or 2 teas. fresh, chopped finely

Combine all ingredients except the dill in the blender and blend until smooth. Scrape sides as needed, adding more cream as needed to get thin, pourable consistency. Pour into a bowl and add dill, adding more lemon juice if tangier taste is preferred. Gridmama.

**Italian Dressing**

1 1/3 C veggie oil	1/2 tsp celery salt
1/2 C vinegar	1/2 tsp pepper
1/4 C Parmesan Cheese grated	1/2 tsp dry mustard
fresh parsley	1/4 tsp paprika
1 clove garlic	1/4 tsp dried basil
1 T Somersweet	

Combine in blender; cover & blend until smooth. Makes 1 3/4 cups. By phoffer.

**Italian Dressing**

1/2 cup canola or olive oil  
 1/4 cup white wine vinegar  
 2 tsp. dried basil  
 1 1/2 tsp. salt  
 1 tsp. SLENDA® Granular  
 1/2 tsp. garlic powder  
 1 tbsp. mayonnaise  
 3 tbsp. water

Combine all ingredients in a blender. Blend on high until combined, approximately 30 seconds. Pour into small pitcher or dressing cruet. Cover and chill until ready to serve. Shake or stir before pouring. Posted by DebB.

**Italian Dressing**

1-1/3 C. salad oil  
 1/2 C. vinegar  
 1/4 C. grated parmesan cheese  
 1 tbs sweetener  
 2 tsp salt  
 1 tsp celery salt  
 1/2 tsp white pepper  
 1/2 tsp dry mustard  
 1/4 tsp paprika  
 1 clove of garlic, minced

In a screw top bottle, combine all ingredients. Cover ,shake well to mix, Chill, shake well before using. Posted by DebB, from Victoria @ SS site.

**Italian Dressing**

1 tsp mustard  
 1 tsp minced garlic  
 1 tsp salt  
 fresh pepper, a pinch  
 1 tsp sugar subst.  
 1 heaping tsp oregano  
 4 TBS wine vinegar  
 1 TB balsamic vinegar  
 10 TBS canola oil or olive oil

Here is the best recipe ever... Mix all. I use this for everything- marinades, etc. Also add blue cheese or feta cheese to the mix if you want. It really is very delicious. Posted by DebB, from grizy @ SS site.

### Italian Dressing Mix

1 tablespoon garlic salt  
 1 tablespoon onion powder  
 1 tablespoon Splenda (or equivalent sugar substitute of choice)  
 2 tablespoons dried oregano  
 1 teaspoon ground black pepper  
 1/4 teaspoon dried thyme  
 1 teaspoon dried basil  
 1 tablespoon dried parsley  
 1/4 teaspoon celery salt  
 2 tablespoons salt

In a small bowl, mix together the garlic salt, onion powder, Splenda, oregano, pepper, thyme, basil, parsley, celery salt and regular salt. Store in a tightly sealed container. To prepare dressing, whisk together 1/4 cup white balsamic or rice vinegar, 2/3 cup olive oil, 2 tablespoons water and 2 tablespoons of the dry mix. Posted by DebB.

### Italian Dressing Mix

1 tablespoon garlic salt  
 1 tablespoon onion powder  
 1 tablespoon Splenda  
 2 tablespoons dried oregano  
 1 teaspoon ground black pepper  
 1/4 teaspoon dried thyme  
 1 teaspoon dried basil  
 1 tablespoon dried parsley  
 1/4 teaspoon celery salt

To prepare dressing, whisk together 1/4 white vinegar, 2/3 cup canola oil, 2 tablespoons water and 2 tablespoons of the dry mix. Posted by DebB, from Bonnie @ Atkins Site.

### Sweet and Sour Oil and Vinegar Dressing

Into a glass container add and mix:

1 cup Extra Virgin Olive Oil  
 1/2 tsp garlic powder  
 1/2 tsp celery salt  
 1 1/2 tsp onion salt  
 1/4 tsp pepper  
 1/2 tsp powdered mustard  
 1 Tbl parsley flakes  
 2 tsp celery flakes

In a small saucepan heat just to boiling, stirring (only takes about one minute):

1/2 cup white vinegar  
 1 Tbl Somersweet + 7 packets Splenda (you could use all Somersweet, but I like the taste using both products--no aftertaste)

Pour the vinegar mixture into the oil, stirring well. Cover and refrigerate overnight, if you can, for best flavoring. (Otherwise a couple of hours will work.) Stir and spoon it over the salad so that you get some of the goodies that tend to settle to the bottom. :->) Note: this is a very light dressing and goes with just about any meal imaginable. Also--because the olive oil tends to "set up" in the fridge it is good to set it out on the counter for an hour or so while you are preparing dinner, so that it will liquefy again. Then you can return it to the fridge and it will be fine. I have adapted my Mom's own creation which has become our entire extended family's favorite--as I hope it will yours. Naturelover.

### Oil & Vinegar Dressing

I put about a Tbsp. of olive oil, a Tbsp. red wine vinegar and then season it with salt, pepper, and white pepper. You can adjust to your taste. This used to be a family recipe with mashed avocado in it. I just bought avocado oil to try since we can't have avocado which is a shame. By MarineWife.

### Vinaigrette Dressing

1/2 t dry mustard  
 1/8 tsp somersweet  
 1/4 t curry powder 1/2 t paprika  
 2 t olive oil  
 2 t balsamic vinegar

Mix and serve. By mrsjackspratt.

### Honey Mustard Dressing

3/4 cup Hellmans mayonnaise	1 tablespoon lemon juice
3 tablespoons honey (sugar free)	Salt and freshly ground pepper to taste
3 tablespoons prepared mustard	

Combine ingredients in small bowl and whisk together until blended well. Keep refrigerated. Posted by Fricke.

### Honey Mustard Salad Dressing

1/2 cup oil  
 1/4 cup Dijon mustard (I just use French's, we like it better that way)  
 1 cup mayonnaise  
 3/4 tsp. vinegar  
 Dash of garlic powder  
 Dash of onion powder  
 1/4 cup spoonable sweetener

Blend it all together and you are finished! This is quite thick and can be thinned down with water if you like a "runnier" dressing. Great on grilled chicken too. Posted by DebB.

### Lemon Mustard Dressing

1/2 c. fresh lemon juice  
 1/2 c. olive oil (crucial, don't use canola)  
 1-3 tsp STADIUM or BROWN mustard. NO YELLOW  
 2 Tbsp. s-sweet or splenda,  
 kosher salt, pepper to taste

Shake well to emulsify & enjoy over spring greens with feta, onion, tiny tomatoes, etc. Posted by Sisterstu.

### Lemon Dressing

6 T. lemon juice (I use the bottled kind)  
 3 T. canola oil  
 9 pkg. Splenda (use more or less to your taste, most people will want more than this)  
 Pepper to taste

Mix together with a whisk or shake up in a jar with a lid on. (I think canola oil has the best taste for this.) This is a recipe that makes a small amount and you can divide the recipe by 1/3 and try it in a smaller amount. I usually double or triple the recipe for the larger salads. I've used this on coleslaw, toss salads and other veggie salads--such as cauliflower broccoli combos or '3 bean type'. I love the creamy type salad dressings but they stall me too much. Posted by jolly giant.

### Ginger Dressing

1/2 Cup sliced onions  
 1/2 Cup vegetable oil  
 1/4 Cup white vinegar  
 1/4 Cup Japanese Soy Sauce (Kikkoman)  
 2 teaspoons sugar (I used 1 pkt. s'sweet)  
 2 tablespoons chopped gingerroot  
 1/2 teaspoon lemon juice  
 1/2 teaspoon salt  
 1/2 teaspoon pepper

Combine all the ingredients in a blender. Blend on low for one minute, then high for 30 seconds. Add additional salt or pepper to taste. Chill. Stir before serving on salad. Makes 1 1/2 cups. Notes: (a) 1/2 tsp. of Somersweet = 2 tsp. Sugar; (b) I use the "low salt" soy sauce; (c) Chef Kanda uses white vinegar but says rice vinegar may be substituted. I found this recipe in the Summer 2004 Issue of Disney Magazine. Both this recipe and Chef Shigeru Kanda have been at Mitsukoshi Teppanyaki Dining Rooms, EPCOT in Japan, since its 1982 opening. Posted by Tiger.

### Raspberry Vinaigrette

2Tbs Olive Oil  
 2Tbs Raspberry Vinegar  
 2Tbs lemon Juice  
 2Tbs Sugar Free Maple Syrup  
 Pepper

I put a couple of garlic cloves in the bottle, keep in Fridge and shake well before using. Posted by orville.

### Raspberry Vinaigrette

3 TBS. seedless sugar free Raspberry Preserves (Polaner is Great)  
 2/3 cup Vegetable Oil  
 1/3 cup Red Wine Vinegar  
 1/4 tsp. salt  
 1/4 tsp. pepper  
 Tossed salad greens

Place preserves in micro-safe bowl. Nuke uncovered 10-15 secs. until melted. Pour into a jar with a tight fitting lid. Add oil, vinegar, salt and pepper. Shake well. Serve with salad greens. Refrigerate any remaining vinaigrette. Makes 3/4 cup. Posted by suebee55. NB: this would be almost level 1.

### French Dressing

2 T. onion, chopped up  
 1/2c vinegar  
 2-1/2 T t. paste  
 1 tsp salt  
 1/2 tsp pepper  
 1c sugar (I use 2T somersweet or 1/2c fructose - adjust to your own taste)  
 1 tsp paprika  
 1 tsp dry mustard  
 1c oil

Put all ingredients except for oil in blender. Blend for 3 minutes. Gradually add oil, then blend for 3-5 more minutes. Keep refrigerated. Half recipe fills one store-bought dressing jar.

### Leslie's Lowcarb French Dressing

2/3 cup sugar substitute (I have tried all Xylitol and a Splenda/maltitol mix)  
 1/3 cup ketchup (I used Estee, any LC ketchup will work)  
 1/2 cup oil (I have tried olive and canola)  
 1/4 cup vinegar  
 1 T. lemon juice  
 1 t. salt  
 1 t. paprika  
 1/3 of a medium onion

Place all ingredients in a blender (I never bother to chop the onion). Makes at least 8 servings. This is my former all-time favorite salad dressing, in my low-carb version. It is EXACTLY as good as the original. Please try it. All my guests so far have devoured it. Leslie @ TLC

### French Dressing

1/2 cup oil  
 1/4 cup vinegar  
 1/2 cup sugar  
 1/2 cup catsup  
 1/4 teaspoon salt  
 1/8 teaspoon garlic powder  
 1/2 teaspoon Worcestershire sauce  
 1/2 teaspoon lemon juice

Posted by KATIE44.

### Balsamic Dressing

If you mix some balsamic vinegar & Dijon mustard with a packet of Splenda, it is an incredible dressing that makes a salad have so much flavor. I would give you measurements, but I just wing it every time! By lindz21.

### Best Ever Greek Dressing

4 tbs lemon juice  
 4 tbs red wine vinegar  
 1tsp salt  
 1/4 tsp pepper  
 1 tsp oregano  
 1/4 tsp garlic powder  
 1/2c olive oil  
 1/4c feta cheese (optional)

This can be used either as salad dressing or marinade. Omit the feta if using as a marinade. Posted by imbuggin.

### Hot Bacon Dressing

1 egg  
 1/2 C Splenda  
 1/4 C vinegar  
 1 1/4 C water  
 3 slices bacon, cut fine

Beat egg with Splenda. Add vinegar, mix well. Add water. In a pan, sauté the bacon until brown. Add liquid and bring to a simmer. Simmer 3 minutes, stirring well. Pour desired amount over greens, spinach, or lettuce. Refrigerate leftover dressing. Reheat desired amount in microwave. Posted by mzyjudy.

### Ranch Dip Mix

1 1/2 T. dried parsley  
 1 T. salt (I use much less!)  
 1/2 T. dried chives  
 1/4 T. dried oregano  
 1/4 T. dried tarragon  
 1/2 T. garlic powder  
 1/2 T. lemon pepper

Combine all ingredients and store in an airtight container. To make the dip:

2 T. dip mix  
 1 c. mayo  
 1 c. sour cream

Mix well, refrigerate for one hour before serving. Posted by usedtobeslimjac.

### Fabulous Artichoke Dip

12 ounces cream cheese, softened	1/2 tsp Tabasco sauce (most like 3/4 tsp for a kick)
1/2 C sour cream	2 jars marinated artichoke heart quarters, drained and chopped coarsely
1/2 C mayonnaise	1 C (3 oz) grated mozzarella cheese
1 TBS lemon juice	3 green onions, chopped fine
1 TBS Dijon mustard	2 tsp minced jalapeno chilis (or whichever you like. some add more to spice it up)
1 minced garlic clove	
1 tsp Worcestershire sauce	

Beat first 8 ingredients in a bowl with a mixer. Fold in artichokes, mozzarella, green onions, jalapeno. Put in a casserole dish and bake at 400 in a preheated oven for 30 to 40 minutes. If you use a thin but long pan (i.e., 11x7x2) then bake it about 20 minutes or just until dip is bubbling and brown on top. If desired throw in 8 oz lump crab meat. Missalula. This is really good poured over boneless chicken breasts & baked like a casserole. One of my favorites! Lori.

### Hot Cheese & Sausage Dip

1 16-oz box of Kraft Deluxe American Cheese  
 1 2-cup package of shredded Cheddar Cheese  
 1 1-lb roll of Hot Jimmy Dean Sausage, browned & drained  
 1 Onion, finely minced  
 1/2 Green Bell Pepper, finely chopped  
 3 (depending on size) Cloves of Garlic, finely minced  
 1 can of Rotel Tomatoes & Chilis w/juice (If it's too hot for you, substitute 1 can of regular chopped tomatoes.)  
 1 8 oz can tomato sauce  
 3-4 Tbs. Chili Powder

Brown the sausage first. Scoop it out of the skillet and set aside. Drain all but about 2 T of the drippings from the sausage. Add the Onion, Bell Pepper & Garlic to the skillet & brown. Add the sausage, onion, bell pepper & garlic to the crockpot and turn it on. Add the Rotel, Tomato Sauce & the Chili Powder to the crockpot and heat it up. After the mixture is hot, add the cubed American cheese and the shredded Cheddar (You can add it at the beginning if you must.) After it's all melted, add more shredded cheddar cheese if you want it thicker. Serve with Pork Rinds or Cheese Chips or crudité's (cut up veggies). Posted by melmel325.

**Taco Dip**

2 8oz Cream Cheese (room temp)  
 1 8oz Sour Cream  
 1 package taco seasoning

Blend together and spread onto serving plate. Top with:

1 c. salsa	1 c. shredded cheese
2 medium tomatoes diced	1 bunch green onions chopped fine

Reeree75.

**Taco Dip**

2 8-oz. pkgs. cream cheese, softened  
 2 lbs. lean ground beef  
 2 1.25 pkgs. taco seasoning (find a legal one)  
 2 Cups water  
 8 oz. shredded Colby cheese  
 12 oz. Monterey Jack jalapeno cheese, thinly sliced

Use spoon to spread one package of cream cheese on the bottom of a round 2 quart casserole. (I use a terra cotta one with a lid) Brown the ground beef in a skillet. Drain meat and add taco seasoning and water. Simmer for 20 minutes. Spread ground beef over the cream cheese and top with remaining cream cheese. Sprinkle Colby cheese evenly over the meat mixture. Top with Monterey Jack cheese slices. Bake in a 350 oven for 20 minutes. Remove and microwave for 5 minutes. This freezes well. Serve with some cheese chips or maybe some celery sticks. My family eats this for dinner sometimes. By keepingitoff.

**Shrimp Dip**

1/2 c mayo	1 tsp. lemon juice
8 oz. soften cream cheese	1 tsp. "Johnnie's Seasoning Salt"
1/4 c finely chopped celery	1 sm. can shrimp, rinsed and drained
1/4 c finely chopped onion	

Cream mayo & cream cheese, add rest of ingredients. Cover & let sit in refer. for several hours. Serve with veggies. The secret to this is the "Johnnie's Seasoning Salt", don't know how far east it's available. Albertson's here in Washington carries it. It's an awesome dip, my family has been making it as is for 25 years. Katiepup.

**Shrimp Dip**

1 large container whipped cream cheese  
 Somersize Cocktail Sauce or mix your own using sugar free ketchup + horseradish

Mix cocktail sauce with cream cheese to taste. Add cocktail shrimp, roughly chop some & leave some whole. Chill & serve. I make this dip all the time, it's great with cheese chips, or any vegetables you like . Posted by tinselbaby.

**Horseradish Tuna Dip**

6.5 oz Tuna, packed in oil, drain it well	2 TBS finely chopped onion (minced, dried is ok)
3 TBS sour cream	1 1/2 tsp bottled horseradish, or to taste
2 TBS mayonnaise	2 tsp finely minced parsley leaves

Puree tuna, sour cream, mayo, onion, horseradish, parsley in a food processor until smooth. Taste and add salt and pepper as you like it. Transfer dip to a serving bowl, sprinkle with cayenne if desired. Serve with veggies, like celery, broccoli, cauliflower, mushrooms, etc. (You may want to double or triple dip recipe if you are doing this for a party. This is always a hit at a party where there are guys -- like a Super Bowl party.) MissaLula.



### Clammy Bacon Dip

8 slices of bacon (or 1/4 lb) cooked crisped and chopped. (use more if you love bacon)  
 2 6.5 cans of minced clams  
 8 oz cream cheese, softened  
 1/4 C sour cream  
 1/3 C red bell pepper, finely chopped

3 green onions, finely chopped  
 1 tsp bottled horseradish, drained  
 1 tsp lemon juice  
 3/4 tsp Worcestershire sauce  
 Tabasco to taste

Fry bacon crisp, cool and then chop it. Drain clams, reserving juice. While clams drain, mix together sour cream and cream cheese. Add 2 TBS of the reserved clam juice into mayo mixture. Add bacon, clams, and all remaining ingredients mixing well. Taste and add Tabasco as you like it. Dip is best when at room temperature. Missalula.

### Asian Veggie Dip

1/2 C mayonnaise  
 1/2 C sour cream  
 3 TBS sour cream  
 1 TBS toasted sesame oil  
 1 TBS rice vinegar  
 1 tsp minced peeled ginger (fresh is best)  
 1 tsp Splenda  
 1/2 tsp dry mustard

1/8 tsp cayenne pepper  
 salt and pepper to taste  
 Almost Level 1 or 2 can add 1 TBS toasted sesame seeds as well  
 Veggies for dipping like broccoli, celery, cauliflower, sugar snap peas, green peppers, red peppers, cucumbers, etc.

Combine dip ingredients in a bowl and whisk until blended. Season with salt and pepper to your taste. Cover and refrigerate for a couple of hours before serving. Missalula.

### Jelly Mustard Dip

6 oz. sugar free jelly (I used homemade hot pepper jelly made with Splenda)  
 4 T. Dijon mustard

Combine jelly & mustard together in a small bowl, & beat with a wire whisk. Small flecks of jelly will appear not to have dissolved, but they will melt & the sauce will be smooth. Use as a dip for fish or chicken or whatever else. I used it on a toss salad one day too. Posted by jolly giant.

### PT's Tart 'n Tangy Creamy Dipping Sauce

1 cup mayonnaise  
 3/4 cup sour cream  
 2 Tbsp. SF catsup (StarLite's is my \*favorite\*!)  
 1 & 1/2 tsp. prepared horseradish (comes in a small jar)  
 1 & 1/2 tsp. rice vinegar (substitute other vinegar if necessary)  
 2-3 drops hot sauce  
 1 tsp. ground ginger  
 1/2 tsp. ground mustard powder  
 1/4 tsp. ground black pepper

Combine all ingredients and blend (stir) until smooth. Chill for at least 1/2 hour and then taste-test, adjusting flavors as desired. Yields about 2 cups. Serve with Rainbow Gems "en brochette".

### "Legal" Sour Cream

1 Cup Heavy Whipping Cream  
 1 1/4 T Lemon Juice

Let above ingredients sit in a glass Mason Jar (covered with plastic wrap and a rubber band) for 18-24 hours. The longer it sits the better. The cream immediately thickens once you add the lemon juice. Store sour cream in the fridge in a plastic bowl with lid. Should keep for a week or more. Easy and tastes great!! AGraham.

### Hollandaise Sauce

3 egg yolks  
 1/2 lemon, juiced  
 1 teaspoon cold water  
 1 teaspoon salt  
 1 teaspoon ground black pepper  
 1/2 cup butter

In a small bowl, whisk together egg yolks, lemon juice, cold water, salt and pepper. Melt butter in a saucepan over low heat. Gradually whisk yolk mixture into butter. Continue whisking over low heat for 8 minutes, or until sauce is thickened. Serve immediately. Note: If your sauce breaks and the butter and egg begin to separate, simply remove from the heat, add a splash of cold water, and whisk very fast. This should save your Hollandaise.  
 By: Stoddard

### Quickie Ketchup

1 can tomato paste  
 a dash of vinegar  
 water to desired consistency  
 salt  
 cumin

Blend and refrigerate. By twiggy88.

### Atkins Ketchup

12 oz. tomato paste  
 6 oz. water  
 6 oz. vinegar  
 10 Splenda packets  
 1 tsp onion powder (not salt)  
 1 tbsp salt  
 Pinch of cloves

Blend together until combined and refrigerate. Makes about 50, 1 tbsp servings, 1 carb per serving. By orville.

### Heinz Ketchup

One 6-ounce can tomato paste  
 1/2 cup light corn syrup\*  
 1/2 cup white vinegar  
 1/4 cup water  
 1 tablespoon sugar (Whey-Low Granular)  
 1 teaspoon salt  
 1/4 teaspoon onion powder  
 1/8 teaspoon garlic powder

\*To substitute for the corn syrup, make a simple syrup: mix 1 1/4 cups Whey-Low Granular with 3/4 cup water in a sauce pan. Boil for 2-3 minutes until it thickens to syrup consistency. Use 1/2 cup of this for the ketchup recipe.

Combine all ingredients in a medium saucepan over medium heat. Whisk until smooth. When mixture comes to a boil, reduce heat and simmer for 20 minutes, stirring often. Remove pan from heat and cover until cool. Chill and store in a covered container. (<http://www.topsecretrecipes.com>). Makes 1 1/2 cups. Posted by alyneem.

### SS BBQ Sauce

Sauté 1/2 Cup diced onions in Olive Oil. When transparent, lower heat and add:  
4 cloves garlic - crushed, diced, whatever (let combine with onions for a little while)  
then add:

1 8 oz. can Hunts Tomato Paste

1 cup (possibly 1-1/2 cups Water)-- Stir well to combine (thickness is up to you - you can always add more water to thin so don't get carried away with the water.)

then add:

2 tsp. Somersweet

1 Tbsp. lemon juice OR 1 Tbsp. white vinegar

2 Tbsp. Worcestershire Sauce

4 Tbsp. Chili Powder

1 Tbsp. Paprika

1/2 tsp. salt

(if you don't use fresh garlic - substitute 1/2 tsp. garlic powder - if using garlic salt - then omit the 1/2 tsp of salt above)

Just simmer until all the flavors are intermingled - and as I said, you can always thin some more by adding a little water. This is absolutely delicious on everything you like BBQ'd. From my Mom's Wesson Oil's cookbook (1960) - but SS! By SS Sheila.

### Julie's BBQ sauce

1 1/2 cup catsup (any sugarfree will do)

1/4 teaspoon vinegar

1/2 teaspoon garlic salt

1/4 teaspoon pepper

1 teaspoon minced onion or onion powder

1/2 teaspoon salt

1/2 teaspoon chili powder

1/2 to 3/4 cup whey low gold brown sugar substitute

1/2 teaspoon mesquite liquid smoke

I add more or less of stuff depending on what you like. I also like adding Mt olive relish s/f to this, its really good. If you're making something like Porksteak's, I fry my chops in hot grease until almost done and then drain most of the grease and then baste my steaks. I've been making this for over 20 years, I SSed this, it is the best ever. Julie.

### Eileen's BBQ Sauce

18 pkgs splenda

2 Tbs. ground paprika

2 tsp. salt

2 tsp. dry mustard

1 tsp. chili powder

1/4 cup distilled white vinegar

4 Tbs. worcestershire sauce

1 large can tomato sauce (29 oz)

6 Tbs. sugar free maple syrup

4 cloves garlic, minced

3/4 tsp hickory liquid smoke

1 tsp minced onion

\*optional 1/4 tsp. cayenne pepper

Cook on low heat till it reaches your desired thickness. Store in mason jar in the frig (you could can it I am sure for a longer shelf life if you wanted to make larger batches). This is my tweaked version of a sauce I found on this site. I like a sweet and hickory flavored sauce. You could add some xanthum gum to thicken it if you wish. Edited by - leener3boys

## BBQ Sauce/Dip

I make a barbecue/dipping sauce by mixing equal parts tomato sauce & sugar free pancake syrup. A little thinner than using molasses or honey. Good on ribs, chops, etc. Posted by Jean011. Note by mizztucker: If you want to thicken it up a bit, put it in a saucepan over low heat & let it simmer until it becomes the consistency you like.

## Can Cola Barbeque Sauce

1 cup Diet Rite Cola	1/4 cup Steak Sauce
1 cup Estee no sugar added Ketchup	1/2 tsp Onion Powder
1/4 cup Worcestershire Sauce	1/2 tsp Garlic Powder
1 tsp Liquid Smoke	1/2 tsp Black Pepper

Combine all ingredients in heavy saucepan and gradually bring to a boil over Medium heat. Reduce the heat slightly so the sauce is gently simmering. Simmer until reduced by 1/4 (this should take about 10 mins). Transfer the sauce to container(s) - I use glass containers - let cool to room temperature and then refrigerate until serving. Sauce keeps for several months refrigerated. This sauce is excellent for cooking, basting, slathering, dipping of Chicken, Ribs and Pork! Level Two. Foxterrorist.

## Red Wine BBQ Sauce

1 Tbsp olive oil  
 1 large garlic clove, minced  
 1/4 tsp ground cumin  
 1/4 tsp ground chipotle chile pepper powder  
 1/3 c dry red wine  
 1/2 c sugarfree catsup (I use Heinz's)  
 1 Tbsp apple cider vinegar (or only type you have)  
 1 Tbsp lite soy sauce  
 1/8 tsp liquid smoke (optional - I did not add).

Heat olive oil in heavy medium saucepan over medium heat. Add garlic, cumin and chipotle chili powder; stir 1 minute. Add wine and simmer 2 minutes. Stir in ketchup, vinegar, soy sauce, and liquid smoke; simmer 2 minutes longer. Can be prepared up to 2 days ahead - -Cover and refrigerate until ready to use. Makes 1 cup. I haven't tried Suzanne's new chipotle BBQ sauce - -but made this last weekend to use on a tri-top roast on the grill. It was excellent and very quick to make. You can add more chile powder, if you like it spicier. Posted by suzysun55.

## Teriyaki Sauce and Marinade

1 cup of sugar-free, soya sauce (I use Kikkoman's)  
 3/4 cup plus 1 tablespoon of water  
 4 tablespoons lemon juice or vinegar\*\*\*\*  
 1/2 cup plus 1 tablespoon of Splenda or 1 tablespoon plus 1 1/2 teaspoons Sweetbalance  
 1 teaspoon garlic powder  
 1 teaspoon onion powder  
 1/2 teaspoon ground ginger

\*\*\*\* You can add either vinegar or lemon juice. The lemon juice will give the marinade a slightly citrus flavour, which really enhances the flavour of white meats such as chicken or pork. Using vinegar will result in a slightly more pungent marinade, which will help to tenderize and bring out the full flavour of red meats, such as steak or lamb. Whether you use vinegar or lemon juice, this marinade will still turn your favourite meats into a flavourful taste experience. \*\*\*\* Add all ingredients to a medium bowl. Stir until all ingredients are well combined. Store in the refrigerator in a bottle or airtight container until ready to use in your favourite chicken, fish, beef, and stir fry dishes. Will keep for several weeks. Preparation Time: 2 minutes. Serving Size: Makes about 2 cups of marinade. Meat Marinating Time: A minimum of 8 hours and for the best flavour, 24 hours. I'm sorry I don't know who posted this but it is great - and the 2 minutes it says it takes is an outside time. It's quick, easy and delicious! Posted by connsailor. Originally posted by Peter Neuman.

**Steak Sauce**

1 Bunch fresh parsley chopped  
 8 oz cloves garlic minced  
 3/4 C olive oil  
 1/4 C sherry wine vinegar  
 3 TB lemon juice  
 1 tsp salt  
 1/2 tsp pepper  
 1/2 tsp salt

In blender or food processor combine all and mix well but do not puree. By phoffer.

**Sweet & Sour Sauce**

equal parts s/f ketchup  
 fructose  
 vinegar

You need to thicken it and I've used cornstarch (not legal L1) or guar gum (be sure to mix well with water first). Boil till right consistency. I just modified my old recipe. Posted by Whimsy.

**Cocktail Sauce**

SF ketchup  
 horseradish  
 hot sauce

Mix well. I don't have quantities, I just mix and taste until I like it. By mizztucker.

**Spicy Cocktail Sauce**

1 cup SF ketchup  
 1 1/2 tsp lemon juice  
 1 1/2 Tbls prepared horseradish  
 3/4 tsp worcestershire sauce  
 1/8 tsp cayenne pepper

Mix all ingredients. This is my version of Suzanne's Spicy Cocktail Sauce. Posted by mighty-nice.

**Salsa**

Fresh tomato, red juicy (diced)  
 Onions (diced)  
 garlic (chopped in blender with jalapeno)  
 jalapeno pepper (chopped in blender)  
 cilantro (chopped by hand)  
 salt (to taste)  
 fresh lemon juice to preserve(half large)

Mix together, let sit for hour or so. Lasts about a week or so. All ingredients are to taste, more tomato, more onion etc. Really hit and miss till you get the flavor you're looking for. This is how we make our salsa, and I believe it's legal. Enjoy, family loves it! Posted by Tsprings.

## Salsa

1 big can Whole tomatoes ( I think it like 20-28 oz can)  
 1-2 whole jalapenos  
 1 big onion  
 1 bunch of cilantro, stems removed as best u can  
 salt ( optional I don't always add this)  
 splenda ( just a pinch also optional i don't always add)

Anyway, just throw all into blender until you get the desired thickness you want. It's really good. It comes out very much like some Mexican restaurant. It's not as thick, but that's the way we like it. Posted by shari3boys

## Traditional Salsa

diced tomatoes  
 small can of green (diced) chili ortegas  
 diced jalapeños (a little goes a long way - use sparingly cause you can always add more)  
 diced onions  
 chopped cilantro  
 salt to taste

Mix all together. This is one I use all the time. Posted by JCNmyheart.

## Salsa Fresca

Several mixed mini bell peppers (orange, red, yellow) - diced  
 1 green bell pepper (diced)  
 1 or 2 tomatoes finely chopped  
 1/2 cucumber seeded and diced  
 2 cloves garlic diced (I use fresh)  
 2 green onions  
 squeeze a little lime juice  
 pinch of sea salt  
 pinch of cumin  
 pinch of cayenne pepper

All is to taste and the amounts are all up to you. I make this all the time. I serve with provolone chips. My dd's friend makes this and it is so refreshing. JCNmyheart.

## Authentic Mexican Salsa

6 lg Tomatoes (whole)  
 1-2 lg jalapeños (whole)(larger=less heat)  
 1 med white onion (diced)  
 1 T. minced garlic  
 1 small bunch cilantro (sp?)  
 salt/pepper to taste

Using dry cast iron skillet, blacken tomatoes and peppers--and I do mean blacken. If they look burned on all sides, they're done! Sauté onion in tiny bit of oil till translucent. Cut ends off tomatoes and peppers - de-seed peppers if your taste buds are sensitive. Chop cilantro (if you like it - I always leave it out) and then throw all ingredients into blender. No need to cool cooked items. Blend to favored consistency. Salt/pepper to taste, but sometimes needs none, depending on the condition of the tomatoes you buy. Jar and store in fridge for as much as 2 weeks. This also makes nice gifts for any occasion when fixed up fancy. Eat on top of SS taco salad, tacos w/ provolone taco shells or just dip with prov chips (yummy!!) or pour over beans/rice. Also would be great mixed with grilled chicken, onion, peppers, melted cheese. You'll need to tweak the ingredients here and there until you find YOUR taste, but then you'll never go back to store bought! This recipe came from a friend of mine. Posted by Elcarim.

### Enchilada Sauce

1 cup of chopped onion	1 tablespoon of chili powder
2 cloves of garlic chopped fine	1 teaspoon salt
1 tablespoon of oil	1 teaspoon cumin
2 cups of tomato sauce	1 teaspoon oregano
1/2 - 1 cup of broth ( I used Swanson's beef broth)	1/8 teaspoon pepper

Sauté onion & garlic in oil. Add rest of ingredients. Simmer uncovered 15 mins. Posted by 'kim' at wwrecipes.com. This is a great (Weight Watcher's) Enchilada Sauce recipe that's perfect for SSing. I make it all the time. DebB.

### Vance's Enchilada Sauce

4 oz. dried, mild red chiles (NO SUBSTITUTE) *	1 t. salt
4 cups hot water	1 T. tomato paste
1 t. crushed red pepper flakes	½ t. ground cumin
2 8 oz. cans tomato sauce	½ t. dry oregano, crushed
3 garlic cloves, minced	

Preheat oven to 350. Place chiles on a cookie sheet & roast 3-5 mins. WATCH CAREFULLY so the chiles don't burn - you won't like the flavor. Remove from oven & allow to cool. Remove & discard stems, seeds & membranes. Tear up chiles into small pieces & place in food processor or blender container. Process until ground to a coarse powder (don't breathe in when you take off the lid!) With the machine running, carefully pour in 1 - 2 cups hot water & process until mixture is thick. Pour in tomato sauce, tomato paste, garlic, cumin, salt & oregano. Process until well mixed. Pour mixture into a large bowl & stir in remaining hot water. Freeze in 1-1/2 cup containers. Makes enough sauce for about 3 recipes of Enchiladas. \*These dried Chiles can be found in those cellophane packages in the Mexican food section of your local market. The "California" ones are usually a little milder than the "New Mexico" ones - if you have a choice. Yield: 6-1/2 cups. This isn't Vance's recipe, it's mine. It's just his all-time favorite thing I make! See the Poultry Forum for the Enchiladas. I know this seems like a lot of work, but believe me, it's worth it. This sauce does freeze well. I pour it into 1-1/2 - 2 cup glass jars when the sauce is cool & throw it in the freezer. Posted by MsTified.

### Easy Enchilada Sauce

tomato sauce (canned)	chili powder
cumin	garlic powder
basil	

Add a pinch or so of each spice to the tomato sauce, stir. Posted by twiggy88.

### Chipotle Cream Sauce

12 Dried Chipotle Chiles	2 C heavy cream
1 tsp shallot minced	1/2 C onion diced
1/2 tsp garlic minced	1/2 tsp cornstarch in 2 tsp water-OMIT
1 stick unsalted butter	1 TB fresh rosemary minced
1/2- 1 C dry white wine	1 1/4 fresh ground pepper or more

Bring large pot of water to a boil, add chiles and boil until tender, about 15 minutes. Drain, reserving 1/4 C cooking liquid. Puree chiles with 1/4 C cooking liquid in blender. Strain through sieve. Set aside. Melt butter in heavy large skillet over med heat. Add 1 TB chipotle paste, onion, rosemary, pepper, shallot and garlic and stir 2 minutes. Add wine and boil until reduced by half. Add cream and boil until reduced to thin sauce by half. Add cream and boil until reduced to thin sauce consistency, stirring occasionally, about 10 minutes. Taste, adding more chipotle paste if desired. This can be prepared 1 day ahead, Cool completely and cover place in frig. rewarm before using. Note: Can someone let me know what to use in place of the cornstarch!!! By phoffer.

### Chili Cream Sauce

2 Jalapeno chiles seeded & chopped  
 2 TB minced onion  
 1/2 C chicken stock  
 1/2 C heavy cream  
 1 tsp salt  
 1/2 tsp ground cumin  
 1 TB butter

This is creamy hot and perfect on grilled meats. Place all ingredients except butter in a saucepan over med heat and cook until reduced by half. Pour into a blender & puree. Replace the sauce back into sauce pan over low heat and whisk in butter. Makes 1 1/2 C. By phoffer.

### Culichi Sauce

3 whole chiles (Ortega canned or fresh Poblano, roasted, seeded and peeled)  
 1/3 cup picante chicken bullion broth\* (1/2 bullion cube mixed with 1/3 cup water)  
 1 tablespoon minced garlic  
 1/3 cup heavy cream  
 3/4 cup Manchega cheese, grated  
 Fish or Seafood of choice or you could even use chicken!

Make chicken broth and allow to cool. \*If you can't find the picante boullion cubes (I got mine in Mazatlan), I'd say add a drop or two of Tabasco to your regular chicken broth and it should do the trick. Or, if you don't want it spicy, just use regular ol' chicken broth!) Place roasted chillies and garlic into food processor bowl; pulse until chopped. Add chicken broth and process until liquified. Let liquid COOL or the cream will curdle! Making sure liquid is cool, slowly add cream to chile mixture and process until mixed. Add 1/4 cup of cheese and pulse until mixed. Refrigerate until ready to use. Before serving, slowly heat Culichi in saucepan. NOTE: Serve by pouring over pre-cooked fish (shrimp, scallops, or any white fish), into gratin dishes. Divide the remaining cheese between the gratins, then put under broiler for 2-3 minutes, or until cheese melts. Makes: 1 cup. Serves: 2. Last time we were in Mazatlan, I had a fleshy-white fish baked with this sauce and thought I'd died and gone to heaven! So, I asked for the recipe, but he didn't understand me so just gave me the ingredients. I tried duplicating it when I got home, and hey, it ain't bad!!! Posted by MsTified.

### Green Chile Sauce

6 small tomatillos  
 1/4 onion  
 2 jalapenos  
 1 clove garlic

Heat in saucepan until boiling and skin begins to peel from tomatillos. Remove from heat. Drain water. Place in blender with a handful of cilantro and liquefy. Add salt to taste and little water for thinner salsa. By sexy1.

### Horseradish Cream Sauce

1/2 cup sour cream  
 1/2 cup mayonnaise  
 1/4 t. salt  
 1/4 t. white or black pepper  
 1 T. Horseradish  
 1 t. lemon juice  
 1 t. dijon or yellow mustard

Stir together and refrigerate. I really like this on roast beef! By blueladybug.



### Dressing for Broccoli or Asparagus

1/2 cup butter  
 1 1/2 cups mayonnaise  
 2 tablespoons horseradish  
 1 teaspoon instant minced onion  
 1/4 teaspoon dry mustard  
 1/4 teaspoon cayenne pepper  
 1/2 teaspoon vinegar

Melt butter; remove from heat. Add remaining ingredients, & stir until smooth & well-blended. Heat (do not boil!) & serve over cooked vegetables. I guess I've been making this sauce for my broccoli since the 1970's. It's very rich & delicious. The recipe didn't need any changing at all to fit into this WOE. A friend of mine, who doesn't SS, uses it as a dip for cooked broccoli florets. I sure can eat a lot more broccoli when I have this on it! From Little Rock Cooks. Posted by iwillrejoice.

### Piquant Dill Sauce

2 tablespoons butter  
 2 leeks, white part only, finely chopped, then thoroughly washed  
 1 jalapeno chile, seeds and membranes removed, finely diced  
 2 garlic cloves, minced  
 1 cup vegetable or chicken stock  
 1 1/2 cups lightly packed fresh dill, stems removed before measuring  
 2 tablespoons freshly squeezed lemon juice  
 1/4 teaspoon salt  
 1/2 teaspoon freshly ground black pepper  
 1/4 cup sour cream

Melt the butter over medium heat in a saute pan. Add the leek, jalapeno, and garlic and saute until the leeks are translucent but not brown, about 5 minutes. Reduce heat to medium and add the stock. Simmer, uncovered, for 15 minutes. (Adjust heat as required to maintain simmer.) The liquid should reduce by half. Remove from heat and let cool. Transfer to a blender or food processor and add the dill, lemon juice, salt, and pepper. Puree until smooth. Reserve and reheat just before serving. Stir in the sour cream at the last minute. From: The Surreal Gourmet. Posted by MsTified.

### Lemon Dill Sauce

1/2 cup minced shallots  
 1 teaspoon minced garlic  
 1/2 cup dry white wine  
 Juice of one lemon  
 1/4 cup chopped fresh dill  
 1 teaspoon Dijon mustard  
 1/2 cup heavy cream  
 5 tablespoons unsalted butter, cubed  
 Salt and pepper

In a saucepan, combine the shallots, garlic, wine, and lemon. Bring the liquid up to a boil. Stir in the dill and cook for 3 minutes. Whisk in the mustard and cream, continue to cook for 2 minutes. Whisk in the butter a cube at a time, until all the butter is incorporated. Season with salt and pepper. (This one came from Emeril, BAM!) I've made this recipe and used it for grilled Salmon and it's wonderful and easy. Posted by MsTified.

### Carbonara Sauce

1/4 lb smoked bacon or Genoa salami  
 4 Tb olive oil  
 1/2 cup chopped shallots  
 1/2 cups chopped Italian Parsley  
 8 oz mascarpone cheese  
 3 egg yolks, beaten  
 1 Cup grated parmesan cheese  
 fresh ground pepper to taste

Sauté salami/bacon until crisp. Transfer to a paper towel to drain. Add chopped shallots to the pan, cooking until softened. Prepare the remaining ingredients and mix together with salami and shallots in a bowl. Stir to thicken. This sauce is excellent over cooked spaghetti squash, or grilled chicken, It is one of my favorites. By phoffer.

### Carbonara Sauce

4 Tb butter  
 8 sl. bacon cut into 1/4" strips  
 2 eggs  
 2 egg yolks  
 1 tsp red pepper flakes  
 1 C parmesan cheese  
 1/2 C heavy cream  
 1 tsp salt  
 black pepper to taste  
 1 lb spaghetti squash

Cream softened butter, in another bowl beat eggs and yolks and whisk until blended. Add 1/2 C cheese. Bake your spaghetti squash and then pull apart and put in a large casserole dish. Fry bacon in skillet over med heat until crisp. Pour off half of the fat and stir in the red pepper flakes and cream. Bring cream mixture to a simmer for about 10 minutes then add creamed butter to squash, coat well, stir in hot bacon & cream mixture and finally the beaten eggs and cheese. Your squash should be very hot so that it cooks the eggs in the mixture. Taste and season with salt and pepper, serve with remaining parmesan cheese. By phoffer.

### Cheddar Cheese Sauce

1 8 oz. package of cream cheese  
 1 pint of heavy cream  
 1-2 cups cheddar cheese (or to your liking, too much will make it gritty, or use sharp cheese and you won't need as much)

Place cream cheese and cream in heavy saucepan. Bring to a boil, then turn down to medium heat and simmer until all of the cream cheese is melted. Add cheddar cheese and stir until melted and thoroughly combined. Serve over vegetable of your choice or use for fondue. Posted by tracey k.

### Rich Cheddar Cheese Sauce

1 Cup heavy cream	1 tsp mustard
1/2 c water	1/4 tsp paprika
1 lb cheddar cheese	1/4 tsp Lea & Perrins Worcestershire Sauce
1/4 tsp garlic salt	

Use double boiler or place a sauce pan into a large pot of boiling water. Add all ingredients, stirring very frequently until smooth, approx 10 minutes. Serve warm. This sauce is great for veggies. Can also add a Tablespoon of lemon juice and use over fish, fantastic. By phoffer.

**Sharp Cheese Sauce**

1/2 lb shredded sharp cheddar cheese	1 tsp Worcestershire sauce
1/3 C heavy cream	1/4 tsp Tabasco

Melt cheese in a double boiler. Blend in remaining ingredients. Simmer, stirring constantly for 5 mins & serve. Makes about 1 1/2 cups of sauce. By phoffer.

**White Cheese Sauce**

1/2 lb shredded Swiss cheese	1/4 tsp white pepper
1/4 lb grated Parmesan cheese	1/4 tsp nutmeg
1/3 c heavy cream	

In a double boiler melt the Swiss cheese and parmesan cheese. Add the rest of the ingredients. Blend well and simmer, stirring constantly for 5 minutes and serve. Makes 1 1/2 cups of sauce. By phoffer.

**Cheese Sauce**

1 cup heavy cream	1/4 cup parmesan
1/2 cup shredded cheddar (may use more to taste)	dash of white pepper

Heat cream on medium, add cheeses & pepper & heat until melted. You can use any cheeses. Posted by kidsmom.

**Easy White Sauce**

1 (8oz.) pkg. of cream cheese  
1 pint of heavy cream

Place cream cheese & cream in heavy saucepan. Bring to a boil, then turn down to medium heat & simmer until all of the cream cheese is melted. You can also add a cup or two of cheese for a cheese sauce. You can throw in a little butter too if you want to. I use this anytime a white sauce is called for. How easy is this?! Tracey k.

**Elaine's Alfredo Sauce**

1 Stick Butter  
3/4 Cup Grated Parmesan Cheese (fresh)  
3/4 Cup Cream

In saucepan on medium heat melt butter, add cheese & cream. Stir gently until mixed, & then until cheese melts. When it barely starts to boil, it's done. Sometimes I add a can of lump crab meat just before I pour it over my zucchini noodles. This is the best ever! Posted by wired\_foxterror.

**Elaine's Red Sauce**

1 tsp olive oil	2 Tbsp tomato paste
1 cup chopped onion	1/2 tsp Italian seasoning
4 garlic cloves, minced	1/4 tsp black pepper
2 Tbsp balsamic vinegar	2 cans diced tomatoes – do not drain (14.5 oz can size)
1/4 Tbsp Somersweet (or 1 Tbsp Splenda)	2 Tbsp chopped fresh parsley (or cilantro)
1 Tbsp chopped fresh basil (or 2 tsp dried basil)	

Heat oil in saucepan over medium hi heat. Add onion & garlic – sauté 5 mins. Stir in balsamic vinegar & next 6 ingredients (vinegar thru tomatoes) & bring to a boil. Reduce heat to medium & cook uncovered – 15 mins for "fresh" firm tomatoes, 30 mins for more of a blended sauce – & stir in parsley. Sometimes I use crushed or whole canned tomatoes rather than diced. Crushed tomatoes give you a thick smooth sauce & whole tomatoes give you a chunkier sauce. I use this for anything I would use red sauce for - spaghetti squash, zucchini noodles, chicken parm, eggplant parm, eggplant rollatine... Wired\_foxterror.

### Elaine's Puttanesca Sauce

1 tsp olive oil  
 1 cup chopped onion  
 4 minced garlic cloves  
 2 tsp balsamic vinegar  
 ¼ Tbsp Somersweet (1 Tbsp Splenda)  
 1 Tbsp chopped fresh basil (2 tsp dried)  
 2 Tbsp tomato paste  
 ½ tsp Italian seasoning  
 ¼ tsp black pepper  
 2 cans diced tomatoes – do not drain  
 ¼ cup pitted olives (green)  
 2 Tbsp chopped fresh parsley  
 1 Tbsp capers  
 ½ tsp anchovy paste  
 ¼ tsp crushed red pepper

Heat oil in saucepan on medium high heat. Add onion & garlic & sauté for 5 minutes. Stir in balsamic vinegar & next 6 ingredients (vinegar thru tomatoes) & bring to a boil. Reduce heat to medium & cook uncovered for about 15 minutes. Stir in olives & remaining ingredients & cook until heated thru. I used to use fresh tomatoes for sauce - but I find the canned diced tomatoes are much quicker, easier & just as good! Posted by wired\_foxterror.

### Butter Sauce

1/2 C butter  
 1 C sour cream  
 1/4 tsp seasoned or onion salt  
 1 tsp chopped chives

Melt butter in pan over low heat. Stir in sour cream, seasoned salt & chives. Warm but do not boil. By phoffer.

### Sour Cream Mushroom-Onion Sauce

1 Cup sliced fresh mushrooms	1 Tb onion, diced
1/2 Cup beef stock or drippings	1 tsp Worcestershire sauce
1/2 Cup water	1/2 Cup sour cream
1 Tb dry sherry	1 tsp guar gum < if legal ??
2 Tb butter	salt and pepper to tasted

Sauté onions and mushrooms in butter in a skillet, until mushrooms are tender and onion is clear. Dissolve the guar gum in the water, add mushrooms and remaining ingredients to a saucepan. Bring to a boil and stir until smooth. Spoon over meatballs, hamburgers, roasts etc. By phoffer.

### Mushroom Sauce

2 C fresh sliced mushrooms	1 bay leaf
1/4 C butter	1/4 C red wine
1 TB butter	2 C beef broth
1 TB shallots	1 TB arrowroot powder (if legal, if not use another choice for thickening agent)
1/2 C chopped mushrooms	salt & pepper
1/2 tsp dried thyme	

In a medium sauté pan, melt 1/4 c butter over med heat. Add sliced mushrooms cook & stir until soft. Remove mushrooms from pan set aside. Add 1 TB butter to pan & melt. Add shallots cook & stir until translucent. Add mushrooms & cook until soft. Add thyme, bay leaf & red wine. Reduce. In small bowl, dissolve arrowroot in 1/4 C cold beef broth. Stir remaining broth into sauce & bring to a boil. Whisk in arrowroot mixture & stir until thick. Add reserved mushrooms, season to taste with freshly ground blk. pepper & salt. By phoffer.

**Madeira Gravy**

1 C Madeira Wine (creates slight imbalance)  
 Pan juices from roasted turkey  
 1 C chicken broth  
 1/8 tsp pepper  
 1/8 tsp dried thyme

Boil wine, uncovered, in a small saucepan until reduced by half. Meanwhile strain the pan juices into a 2 cup glass measure, gently pressing on the solids to extract all of the liquid. Let the juices rest for a few minutes, then skim away the grease that floats to the top. Add chicken broth to make 1 1/2 C liquid. Add juice-broth mixture to the reduced wine along with pepper & thyme. Boil for a minute or two. Remove from heat and serve with Turkey. Make 16 servings. Just in time for the Holidays, Enjoy !! By phoffer.

**Coney Island Hot Dog Sauce**

1/4 lb ground beef  
 1/2 C water  
 1 6 oz. can tomato paste  
 1/4 C dill pickle relish  
 1 tb chopped very fine onion  
 1 tb prepared mustard  
 1 tb Worcestershire sauce  
 2 tsp chili powder or up to 3 tsp.  
 1 tsp salt  
 1 tsp sugar substitute

Fry the burger and onion until done, drain, add rest of ingredients to skillet. Stir well bringing to a boil, reduce heat and simmer mixture uncovered about 30 minutes, stirring occasionally. Enjoy this is a keeper in our house. By Phoffer.

**Coney Island Hot Dog Sauce II**

1/2 lb ground beef  
 1/4 C water  
 1/2 C onion chopped very fine  
 1 garlic clove minced  
 1 oz can or 1 cup tomato sauce  
 1/2 to 3/4 tsp chili powder  
 1/2 tsp salt

Brown beef and onion, add remaining ingredients. Simmer uncovered for 10 minutes. Makes enough sauce for 12 legal hot dogs. By phoffer.

**Hot Dog and Hamburger Relish**

1 c. sauerkraut, drained 1/4 tsp. pepper  
 1 c. sliced dill pickles, packed tight  
 1 medium sized onion, quartered  
 1 large clove garlic or 1 tsp. garlic powder

Place all ingredients in a food processor. Process at high speed for a few seconds or until all is finely chopped. No salt is needed as there is plenty in the sauerkraut and pickles. It's wonderful if spread thickly on hot dogs or hamburgers. By Baylady.

### Teriyaki Marinade

For Level One:

Soy sauce \* I usually use Lite or Low Sodium

Ground Ginger

Minced Garlic

Splenda or sweetener of choice

For level two use with meat: I add pineapple juice.

I don't have exact amounts because I just mix to taste and amount that I need. Sprinkle here, sprinkle there, taste and adjust. By AngelPie.

### Teriyaki Marinade

6 Tablespoons soy sauce

1 Tablespoon sugar (use sweetener equivalent)

1 Tablespoon sesame oil

1 green onion (including top), thinly sliced

2 cloves garlic, minced

1 teaspoon grated fresh ginger

dash of pepper

Combine in small bowl, pour over meat. Cover and refrigerate for at least 2 hours. It's good on beef, chicken, pork, whatever!! By MarthaJr.

### Simple Marinade

Sprinkle steak or chicken liberally with garlic powder (not salt). I mean we use a ton of it!! Next pour soy sauce over the top of the meat. After it sits a bit I lift the meat and make sure the soy sauce got under it too. I prefer to pound the chicken breast thinly so they absorb this better. We also do this with sliced (1 to 1 1/2 inch thick trip tip) I buy the tri tip roast and cut to our liking. This is so basic yet we use it constantly!! Posted by JCNmyheart.

### Steak Marinade

4 Tablespoons oil

1/2 t black pepper

5 T soy sauce

1 T Worcestershire sauce

3 T lemon juice

1/2 cup or so chopped onion

This is a steak marinade my family has used for years. It is best to marinate your steak at least 1 day to get the full flavor. I like to use sirloin tip steak and cube it for shish kabobs and then put mushrooms, green peppers and vidalia onions mixed in with the steak on the skewers. Posted by cubbiegal.

### Tracey's Sweet & Sour Marinade

1/2 c. Newman's Own Olive Oil & Vinegar Salad Dressing

1/4 c. red wine vinegar

1 tsp. lemon juice

1 tsp. lime juice

1/2 c. oil

1/2 tsp. salt

1/4 tsp. pepper

1 tsp. dried parsley

3Tbsp. Splenda OR 3 tsp. Somersweet

This is wonderful on any lettuce salad, or marinate all of your favorite garden vegetables in this overnight for a fantastic marinated salad. I haven't tried this on meat yet...but why not? Posted by tracey k.

### Maple Sauce – Carbs

2.5 cups water  
 1 envelope gelatin  
 food coloring (1 drop green, 3 drops red, 3 drops green)  
 1/2 cup dry skim milk powder  
 1 scoop somersweet  
 1 tsp maple flavor

Pour water in a saucepan, add food coloring, stir. Sprinkle gelatin on top and let sit for 5 minutes. Bring water to boiling point. Remove from heat, stir in milk powder, maple flavor. Refrigerate until set. Blend using a hand blender. Posted by Twiggy88.

### Mock Maple Syrup

1 Cup brown sugar substitute  
 1 Cup boiling water  
 1/2 cup Somersweet  
 1 tsp butter  
 1/2 tsp vanilla

Combine brown sugar sub and water and bring to a boil. Caramelize white sugar by heating it in a frying pan until sugar melts and turns brown. Add brown sugar syrup from step 1: simmer until smooth and thick. Pour into a pitcher containing butter and vanilla. Use with your ss pancakes, waffles, yum yum. By phoffer.

### Barbo's Maple Syrup

1 1/2 cups cold water  
 3/4 cup Splenda  
 1 1/2 teaspoons maple flavoring  
 1 teaspoon vanilla  
 3/4 teaspoon guar gum  
 1/8 teaspoon salt

In a microwave safe bowl, add the water & bring to a boil on high. Pour water into blender container. Add remaining ingredients & whirl until smooth. Pour into a container with a lid, store in the fridge; heat before using. Makes 1 1/2 cups syrup @ 0.8 carb per Tbsp.{I use only 3/4 cup Splenda as 1 cup is too sweet for me.CW}  
 Recipe By : Barb Goldstein{Barbo}

### Maple Syrup

1 tablespoon arrowroot powder\*\*  
 1 cup of water  
 tiny sprinkle of salt  
 1 1/2 teaspoons maple flavoring  
 1/2 teaspoon vanilla flavoring  
 1 tsp. Sweetener of your choice, to taste

In at least a two cup glass measuring cup (or other microwave-safe glass container), mix water, salt, and arrowroot powder together till thoroughly blended. Microwave about 1 minute, or until hot. Stir thoroughly (the arrowroot powder tends to settle at first like cornstarch does) Keep microwaving in one minute intervals, stirring after each, to keep the powder dissolved in the water. Do this until it boils. WATCH CAREFULLY, it can and will boil over! Remove from microwave, stir again, and let it cool to room temperature. When cool, stir in flavourings and sweetener(s). Pour into a bottle (I used my empty Log Cabin bottle :-)) and refrigerate. NOTES: This stays together quite well, but still benefits from a little shake before serving. \*\*Arrowroot powder is not level 1 for SSing. Perhaps try water chestnut starch or another thickener. Posted by DebB.

### Low Carb Maple Syrup

1 T maple flavor  
 2 cups water  
 24 pkgs sweet n' low  
 24 pkgs equal  
 1/2 t guar gum (thickening agent, found in health food store)

Heat water with sweet n' low and extract till boiling. Take off heat and stir in equal. Stir in guar gum to thicken. Cool and store in refrigerator. (Makes 32T, 1.5 carb each.) Do not add more guar gum! dyan's LC site.

### Maple Syrup

1 1/2 cups warm water  
 artificial sweeteners of your choice, mixed, to equal 1 cup sugar  
 guar gum  
 1 teaspoon Mapeline  
 1/4 cup melted butter (optional)

Put the warm water and sweetener in a blender or food processor. While running the blender on the lowest speed, add the guar gum gradually by shaking it from a spice shaker. Go slowly! Use only the amount it takes to make the syrup is thick enough - possibly 1/4 teaspoon. (It's hard to tell when you are shaking ) Stir in the melted butter if you want to, but it clouds the syrup. Kay @ ALCF

### No Carb Maple Syrup

Sweetener for 2 cups sugar  
 2 tablespoons Maple flavour  
 2 cups water  
 about 1/2 ts guar gum

Heat water with sweetener and flavour, util boiling. Add the guar gum to thicken the mixture. <http://www.titanic.kn-bremen.de/sauce6.html>

### Sugar-Free Maple Syrup

1-1/2 cups water  
 4 teaspoons natural maple flavoring  
 1/2 teaspoon vanilla extract  
 4 teaspoons Sweet Balance  
 1/4 teaspoon xanthan gum  
 pinch of salt

Measure & mix all ingredients together except the xanthan gum. Put a tablespoon of the mixture into a separate cup, add the xanthan gum, & mix as thoroughly as possible. Add this thickened mixture back into the rest of the syrup by pouring through a small sieve (to screen out lumps) & blend thoroughly. Taste for sweetness & adjust if necessary. Store refrigerated. Notes: (1) I use extracts/flavorings that do not contain alcohol. I find that they do not have the bitter aftertaste that the alcohol-based ones do. (2) If for some reason you get lumps in your syrup, don't throw it out! You can strain it, or use a hand blender to mix it up some more. Then strain it again to get rid of the foam & air bubbles. It's quite forgiving. (3) Xanthan gum is what gives the mixture a syrupy quality. A little goes a long way! Works great in home-made ice cream too. (4) You could make any kind of syrup by substituting a different flavoring for the maple: vanilla, walnut, cherry, strawberry, pineapple, etc. I prefer to find flavorings that are from natural sources & extracts instead of chemicals. FlavorSeeker. \* I bundled the kids & out I went. Got the xanthan gum & made the above posted recipe. Actually I halved it. I refrigerated for a couple of hours then whipped up a batch of Starlite's Easy Peasy Pancakes & taste-tested. Not bad. Not out of this world. For my taste, all the ingredient amounts (except water) are conservative. Next time I will add more maple, more sweetener & more xanthan gum. Skip the salt. However, I did feel like I was having regular pancakes & syrup! The maple-y sweet taste was there, just lighter than I like & the syrup was too thin. Mare.



### **Watkins Maple Flavored Syrup**

2-1/2 to 3 cups white sugar (use substitute)  
1 cup water  
3 tbsp white corn syrup (liquid maltitol)  
3/4 tsp cream of tartar  
3 to 4 tsp WATKINS Maple Flavor  
1/4 tsp WATKINS Vanilla Extract

Mix together first four ingredients in 2-quart saucepan. Stir over medium heat until sugar dissolves and mixture is crystal clear. Stir in Maple Flavor and Vanilla Extract; continue to simmer for 2 minutes. Pour into attractive containers. Makes 1-1/2 pints, 1 tbsp per serving. Good with pancakes, waffles, French toast, etc. Will keep longer if kept in refrigerator. Bring to room temperature before serving. Posted by DebB.

### **Gruntle's Maple Syrup Butter**

Melt 1/2 stick butter, add 1 tsp maple flavoring and 1 or two packets splenda and mix well...I really don't measure the ingredients, I just mix it up and add more of anything as needed to taste, you cant go wrong unless you add too much of the flavoring. Gruntle @ SS site.

### **Syrup for Carb Pancakes**

I used fructose, water and maple flavoring. If I remember correctly, I used 2/3 cup fructose, 1 cup of water and a tsp of maple flavoring. I boil fructose and water until reduced and syrup consistency, and then add in the flavoring. To me, it looks and tastes like pancake syrup and so far as I know it's a legal carb, level one. However, I could be wrong about the maple flavoring being entirely legal, but it only uses 1 teaspoon in the recipe.

## BEEF

### Chili

1 1/2lb ground beef (browned and drained)  
 1 envelope of chili mix  
 1 sm can of tomato sauce  
 1 can of green chilis  
 Shredded cheddar cheese (however much you want)

After browning the meat, mix all of the ingredients together. If it is too thick you can add some water. Pour into a casserole dish and bake on 350 for 25 minutes. My whole family loves this. This is an easy chili recipe that I had gotten off a low carb board a couple of years ago. Posted by KOWens.

### Chili Like Wendy's

2 cups chopped onion (sweet if possible)	3 tsp salt
4 cloves garlic, chopped fine -or- 1 T of jar garlic	4 T cumin powder
2 T olive oil	3 tsp oregano
1 (4oz) can green chili peppers (could add more)	1 tsp pepper
2 (29oz) cans of tomato sauce	1 tsp cayenne pepper
1 (14oz) can beef broth - Swanson's 99% fat-free	1/2 tsp brown Sugar Twin
8 T chili powder	

Saute onion & garlic in olive oil. Add rest of ingredients and simmer. In separate skillet, saute and drain 3 pounds hamburger. Combine the simmered sauce and onion-garlic mixture with the hamburger for 15 minutes. Taste for adjustments. Serve with sour cream and shredded Colby or cheddar cheese. Tastes like Wendy's without the beans. Merrilee Wagner. DebB's notes: I brown the 3# of hamburger together with the onions and garlic. I use 3 cups of chopped, sweet onion and 2 T of garlic in the jar. I add 2 cans of the (chopped) green chilis. I do not use the 2 (29oz) cans of tomato sauce. Instead, I use: 3 (15oz) cans of tomato sauce, 1 (14oz) can of Rotel (the blue can) and 1 (15oz) can of plain chopped tomatoes. I use only 3 T of chili powder, 2 T cumin, and 1/2 tsp of cayenne pepper. I omit the brown Sugar Twin

### Protein/Fats Chili

Fry onions in oiled pan until browned. Add ground beef or ground chicken or turkey. Season with chili powder, sea salt, pepper, & sweet basil. When meat is browned, drain. Add a can of chopped tomatoes, 1 chopped green bell pepper, 1 chopped red bell pepper. Simmer for at least 1/2 hour to let the flavours blend. Twiggy88.

### 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

Sauté onion & garlic until very limp. Add peppers to pan & continue to sauté until everything is soft. Remove onions & peppers from pan. Brown ground beef, seasoning it with salt & 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, & spices. (I did not add more salt & pepper, just what I cooked the meat in.). Cook for about 15 mins, over low heat, or longer, for even more flavor. This chili is SO good! It freezes fabulously, and is awesome over hot dogs! 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 & then I modified it a little, based on what I had on hand in my kitchen, & what I used to put in chili, before I started to Somersize. I hope you enjoy it!

## Quick & Easy Yummy Taco Pockets

What I do is make and have all the following ingredients and set them aside to have them ready to go. You will need to work kind of quickly, but you can put these back into the microwave to make them pliable again during the process for making the pockets! I use a spatula and tongs to help me form the pockets! Very easy! Make ahead and have ready:

The Somersize taco meat according to the package. (We like to add jalapeño peppers and onions to ours, but you can add whatever you like if you wish.)

The Somersize onion dip

Thin shredded cabbage

When I have all of that ready to go, what I do is take 2 slices of provolone cheese one on top the other. (We get ours already sliced!) I place them on a buttered microwave safe stoneware dish, sprinkle on some dill weed and some onion dash and fresh black pepper and microwave the cheese until it is golden. Note: The first one I microwave takes 195 seconds in my microwave and all the others after that only take about 175 to 180 seconds. You just want an even color all over! Make and fill these taco pockets one at a time, as the cheese will harden rather fast if you don't work fast enough. After you microwave the cheese, take it off the plate onto another plate lined with first paper towel then wax paper. Take the cheese and spread on it, some of the onion dip, and on one half quickly put about 2 or 3 tablespoons of the taco meat and some of the shredded cabbage. Now quickly fold over to form a taco and pinch the edges together rolling them up just so they catch together to form a pocket! If the cheese hardens to fast don't panic! Just pop it back into the microwave for about 8 seconds till it is pliable again. Let sit on paper towels to dry. That's it! I make a bunch of these and sometimes freeze them. Then we pull them out and reheat in the microwave about 15 seconds or so. They are great for any time! Breakfast! Lunch! Dinner! and for snacking! You can also replace the beef with chicken or pork. Posted by Sapphire1.

### Taco Meat

1 lb. of ground beef

1 T. canola oil or whatever kind you like

1/4 onion, diced

1 clove of garlic, diced

salt & pepper to taste

dash of cayenne powder

dash of ground coriander

dash of oregano

dash of cumin

dash of paprika

2 teaspoons chili powder

half of a 16 oz. jar of pasta sauce

Heat a skillet/pan on med-med high. Once it gets nice and hot add the canola oil. Let that heat up and then add the onion. Heat until translucent, about a minute. Add ground beef and break up the meat. After a minute stir in the garlic. Add salt and pepper to taste. After the beef is 3/4 of the way cooked, add all the spices and stir well. Add the pasta sauce and simmer on med-low. Now get the salad ingredients prepped.

Salad Ingredients:

Half a head of Romaine lettuce, broken in small pieces

Salsa to taste

Sour Cream to taste

Shredded cheddar or your favorite cheese

Tomatoes, chopped (optional)

Divide the lettuce onto the plates, spoon the taco meat on top. Add salsa next, then sour cream, cheese and finish with tomatoes. Level 1. Serves 2. Posted by ecohousekeeper.

### Spicy Shredded Beef Burritos

4-1/2 pound bone-in chuck roast  
 7 ounce can diced green chiles  
 3 tablespoons chili powder  
 1 teaspoon oregano  
 4 cloves garlic, minced  
 8 ounce can tomatoes  
 Salt and cayenne pepper to taste

Place chuck roast on a sheet of aluminum foil, approximately 12 inches x 25 inches. Mix together green chilies, chili powder, oregano and minced garlic. (NOTE: I don't know why one couldn't put this in a crockpot and cook for 8-10 hours!) Spread this mixture on the roast and seal the foil all around. (NOTE: If using the crockpot method, I'd just spread the mixture on the roast and put it in the crock pot.) Place in a roaster and bake at 300oF. for 4 to 4-1/2 hours. The roast should be very tender and fall apart. Discard the bone and fat. Shred the beef. Transfer the drippings to a large pan and stir in the canned tomatoes and shredded beef. Mix well and heat through. Add salt and cayenne pepper to taste. Serve on flour tortillas topped with your choice of condiments, including tomatoes, cheese, lettuce, sour cream, guacamole, etc. (NOTE: Well, we can't use the tortillas, but lettuce leave would work great, or maybe DebB's famous little buns...! Contributed by: MStified as found at Chef2Chef.com, Author: Pam

### Beefy Mexican Cornbread

I took the mexican cornbread recipe from the contest cookbook and add ground meat to it. Instead of adding the grated cheese to the batter, I used it as a layer. I put enough batter to cover the bottom of my skillet, then layered the shredded cheese, ground meat, the peppers and the rest of the batter. Talk about good. Even my husband said it was good. He didn't even know I used pork rinds instead of cornmeal. Posted by 3sweetie.

### South African Bobotie

2 lbs. lean ground beef  
 2 finely chopped onions 1 apple diced  
 2 Tbs. butter 2 TBS curry powder  
 2 Tbs. splenda 2 eggs  
 2 TBS vinegar 2 tsp. salt  
 1/4 tsp. pepper 1/4 cup raisins  
 12 blanched almonds, quartered  
 1 cup half & half 1 tsp. turmeric

Sauté onions and apples in butter. In a large bowl mix meat, curry powder, splenda, 1 egg, vinegar, salt, pepper, raisins and almonds. Add onions and apples. Place in casserole dish. Bake in 350 F oven for 1 1/2 hours, or until done. Beat 1 egg with milk and pour over Bobotie 15 minutes before removing from oven. (sometimes I do not put the milk and egg over the dish). Serve with the following Faux Yellow Rice.

#### Yellow Rice

1 head cauliflower 1 TBS butter  
 1 TBS s/f brown sugar (I use 1 packet splenda with 1 TBS s/f maple syrup)  
 1/4 tsp cinnamon 1/2 tsp. salt  
 1/2 cup raisins (soaked) 1 tsp. turmeric

Grate cauliflower in food processor and place in pan with melted butter. Gently cook just to heat the cauliflower. Add the rest of the ingredients and heat. Serve with the Bobotie. I served this dish for guest and got many compliments. It is delicious but I would guess with the fruit and almonds would be level 2. The recipes as written serves 4-5. I doubled the recipe for 8 people. Since I don't serve it often and the little fruit and nuts has not stalled my weight loss at all. Posted by LilLooLoo.

## Sloppy Joes

Brown a 1+ 1/2 lbs hamburger. Add 1/2 cup each finely chopped onion, celery, and green pepper, salt and pepper to taste. When veggies are almost done add 15oz can of tomato sauce, 2TBLS vinegar, sweetener equal to 2TBLS sugar, 1+1/2 tsp Worcestershire sauce and 1/4c catsup (or maybe this could be left out if you don't have any legal catsup). Let simmer until as thick as you like and serve. JustMe @ SS site

## Joe's Special

1-lb ground beef (or turkey)  
 1 onion, diced (I prefer white onions)  
 1/2 lb mushrooms, sliced  
 4-6 cloves garlic, smashed  
 1/2 lb frozen spinach (or less), thawed  
 4-6 eggs  
 1/2 cup parmesan cheese  
 salt, pepper to taste  
 splash of white wine, if desired

Using Pam or olive oil, sauté onions and garlic. Add ground meat, mushrooms, cook, breaking up meat. Add thawed spinach, stir and cook together. Scramble eggs in small bowl, add to meat mixture; stir and cook. Add parmesan cheese, stir and cook. Add salt, pepper (splash of wine) to taste; cook and serve with extra parmesan cheese sprinkled on top. It is so rich, you don't even miss the french bread! Serve with a big green salad. This is a family favorite at our house, and not as difficult to make as it might appear! Posted by suZ-Q.

## Hamburger Helper

1lb ground beef  
 1 Medium Onion  
 Salt & Pepper to taste  
 1-1.5 oz cream cheese  
 1 Tbsp heavy cream  
 5-7 processed cheese slices (I made mine with 7 and it was REALLY ridiculously cheesy...but I like it like that!)  
 1/2 a cabbage

Cut cabbage into noodle strips and boil until tender (this can be boiling while you do the next parts of the recipe). Dice onion, and cook in frying pan until slightly browned. Add beef, salt & pepper, and cook until beef is browned. Add cream, cream cheese, and cheese slices until melted. Drain cabbage noodles. Serve hamburger mix over cabbage noodles. This recipe was inspired by the Hamburger Helper commercials!! I got a craving, and invented my own! Didn't have enough regular cheddar cheese, so I used cheese slices. It's kind of like the cheeseburger pie, but with processed cheese. Posted by Snaqueb.

## Hamburger Gravy and Mashed Cauliflower

1 pound hamburger	1/2 cup chicken broth
1 stalk celery, finely chopped	3/4 cup heavy cream
2 tablespoon onion, chopped	Salt and pepper, to taste
3 ounce (about 8 small) mushrooms, minced	1 1/2 bags frozen cauliflower (16 ounces per bag)

Brown the hamburger, celery and onion in a large skillet; drain fat. Add the minced mushrooms, salt and pepper. Cook until mushrooms are tender. Add the broth and cream; bring to a boil. Simmer until liquid has reduced by half and thickens. Season, to taste. Meanwhile, cook the cauliflower until very tender, about 8 minutes; drain well. Mash and add some butter; season to taste. Serve the meat sauce over the cauliflower or just mix it all together. Makes 5 servings (8 carbs each). Linda Sue @ Atkins. DebB's notes: I made this exactly to recipe, except I used a 4oz can of mushrooms that I diced. They were just fine in here. I doubled the liquid and it took about 20+ minutes to condense and thicken. I also added 1 Knorr beef bullion cube to the liquid. Watch the amount of salt you add, as the cube is salty.

## Meatballs in Chipotle Sauce

### Meatballs:

1/2 lb. finely ground beef  
 1/2 lb. finely ground pork  
 1/3 cup finely chopped onions  
 2 tablespoon soy protein isolate (or flour) I left this out and couldn't tell!!  
 1 tablespoon fresh minced cilantro  
 1/2 teaspoon dried oregano  
 1/2 teaspoon ground cumin  
 1 egg, beaten  
 3 tablespoon vegetable oil

### Sauce:

1 tablespoon vegetable oil  
 1 chopped onion  
 2 garlic cloves, minced  
 1 cup tomato sauce  
 2 chipotle peppers, canned in adobo sauce, stemmed and chopped  
 2 tablespoon chipotle sauce (from canned chilies)  
 1/2 cup beef broth

Meatballs: Combine all the meatball ingredients, except the oil, and mix well. Form into 1-1/2-inch meatballs. Brown the meatballs in the oil, remove meatballs from skillet and keep warm. Sauce: To make the sauce, add the oil to the pan and sauté the onion and garlic until soft. Add the remaining sauce ingredients, bring to a boil, reduce the heat and simmer for 15 to 20 minutes until the sauce is thickened. Place the sauce in a blender or food processor and purée until smooth. Return the sauce to the pan, add the meatballs, and heat through. Chipotle chilis are pretty spicy so if you don't do "hot" you might want to avoid this one. :) Serves: 6. Contributed by MsTified as found at: Chef2Chef.com.

## Cheesy Meatballs

1 lb hamburger  
 one small onion, chopped  
 salt, pepper, and garlic to taste  
 1/2 C Parmesan cheese  
 2 eggs  
 8 cubes of cheddar cheese

Preheat oven at 350 degrees. Combine all ingredients in a bowl, mixing with hand. Wrap meat around cheddar to form balls. Bake on a tinfoil lined cookie sheet (for easier cleanup) or in a glass baking pan for 45 min. or until cooked through. Note: The larger you make the meatballs the less the cheddar will ooze out, conversely they may need longer cooking time. This also makes a great meatloaf. I just scattered cheddar cubes throughout and spread a layer of ketchup on top (for DH). You must drain the grease immediately after cooking meatloaf however as cheese makes extra. Allow extra 15 min or so cooking time for meatloaf. This is one of my family's favorite recipes. Makes 8, increase if you like. By coblentzjx.

## Simple Meatloaf

3 lb. ground beef - I like sirloin	1/2 t. pepper
1 1/2 c. crushed pork rinds	2c. tomato juice
1/2 c. chopped onions	2 eggs beaten
1T. salt	

Mix together with your hands. Bake for about 1 hr. 15 minutes on 350. Let cool. Or you can bake in microwave for 25-30 minutes uncovered on high. Posted by janland.

### Cheese Meatloaf with Tomato Sauce

1 1/2 pounds beef chuck or ground beef  
 1 egg  
 1/3 c. grated mushroom  
 1/2 t. dried oregano  
 1/2 t. dried basil  
 salt and pepper  
 6 slices provolone cheese  
 Tomato sauce (see following recipe)  
 4 sprigs parsley for garnish

Preheat oven to 375. Line 13x9x2 inch baking dish with foil; set aside. Combine beef, egg, mushrooms, oregano and basil in medium size bowl; season with salt and pepper. Mix well with hands. Turn mixture out onto 15" long sheet of foil and shape into 9" square. Layer cheese over meatloaf, leaving 1" border around edges. Using foil as a starter, roll the meat tightly, jelly-roll style, completely sealing cheese inside the meatloaf. Transfer meatloaf to prepared baking dish, removing foil used for rolling, and bake 40 minutes. Remove meatloaf from oven and set aside to rest about 5 minutes. Cut meatloaf crosswise into 1/2 inch thick slices and divide among 4 dinner plates. Top with equal portions of tomato sauce, and garnish each serving with a sprig of parsley if desired. By tracey k.

#### TOMATO SAUCE:

1 small onion, chopped  
 1 clove garlic, minced  
 2 T. olive oil  
 25 oz. can crushed tomatoes  
 2 T. parsley  
 salt and pepper

Sauté onion and garlic in oil. Add remaining ingredients and simmer 25 min.

#### Meatloaf

1 1/2 to 2 #'s hamburger  
 finely diced onion and green bell pepper (I sometimes use dehydrated onion)  
 garlic, salt and pepper

Shape into loaf and put into a 9x13 pan. Mix together in a sauce pan:

14 oz (not sure of exact size) tomato sauce, green bell pepper, splenda (to taste), splash of vinegar.

Simmer 5 mins to blend. Pour over the loaf and bake at 350 for 1 hour and then check for there to be no pink in the center. We love this!! I also use this mixture for my cabbage rolls!! Posted by JCNmyheart .

#### Spinach Meatloaf

1 1/2lb ground sirloin (I used ground round)  
 1/2 cup parmesan cheese in can  
 1/2 cup shredded swiss cheese  
 1 1/2 cups drained/chopped spinach  
 2 T mustard  
 salt, pepper, garlic to taste  
 2 Medium eggs

Preheat oven at 375. Mix all in large bowl Mold meatloaf in pan, bake approx 50 minutes - maybe a little longer. This didn't call for onions - but I added some chopped onions - love onions in my meatloaf. Was pretty tasty. I found this on the lox carb luxury site and made it yesterday - it was quite moist and pretty tasty.....and simple too boot!! Posted by cubbiegal.

### Tex Mex Meatloaf

1 lb. hamburger  
 1 C Salsa  
 2 eggs  
 1/2 C shredded mozzarella

Mix all together and top with more salsa. Cook in microwave for approximately 15 mins. or until done. Substituting the salsa for ketchup and using the cheese as a binder instead of oatmeal or bread crumbs makes this a level one food. By Peggy Sue.

### Meatloaf

1/2 C. legal ketchup (I make my own)  
 1 1/2 T Dijon mustard  
 1 lb ground sirloin  
 3/4 c. finely chipped onion  
 1/4 c. seasoned pork rinds (I used some Italian seasoning)  
 1/2 t salt  
 1/2 t dried oregano  
 1/8 t pepper  
 1 large egg

Mix ketchup and mustard together reserve 2 1/2 T. Mix remaining ingredients together with ketchup and mustard mix. Shape beef into 4 mini-loaves, cover with reserved ketchup/mustard mix and cook on greased cookie sheet at 400 for 25 min. Posted by Cmenow.

### Barbecued Beef

2 lbs. of ground beef  
 1 small onion chopped  
 1/2 cup of chopped green or red pepper  
 1 cup ss ketchup  
 1 Tbsp. vinegar  
 1 Tbsp. mustard  
 2 Tbsp. Somersweet  
 1 Tbsp. canola oil

In large sauté pan cook the onion & pepper in canola oil till tender. Add the ground beef to the cooked onion & peppers and cook till the beef is no longer pink. Next add all the other ingredients and mix well. Continue cooking till heated thru. I serve this in parmesan bowls. The recipe for the bowls is in Eat, Cheat & Melt The Fat Away. By Pat Polito.

### Salisbury Steak

2lbs ground beef	1 medium onion
3 eggs	heavy cream
SS fry and coat mixture	sour cream
mushrooms	shredded parmesan cheese

Mix ground beef, eggs & fry & coat mixture from Suzanne's new book. Make into patties. Fry in skillet. When they are done remove patties from pan & scrape out as many of the little bits of burger that fell off so that they don't continue to burn. Drain some of the grease off but not all. Put your sliced mushrooms & onions in with the grease & sauté. When they are tender add your cream, sour cream & parmesan cheese. Cook till bubbly & slightly thickened. Put the burger patties back in the pan & spoon some sauce over the top. Make sure the patties are heated through again depending on how long they sat out of the pan. Spoon & serve. You could serve these with veggies of choice or maybe over the top of spaghetti squash. Posted by jenifer (original poster unknown).



## Pepper Steak

1 1/2 lb. round or sirloin steak (3/4" thick)	2 medium green peppers (cut in strips)
1/4 cup olive oil	1 T. corn starch (can omit)
1 cup water	2-3 t. Splenda (optional)
1 medium onion, chopped	2 T. soy sauce
1/2 t. garlic salt	2 medium tomatoes (cut into at least eighths)
1/4 t. ginger	Hot cooked French style green beans

Trim fat from meat and cut in strips. Heat oil in large skillet and cook meat until brown. Stir in water, onion, garlic salt and ginger. Heat to boiling. Reduce heat and cover. Simmer 12-15 minutes for round steak or 5-8 minutes for sirloin. Add green pepper during the last 5 minutes. Add soy sauce, corn starch (if using for thickening) and Splenda. Cook, stirring constantly until thick and boils. Boil and stir for one minute. Add tomatoes. Cover and cook until tomato is warm - about 3 minutes. Serve over green beans. (If some in your family are not eating, this can be served over rice.) longway2go

## Filet Mignon with Mustard Caper Sauce

4 Beef Tenderloin Steaks ( Filet Mignon) approx 1 1/2" thick- 6 oz each.  
 1/2 ts salt  
 1/4 ts coarsely ground black pepper  
 1 TB olive oil  
 3 TB finely chopped shallots  
 1/3 C dry white wine  
 1/3 C beef broth  
 1/3 C heavy cream  
 3 TB capers, drained  
 1 TB Dijon mustard  
 1/4 C chopped watercress leaves plus ( opt) additional leaves.

Sprinkle steaks with salt and pepper, in non stick skillet, heat oil over high heat until very hot. Add steaks and cook, without turning, until browned, about 7 minutes. Turn steaks and cook another 7 minutes longer for med rare. Transfer to plate: keep warm. Add shallots to drippings in skillet cook for 30 seconds. Stir in wine: cook, stirring until browned bits are loosened from bottom of skillet. Stir in broth and boil 1 minute. Stir in cream, boil 1 minute longer. Stir in capers, mustard, and chopped water cress if using it. To serve spoon sauce over meat and garnish with additional leaves of watercress. By phoffer.

## Steak with Butter and Ginger Sauce

1 to 1 1/2 pounds boneless top blade sirloin, or rib-eye steak, about 3/4 inch thick  
 1 1/2 tablespoons unsalted butter  
 1 tablespoon minced fresh ginger  
 2 tablespoons soy sauce  
 1 tablespoon fresh cilantro leaves (optional)

Heat a large, heavy skillet over medium-high heat until it begins to smoke. Add steak, and cook until nicely browned, 1 to 2 minutes. Turn and cook until browned on the other side, 1 to 2 minutes. Remove from heat and transfer steak to a plate and set aside. When the skillet has cooled slightly, return it to the stove over medium-low heat. Add the butter; when it melts, add the ginger and saute for about 30 seconds. Add the soy sauce, and stir with a spoon until thick. return the steaks to the skillet along with any accumulated juices. Increase the heat to medium and cook, turning the steak after 3 or 4 minutes for medium rare. Transfer the steak to a serving dish with the pan juices spooned over the steak. Garnish with fresh cilantro leaves. I found this marvelous recipe and thought everyone would appreciate it. Posted by lly72.

### Grilled Rib-Eye Steak with Steakhouse Herb Butter

4 boneless rib-eye steaks (or other steak cut)  
Kosher salt (optional)  
Sautéed mushrooms

Butter:

2 sticks (1/2 pound) butter, softened  
1 large clove garlic, minced  
1/2 cup chopped Italian parsley leaves  
2 tablespoons chopped chives OR 2 teaspoons dried chives  
2 tablespoons chopped tarragon leaves OR 2 teaspoons dried tarragon \* optional)  
1 tablespoon lemon juice  
1 teaspoon lemon-pepper seasoning (I know this is slightly funky, but you get so little per serving, that I choose to use it anyway)

Spray or oil grill grid. Preheat grill. Dry meat surface with paper towel. Rub kosher salt onto both sides of steak. Cook steaks to desired doneness, turning once. \*\* Top steaks with Herb Butter & sautéed mushrooms. For Herb Butter: In a food processor or medium bowl with electric mixer, beat butter until light & fluffy. Thoroughly beat in garlic, parsley, chives, tarragon, lemon juice, & lemon-pepper. Along 1 side of a 12" piece of plastic wrap, spread half the butter about the size of a stick of butter. Roll tightly into an even cylinder about 1 1/2-inches in diameter. Twist ends of plastic wrap. Repeat with remaining butter. Refrigerate or freeze until butter is firm. Slice butter into 1/4-inch discs. Just before serving, place 1 or 2 discs atop each hot steak to melt. \* Vary butter flavors by substituting other fresh herbs - thyme, basil, rosemary, chervil, sage, or dill. Double the recipe to freeze or have on hand. If time permits, make ahead & refrigerate an hour to allow flavors to develop & blend. \*\* To accurately determine meat doneness, use an instant-read thermometer. 135F. for rare, 145F. for medium-rare, 155F. for medium, 160F. for well done. When cooking steak, it is important to let it "rest" at least 5 minutes before cutting so juices can redistribute throughout the meat. Makes 4 servings, & 1 1/4 cups Herb Butter. Prep. time: 10 minutes. Cook time: 15 minutes. Courtesy of Kathleen Perry, "the everyday gourmet". I love this herb butter. It's the tarragon - one of my favorite herbs! Posted by iwillrejoice.

### Beef Tenderloin with Abobado Paste

1 tbsp. brown sugar substitute  
1 tbsp. fresh lime juice  
1 clove fresh garlic, minced  
2 teaspoons olive oil  
3 tbsp. chili powder  
1 lb. lean beef tenderloin, cut into 4 oz fillets

Preheat grill or broiler. In a small bowl, combine all ingredients except beef and mix into a smooth paste. Spread one teaspoon of paste on each side of beef tenderloin fillet. Grill or broil to desired doneness. I was reading a Fitness magazine and saw this recipe, and it looks SOOO Good. I just wanted to ask you all if you thought we could substitute Brown Sugar Twin for the Brown Sugar it calls for? TrixieSue.

### Cheese Steak Sans Roll

Slab of steak, cut thin or in strips, or Italian sausage, or chicken, or pork, or Hebrew hot dog  
Cheese  
Cook and melt together in pan

Sliced varied colored peppers  
Sliced onions

Precooked and softened, then add to meat and cheese and cook till limp. By jdt. Note by ljdragon – make into a salad by serving over lettuce.

## Philly Beef 'n' Cheese

Sirloin steak  
 sweet onion (Maui, Walla Walla, etc)  
 sweet peppers  
 cheese slices  
 salt & pepper  
 olive oil

We put the sirloin in the freezer and get it partially frozen, then slice (shave) it as thin as possible, removing visible fat. You can ask the butcher to do this step for you. Slice up your onions - we like to slice the onion top to bottom rather than in rings. Slice up your peppers. We use red, orange or yellow - we like their flavor better than green. Put roughly 1 tablespoon olive oil in your skillet - not too much or the end product will be too greasy. Quickly sauté the onions and peppers, you can sprinkle on some salt & pepper while cooking, set aside. Add a bit more oil and put all the sliced/shaved steak in the pan on high. Spread it all out, season with salt & pepper and let it sauté. This will only take 3-4 minutes. Flip the meat just as it's losing its red color and turning gray. Sauté one more minute and lay 4 cheese slices on top and cook one more minute. Remove from heat. You do not want to overcook the meat or it will be tough. It should be 'gray', not brown. If it gets brown, chances are it cooked too long and will be tough; if it's not sliced/shaved thin enough, it will also be tough. Spread the onions & peppers on your plate and top with the sirloin and cheese. That's it, very quick. This serves 2. You can of course add mushrooms or anything else to your liking. We eat it "as is" (no bun) right from the plate. If you have non-SSers at dinner, they can have this on a nice roll. We've made this using muenster, provolone and pepper jack (which gave it a kick). Feel free to add zippier spices too, but we prefer plain old salt & pepper. Enjoy! \*Ü\* About a month ago, we were watching "In the Kitchen With Bob" on QVC and they were making & selling Philly Beef steaks. Well, those finished plates looked so good, we recreated it and have been loving it ever since. It's quick and easy! Posted by DebB. Note by ecohousekeeper: If you like Hot recipes consider trying pepperoncini peppers in lieu of sweet peppers. Pepper-jack cheese adds even more heat to the dish.

## Quick Poor Man's Steak Rolls

Sauté onion, and mushrooms with butter until done. Take 2 "Steak-Umms" (you can find them in the freezer section at grocery store). Fry them in pan with salt and pepper (they cook in 5 min or less). Use paper towel to dry grease off of them. Put onion and mushroom mixture on steak-umm and sprinkle with shredded cheese of your choice (I used a combo of cheddar and mozzarella). If you like mustard add mustard. Roll like a jelly roll so the meat is on the outside. You can wrap in a lettuce leaf or layer lettuce inside. Quick, Easy, Yummy. By TriciaB.

## Hungarian Cabbage Rolls

1 Cabbage  
 1 1/2 lb burger  
 1 onion, chopped  
 1 cup cauliflower chopped up like rice  
 1 egg  
 1 tb salt  
 1/2 pepper  
 1 tb paprika  
 2 cups sauerkraut  
 2 tb tomato sauce  
 1 c. sour cream

Core Cabbage and place in large bowl and let stand for 5 minutes or power boil until tender. Cut off thick end of leaf, set leaves aside, mix together ground beef, onion, cauliflower, egg, salt, pepper, and paprika. Fill each leaf with filling. Place seam side down in cooker, spread sauerkraut on top, add tomato sauce and water, cook for 6 to 8 hours. Remove rolls and blend in sour cream with the sauerkraut and juice. By phoffer.

## Beef Brisket

My cousin makes an awesome beef brisket (not corned beef brisket). He puts it into an oven roasting bag and covers it with BBQ sauce, seals the bag and cooks for around 4 hours at 225\*. It is the best thing ever. I think with legal BBQ sauce or homemade, this would be great too. The house smells so incredible, like BBQ ribs with no bones:) I bet the crock pot would work too. But add the BBQ at the end:) Posted by JCNmyheart.

## Beef Brisket

2 Tablespoons chili powder  
 2 tablespoons salt  
 1 tablespoon garlic powder  
 1 tablespoon onion powder  
 1 tablespoon ground black pepper  
 Sweetener equivalent to 1 tablespoon sugar  
 2 teaspoons dry mustard  
 1 bay leaf, crushed  
 4 pound beef brisket, trimmed (NOT corned beef)  
 1 1/2 cups beef stock

Preheat oven to 350. Combine everything except beef & stock to make a dry rub. Season the raw brisket on both sides with the rub. Place in a roasting pan & roast uncovered for 1 hour. Add beef stock & enough water to yield about 1/2 inch of liquid in the roasting pan. Lower oven to 300. Cover pan tightly & continue cooking for 3 hours or until fork tender. Trim the fat and slice meat thinly across the grain. Top with juice from the pan. I got this recipe from FoodTV. It is really good, so I thought I'd share. Posted by popsjk2.

## Kisa's Ginger Soy Beef Brisket

2 Tbs olive oil  
 1 tsp sesame oil  
 5# beef brisket  
 1/2 tsp lemon pepper seasoning  
 3 Tbs grated lemon peel  
 1 med lemon juiced  
 1 Tbs grated ginger root  
 2 Tbs soy sauce  
 1 Tbs Worcestershire sauce  
 1 14oz can beef broth, or your beef stock  
 1 tsp salt  
 1 tsp somersweet

Heat olive oil & sesame oil in 12" skillet. Sprinkle beef with lemon pepper seasoning and brown the brisket on all sides. Place beef in 5-6 qt slow cooker. Mix lemon peel, lemon juice, ginger root, soy sauce, Worcestershire sauce, beef broth, salt & Somersweet together and pour over brisket. Cover & cook 8-10 hours on low heat setting. Meat can be cut across grain for thin slices, or pull apart with 2 forks for shredded style. Posted by Copy Cat.

## Grid's Pot Roast

1 onion cubed	2 cups beef stock
3 stalks celery, cubed	1 can tomato puree
1 red bell pepper, cubed	1/2 cup red wine
1 pot roast, or tri-tip or london broil.	

Brown roast in olive oil in double boiler, remove. Saute onions until translucent, add celery and bell pepper, and saute 3 minutes add wine and reduce by half, add beef stock and tomato puree, warm through. Return roast to pot, place in oven at 400 for 1 hour 15 minutes, then remove lid, and cook an additional 25 minutes. Gridmama.

## Pot Roast

One 4-5 lb. rump roast

1/4 c. Kitchen Bouquet (This is a Browning and Seasoning Sauce. It does has a small amount of carbs, but I have found it has not hindered my weight loss)

4 cans beef broth

One onion peeled and cut into 8ths

2-4 cloves minced garlic, to taste

1/2 tsp salt

1/2 tsp pepper

1/2 tsp celery salt

3 large celery roots, peeled and cut into wedges (like potatoes)

Brush roast with kitchen bouquet. Brown roast in a small amount of oil (enough to cover the bottom of the pan) in a roasting pan. Add onion and garlic and brown a little. Add Beef Broth and then add water, enough so that the pan is 3/4 full. Add seasonings. Cook at 325 degrees for 4 1/2 hours. Add celery root wedges and cook for another 1 1/2 hours. I am not a huge celery root fan, but cooked like this they take on the flavor of the beef and are marvelous. By tmmares.

## Crockpot Pot Roast

Browned a rump roast (or what ever is cheapest!) with a little oil in a fry pan, took out, placed in crock, then caramelized 2 sweet onions with some added butter in the same fry pan over low heat, added them to the crock. Then beef bouillon, a little Worcestershire mixed with 1/4 cup boiling water poured over the meat in the crock. Cooked on low for about 10 hours, came out broken up and very tender Served in a soup bowl with some of the broth and a horseradish sauce (mayo and horseradish mixed). By gumby5998.

## Crockpot Pot Roast

Just made a potroast after being inspired by Suzanne's potroast with the burgundy simmer sauce. I sprinkled salt, pepper, onion powder and garlic powder on both sides of meat (I used 7 blade) and put in slow cooker. Then added 1/4 cup tomato sauce and 1/4 cup red wine (I used merlot), sliced mushrooms and chopped onions. Cooked it on low for 8 hours. When it was done I stirred in a couple of dollops of sour cream (just because I'm a sour cream addict) into the juice. It was to die for and so tender! By Snowdragon.

## September's Pot Roast

Any cut of beef roast (I have used all kinds of cuts, from rump roast, to chuck roast, to even tritip!). You can sear the meat first if you want, but I don't always do this. You should lightly salt and pepper the meat, whether you are going to sear it or not. Put the roast into the slow cooker, add 1/2 cup red wine (whatever my husband has open), 1/2 cup broth, 3 or 4 bay leaves, cut up celery, onions, a few shallots, some garlic cloves, and a bunch of cut up turnips. Cook it all day on low and be ready for a feast! By September.

## Tri Tip Roast on the Grill

1 approx. 2 lb. tri tip roast

1/2 tsp ground pepper

1/2 tsp garlic powder

1 tsp salt (I used kosher)

Combine the three spices and rub into the meat. Refrigerate, covered, over night or at least several hours. About 1 hour before grilling - take meat out of refrigerator to come up to more of room temp. Prepare your grill - I did mine on a gas grill. Heat to high. Sear meat on both sides, approx. 2 minutes per side. Turn grill down to medium and close the cover. Every ten minutes or less, baste meat with Red Wine Chipotle BBQ sauce (under Condiments) and then turn meat. Meat is done when it reaches 125 - 130 degrees for med - rare. Take off the grill and let stand for 10 minutes. Cut meat crosswise into thin slices. Tri Tip Roasts are big on the west coast - if you cannot find one, you could substitute a flank steak or London Broil. Posted by suzysun55.

### Italian Beef

brisket or chuck roast  
 Italian Seasoning (not sure how much cause it wasn't in the recipe)  
 Garlic, if preferred

Season and roast meat at 475 degrees for 1/2 hour. Pour beef broth over meat. Return to oven at 275 degrees for at least four hours. The longer the better. Meat is done when it breaks apart. This recipe was in my grandma's recipe box. Posted by AmyLS.

### Cheeseburger Pie

1 lb. ground beef	1/2 cup cream
1 cup chopped onion	1/2 cup water
1 cup shredded cheddar cheese	2 eggs

Mix cream and water. Brown and drain beef; spread in bottom of greased pan; sprinkle with cheese. Stir remaining ingredients and pour into pan. Bake at 400F degrees for 25 minutes. Twiggy88.

### Stuffed Mexican Pie

2 lbs ground meat, cooked and drained ( use ground sirloin, lean ground pork) Can also use turkey or a combination.

1/2 C chopped onions  
 1/4 c chopped green peppers  
 2 ts chili powder  
 8 oz. shredded cheddar cheese  
 8 oz. can tomato sauce  
 1/2 ts garlic powder  
 1/2 c + 1 TB sour cream  
 1 egg white, beaten stiff

Place meat onion pepper sauce garlic & chili powder in skillet. Simmer 8 to 10 minutes. Grease 8 x 8 pan. Put meat mixture in pan. Beat together cheeses, sour cream and egg white and put on top of meat mixture. Bake 375 for 25-30 minutes. By phoffer.

### Enchilada Beef Casserole

1 lb. ground beef  
 1 medium white onion, chopped  
 8 oz. mushrooms, sliced  
 1 c. water  
 2-3 Tbls. chili powder  
 1 1/2 tsp. salt  
 1/2 tsp. pepper  
 1/4 garlic powder  
 1 c. salsa  
 1 c. sour cream  
 6-8 egg crepes  
 2 c. mozzarella cheese, shredded

Brown hamburger and onion together until no longer pink and onion is translucent. Add sliced mushrooms and cooked until tender. Add water and seasonings and simmer for 10 minutes. Spread 1/2 c. of salsa on bottom of 9x13 greased pan. Layer 3-4 egg crepes on top of salsa. Add meat mixture, then spread sour cream over the top. Top with 3-4 egg crepes, then spread remaining salsa and top with shredded cheese. Bake 30-35 minutes until heated through and cheese is bubbly. Let sit 5 minutes before cutting. I'm a newbie, but I thought this concoction turned out pretty well. Posted by hvd4jvd.

## Stuffed Cabbage

2 quarts water	8 ounces ground pork
1 large green cabbage (about 2 1/2 pounds)	Coarse salt and freshly ground pepper
2 tablespoons unsalted butter	1 tablespoon dried parsley flakes
1 large onion, chopped	1 medium green pepper, grated
1 clove garlic, finely chopped	2 celery stalks with leaves, finely chopped
2 cups grated cauliflower (raw)	4 cups tomato purée -or- 4 cups Marinara sauce
8 ounces ground beef	1/2 cup sour cream, plus more for garnish

Using a paring knife, remove center core of cabbage. In a large nonreactive stockpot, bring 2 quarts water to a boil. Add cabbage and cook 2 to 3 minutes or until outer leaves are bright green and tender. Lift cabbage from water, and remove outer leaves. Return cabbage to boiling water, and repeat brief cooking and removal of leaves until all leaves are cooked. Reserve 2 cups cabbage cooking water. Trim thick center vein from bottom of each leaf. Reserve four large outer leaves to line bottom of pan. In a medium skillet, melt butter over medium heat. Add onion and garlic, and cook until golden and tender, about 8 minutes. In a large bowl, combine onion mixture, rice, beef, pork, salt, pepper, parsley flakes, green pepper, and celery. Stir to combine. Add about 1/3 cup meat/cauliflower filling to one cabbage leaf. Fold sides of cabbage over filling, and, starting with the stem end, roll the cabbage up. Repeat with remaining leaves and filling. Line a 5-quart Dutch oven with reserved outside leaves. Transfer stuffed cabbage leaves to Dutch oven. In a large bowl, combine tomato purée and the reserved 2 cups of cabbage cooking water. Pour some of the tomato sauce over stuffed cabbage leaves to almost cover them. Bring to a gentle simmer, adding additional tomato sauce as needed, for 1 hour or until cabbage is very tender. Place sour cream in a small bowl, and ladle in about 3/4 cup of tomato sauce from the cooked stuffed cabbage rolls. Whisk to combine. Add sour cream mixture back to Dutch oven, and stir to combine. Serve with additional sour cream. Serves 8. The key to cooking and enjoying cabbage is to give the vegetable a light steaming; this will be sufficient to bring out its brilliant color and preserve its nutritional content. Adapted from Martha Stewart's Stuffed Cabbage Recipe. Deb's notes: Once I had all the rolls into the pan, I mixed together and poured over the top: 1 (26oz) can of Hunts Garlic & Herb spaghetti sauce, 1 (28oz) can of crushed tomatoes and 2 cups of the cabbage water. I did not use the 4 cups tomato puree as the recipe called for. These were delicious!

## Stuffed Cabbage Rollups

1 lb. ground beef  
 1 onion chopped  
 1 egg, beaten  
 1 cup water  
 1 can tomato soup  
 1 tsp. somersweet  
 1 tsp. parsley  
 3/4 cup chopped celery  
 salt & pepper to taste  
 cabbage leaves

Mix meat, onion, egg, salt & pepper. Make sauce with remaining ingredients (except cabbage leaves) & cook 10 mins. Boil cabbage leaves till tender. Put 2 Tbsp. of meat mixture in each leaf & roll up. Secure with toothpick. Place in a baking dish & pour sauce over rolls. Cover & bake 2 hrs at 325 degrees. Posted by Pat Polito.

## Stuffed Peppers

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

Mix well (I put rubber gloves on and mix with my hands) then stuff your peppers. Bake covered for about 1 hour on 350. Sometimes I will pour tomato sauce on top to keep them moist and add some flavor. You can also make cabbage rolls with this same recipe. Posted by janland.

### Stuffed Zucchini

2 lbs. Zucchini	1 tsp. oregano leaves
1/2 lb. ground beef (or ground turkey)	1 tsp. salt
1/4 cup mayonnaise	1 tsp. lemon juice
2 tsp. dried onion (or 1/4 cup fresh chopped)	1/4 tsp. pepper
2 tsp. parsley flakes (or 1/4 cup fresh chopped)	2/3 cup marinara sauce

Halve zucchinis. Scoop out center leaving 1/4 inch shell. Place shells in shallow baking dish. Coarsely chop zucchini centers, mix with everything else except marinara sauce. Spoon into shells. Top with the marinara sauce. Bake 350 degrees for 30 minutes or until zucchini forks tender. You can cover the dish for about half the baking time to help cook the zucchini. I usually double this recipe. Suzanne's Marinara Sauce is delicious as the topping. Janella. An easy dish - especially good with the larger zucchini.

### Zucchini Boats

4 small zucchini, sliced lengthwise & seeds removed	1/2 cup shredded Pepper Jack cheese
1/2 pound lean Italian sausage or ground beef	1/2 cup shredded Parmesan cheese
4 ounces Philly cream cheese, room temperature	1 tablespoon fresh or 1 teaspoon dried chives

Using a spoon, scoop seeds and part of the pulp from center of zucchini slices, leaving 1/4 to 1/2-inch wall. Combine cooked and drained sausage, cream cheese, Jack cheese, Parmesan cheese and chives in a bowl and mix well. With a spoon, stuff zucchini boats with cheese mixture. Place boats on a lightly greased baking dish and bake until heated through and cheese is melted, about 8 minutes. Cover and refrigerate leftovers and reheat in the microwave or oven for another meal. Posted by Skyenite.

### Zucchini Lasagna

1 pound ground beef	1/2 tsp. pepper
1 clove garlic, crushed	1/2 tsp. oregano
2 Tbsp. olive oil	3 med. zucchini, peeled into ribbons
1 (20 oz.) can tomatoes	1 pound ricotta cheese
1 (8oz.) can tomato sauce	1/2 c. parmesan cheese grated
1 tsp. salt	1/2 pound mozzarella cheese, grated

Brown beef & garlic in oil. Drain off 1/2 of the juice of the tomatoes & add to beef mixture. Add sauce & seasonings. Simmer 30 min. or so. Cover bottom of greased baking dish with 1 1/2 c. beef mixture. Cover beef with single layer of zucchini ribbons. Spread half of the ricotta on zucchini. Sprinkle with half of the parmesan. Place a third of the mozzarella on top. Repeat. Top with remaining beef mixture and mozzarella. Bake 350 for 45 min. Let stand 15 min. before serving. Can thicken up the sauce with a little tomato paste. By tracey k.

### Baked Spaghetti with Meat Sauce

One Medium-Large spaghetti squash, cooked	Shredded mozzarella cheese
1 lb lean ground beef or turkey	Grated parmesan cheese
One 25.5 jar legal pasta sauce*	Italian seasonings/salt/pepper

Put spaghetti squash strings in the bottom of a 9x12 casserole evenly. Sprinkle with seasonings of your choice & a bit of salt & pepper. I used Frontier's "All Purpose Seasoning": onion, black pepper, garlic, parsley, celery, tomato, basil, thyme, oregano, sage, coriander. Bake at 425 for 10 mins. Note: you could probably skip this step of re-baking the squash, but it helps get some of the moisture out & "crisp" it up a bit. Brown 1 pound ground beef (or turkey) with 1-2 cloves jarred minced garlic. Optional - add 1/4 cup chopped onions at the end. Add jar of sauce. \*I used Carb Fit's Vodka Pasta Sauce, which is a SF creamy tomato & cheese sauce. To this sauce, I added 3/4 teaspoon Somersweet & 1/8 teaspoon cayenne pepper. Simmer about 10 mins until sauce starts to thicken a bit. Add sauce to squash layer, spread evenly. Sprinkle with 2/3 to 1 cup grated mozzarella, & 1/4 cup grated parmesan. Bake at 350-375 until bubbly. Makes 6 servings. Posted by - hoffs



### Quick and Easy Slow Cooker Lasagna

1 32-ounce jar Somersize roasted garlic and mushroom sauce  
 1-1/2 lbs. ground beef, browned  
 8 egg crepes  
 1 32-ounce container of whole milk ricotta cheese  
 1 5-ounce package of shredded parmesan cheese  
 2 cups shredded mozzarella cheese  
 1/2 cup Somersize basil pesto

Brown ground beef in large skillet and then add jar of Somersize sauce. Mix ricotta, Parmesan and pesto together until well blended. Coat bottom of Somersize slow-cooker with 2 ladles of meat sauce. Cover with layer of two egg crepes. Next, spread half of the ricotta cheese mixture over crepe layer and top with two more crepes. Pour two more ladles of sauce mix over crepes and cover with 1 cup of mozzarella. Place two crepes on top of mozzarella layer. Spread remaining Ricotta cheese mixture evenly of crepes. Place two crepes on top. Cover with remaining meat sauce and top with the rest of the mozzarella. Cook on high in slow cooker for 2 hours or cook on low heat for 4 hours. (Recipe by Debra Murray & Tracy Krause)

### Prime Rib of Beef

6 lbs prime rib of beef, rolled and tied  
 3 cloves garlic, slivered  
 4 Tbls dijon mustard  
 2 Tbls fresh thyme, chopped  
 1 Tbls pepper

Insert garlic slivers into the roast. Combine the rest of the ingredients and spread mixture over roast. Place a drip pan in your barbeque and fill to 3/4 full with a mixture of water and red wine. Brush grids with oil and position roast over drip pan. Cook for 1 3/4 hours on medium heat or until the internal temp reached 145 F for medium rare. Remove from barbeque and let stand for 20 minutes before carving. This is the best roast ever! By TL.

### Prime Rib

I rub Dijon mustard all over the prime rib roast, lots of salt and pepper. I take a shallow pan and put a layer of rock salt on the bottom. Set the fat cap of the prime rib up and bake at 225 degrees. (Probably about 20 to 25 minutes per pound for rare). When the roast's internal temp is 140 degrees for rare, 160 degrees for medium, and 170 degrees for well done, hold in oven at 150 degrees until ready to serve. It turns out perfect every time. Got the recipe from my cousin who owns a seafood restaurant, and he says when you turn the oven down to 150 degrees, do not open the oven until ready to take out and serve. Hope you enjoy as much as I do! Posted by strczy.

### Standing Rib Roast

1 (5-pound) standing rib roast  
 1 tablespoon House Seasoning, recipe follows

Allow roast to stand at room temperature for at least 1 hour. Preheat oven to 375. Rub roast with House Seasoning; place roast on a rack in the pan with the rib side down & fatty side up. Roast for 1 hour. Turn off oven. Leave roast in oven but do not open oven door for 3 hours. About 30 to 40 mins before serving time, turn oven to 375 & reheat the roast. Important: Do not remove the roast or re-open the oven door from time roast is put in until ready to serve.

House Seasoning:  
 1 cup salt  
 1/4 cup black pepper  
 1/4 cup garlic powder

Mix ingredients together & store in an airtight container for up to 6 months. I should share with you an interesting roast I found for a standing rib roast (prime rib with the bones). I made this roast for Christmas and LOVED it. It came out perfect & reheating in the microwave for leftovers didn't ruin it at all. I got this recipe off of the food network. Posted by lly72.

### Marinated Flank Steak

1 1/2 lbs flank steak  
 1/4 c soya sauce  
 1/4 c Splenda  
 1 tbsp sesame oil  
 1 tbsp lime juice  
 4 cloves garlic, minced  
 1 tbsp fresh ginger, minced  
 1 tsp Asian chili sauce  
 1 tsp pepper

Rinse and pat dry the flank steak. Score the meat in a 2" diamond pattern to allow the flavour of the marinade to penetrate. Combine remaining ingredients in a flat glass dish or in a heavy resealable bag. Place meat in marinade and cover, or seal and marinate in the fridge 6 hours or overnight, turning 2-3 times. Preheat barbeque to high and brush grids with oil. Place flank steak on hot grids and reduce heat to medium. Grill 5 minutes per side for medium. Allow to rest 5 minutes before carving. Meanwhile place the marinade in a saucepan and boil for 2-3 minutes. Carve steak into thin slices on the diagonal against the grain. Drizzle the cooked marinade over the meat. I don't have Asian chili sauce, I just use some hot sauce (Franks). How you slice a flank steak is important. Carve thinly! By TL.

### Janice's Goulash

1 1/2 lb. ground beef (I use sirloin)  
 1 medium onion, chopped  
 1/2 green pepper, chopped  
 salt  
 brown the above and drain well. Add 2 cans diced tomatoes with juice  
 1 small can tomato paste (Hunt's ahs no sugar added)  
 1 T. Essence of Emeril

Cook on medium for about 5 minutes. Shred 2 cups of cheddar, cojack or Colby cheese. Turn off heat and stir cheese into the mixture. Serve when cheese is just about melted. If you want add another 1/2 T. of the Essence of Emeril for a spicier taste. This is a recipe I made up and have served to many. Everyone that has tasted it requests the recipe. Preparation time is approximately 10-15 minutes.

### ESSENCE OF EMERIL

2 1/2 T. Paprika	1 T. onion powder
2T. salt	1T. cayenne pepper
2T. garlic powder	1T. dried oregano
1T. black pepper	1T. dried thyme

Mix well & store in an airtight container. For a bit spicier flavor I add 1T. crushed red pepper. Posted by janland.

### Beef Paprikash

1LB beef sirloin tips	1 cup pepper strips
1/2 tsp salt	1 Tablespoon Paprika
1/4 tsp pepper	2 tsp minced garlic
4 tsp oil	1 cup chicken broth
1 cup thinly sliced onion	1 cup sour cream

Season beef with salt and pepper. Heat half of oil in skillet over med-high heat. Add half and meat and cook till browned. Add rest of meat and brown. Remove to plate and keep warm. Add remaining oil to drippings. Add onions and pepper. Cook till soft about 4 min. Stir in paprika, garlic, and broth, simmer 5 min. Remove from heat, stir in sour cream. Add the beef back and stir to coat. My kind of meal, fast and easy. I got this recipe from my Woman's day magazine. It is so good and easy to make I thought I would share it. By sweetthing.

## Beef Paprika

1/4 C butter  
 2 lb stew beef cubes  
 1 C chopped onion  
 1 small clove garlic, minced  
 3/4 C sugar free ketchup  
 2 T Worcestershire sauce  
 1 t Somersweet  
 2 t salt  
 2 t paprika  
 1/2 t dry mustard  
 dash cayenne red pepper  
 1 1/2 C water  
 1/4 C cream

Simmer beef (just cover with water) 4-8 hours in a crockpot (It will be almost falling apart.) Melt butter in a skillet. Add beef, onion & garlic. Cook & stir until onion is tender. Stir in ketchup, Worcestershire sauce, Somersweet, salt, paprika, mustard, cayenne & 1 1/2 C water. (I add water first.) Simmer for one hour. If liquid is evaporating too quickly, you may cover, however if covered the whole time, it will take two hours to cook down. Stir in cream gradually. Heat to boiling, stirring constantly. Boil & stir 1 minute. When having company, I often use 3 lb of beef & double the rest of the ingredients. My DH likes this as a Calzone filling with mozzarella cheese. By coblentzjx.

## Beef Stew

2 Tbsp. bacon fat	1 can (14 oz.) beef broth
1 1/2 lb. lean stewing beef, cut in 1-1/2" cubes	2 ribs celery, cleaned and cut in diagonal slices
1 med. onion, cut in chunks	2 cans (4 oz.) mushrooms, drained
freshly coarse-ground pepper	3 Tbsp. heavy cream

Heat bacon fat in frying pan with a cover. Add beef, celery and onion, and cook over medium heat, stirring occasionally, until meat has browned on all sides. Sprinkle with coarsely ground pepper to taste. Add broth and bring to a boil. Reduce heat, cover, and simmer for one hour or until beef is almost tender. Add mushrooms and cream. Continue cooking on a slightly higher heat uncovered until sauce has been absorbed. Emerickfamily.

## Easy Meal with Beef for Stew

Pressed for time, I took 2 lbs of beef for stew & browned it in olive oil with S & P. After it was all browned, I added a can of beef broth, & sprinkled with a teaspoon or two of thyme. I let cook for maybe an hour or so, (at one point the beef broth cooked all the way down, I was playing with my daughter) but that was a good thing, I just added more water & let it keep cooking. When starting to get tender, I added a can of drained mushrooms, then I added a little cream to the juice & some parmesan cheese for the gravy. All cooked in one pan, very easy & the best part was the beef broth boiling down, the beef picked up such a wonderful flavor from it. Posted by switchd.

## Stew and Mashed Fauxtatoes

I browned some stew meat and threw it in the Easy Bake Oven (crockpot)  
 added one can of crushed tomatoes (the big can)  
 a bag of frozen pearl onions  
 5 cloves of garlic (minced)  
 Italian seasonings  
 about 15 shakes of Worcestershire sauce  
 a half a can of beef broth

Turned it on low and cooked for 8 hours. Boiled bag of frozen cauliflower for 8 minutes. Drained, put back in pot, added a quarter stick of butter and a drop of heavy cream. Blended with the hand mixer till smooth(ish), served stew on top of mashed cauliflower. We licked our plates clean. Literally. By Christine6165.

**Beef Stroganoff**

1# beef loin steak  
 3/4 C water  
 1 C. sour cream  
 1 medium onion  
 1 can or 8oz package of mushrooms  
 1/2 t. garlic  
 1T. olive oil  
 salt and pepper to taste

Slice the steak on an angle into 1/4" strips, sauté with the oil in a frying pan on medium. cut the onion in half, then slice in 1/4" strips and sauté with the meat. add the garlic and let it simmer for about 15 min turning the meat so it cooks thru, add the water and mushrooms and let the meat simmer for another 15 min (this will make a great beef juice) add the sour cream just before you serve it and salt and pepper to taste. I eat this just like this and make my fiancé some noodles to go with it. Or you could eat it on cabbage noodles, or spaghetti squash. \* To make this recipe for more, double all, except take the water up for each recipe by 1/4 cup, so for 4, use 1 C. Serves 2. Posted by Carrie G.

**Beef Stroganoff**

1 lb ground beef  
 1/2 block cream cheese  
 1/2 c sour cream  
 1/2 stick butter  
 1 onion, chopped  
 garlic powder and salt to taste

Cook onion. Add beef and cook till browned; drain. Add seasonings and stir. Add butter, cream cheese and sour cream. Cook till melted. I miss noodles, but I replaced them with scrambled eggs and it was great. Probably a good breakfast, too. Posted by karma.

**Grid's Shephard Pie**

2 lbs ground meat  
 1 yellow onion, sliced to caramelize  
 4 ribs celery chopped large  
 2 cups green beans  
 2 cloves garlic minced  
 2 TBL Worcestershire sauce  
 1 teas. liquid smoke  
 1/2 cup sour cream  
 1 can beef stock  
 1 cup cream  
 salt and pepper to taste  
 3 bags cauliflower  
 4 tbsl butter  
 1/2 cup sour cream  
 couple teas beef stock if necessary

Add oil to a large fry pan, on medium heat, add onions, stir occasionally till they begin to brown, (10 mins?) add celery, green beans & garlic, sauté 3 minutes, remove from pan & drain oil out. Add ground meat, brown, remove & drain. Add both back to pan, add 1 can beef stock, Worcestershire sauce, liquid smoke, salt & pepper. Reduce 10 minutes, add cream & sour cream, stir well, reduce 10 minutes more. Steam all the cauliflower, puree to mashed potato consistency with butter & sour cream. Put meat mixture in the bottom of a 9 x 13 baking dish, cover with mashed cauliflower, dot the top with butter, bake in 400 degree oven for 25-30 minutes, till top starts to brown. Let sit 5 minutes, & enjoy. Its a little work, but a yummy casserole. Posted by gridmama.

### Tricia's Easy Spaghetti Sauce

2 lbs lean ground beef	1 (14.5 oz) can Muir Glen crushed tomatoes in juice.
1 large onion chopped	1/3 cup red wine
1 pkg sliced fresh mushrooms	1 scoop Somersweet
2 (15 oz) cans Muir Glen Pizza Sauce	Fresh ground pepper to taste.

Brown beef & drain off extra fat. Add onions and cook until soft. Add all other ingredients and simmer for one hour adding a little water if needed. ztricia

### Bacon-Stuffed Burgers

4 slices bacon  
 1/4 cup onion, chopped  
 1 can mushroom pieces, drained and finely chopped  
 1 pound lean ground beef  
 1 pound bulk pork sausage  
 1/4 cup Parmesan cheese, grated  
 1/2 teaspoon pepper  
 1/4 teaspoon garlic powder  
 2 tablespoon steak sauce

Cook bacon until crisp. Remove bacon & discard all but 2 tablespoons drippings. Sauté onion in drippings until tender. Crumble bacon: add with mushrooms to skillet & set aside. Meanwhile, combine beef, pork, cheese, pepper, garlic powder & steak sauce in a large bowl. Shape into 16 patties. Divide bacon mixture & place over eight of the patties. Place remaining patties on top & press edges tightly to seal. Grill over medium coals until well-done (pork sausage in burgers requires thorough cooking). Yield: 8 servings. I made this for dinner tonight - it was so yummy! I served it with fried cabbage & bacon/onions. \*\*NOTE: I omitted mushrooms & substituted no sugar BBQ sauce for the steak sauce. Posted by Ms.P.

### Blue Cheese Stuffed Hamburgers

2 lbs. ground beef  
 1 tablespoon minced garlic  
 1 teaspoon salt  
 1/2 teaspoon freshly ground black pepper  
 1 teaspoon of SPECIAL SEASONING (\*recipe follows)  
 12 ounces of blue cheese

In a bowl, combine beef, garlic, salt, pepper and special seasoning and mix gently but thoroughly (like you mix up meatloaf, hands are okay to use)!!! Divide mixture into 8 equal patties. In a separate bowl, crumble blue cheese and form cheese into 4 equal patties. Place 1 cheese patty on each of 4 beef patties. Top with remaining 4 beef patties, pinching the edges under to seal the cheese between the patties completely. Place the stuffed patties on the grill and cook to desired temperature, about 2 to 3 minutes per side for medium-rare (Alternately, you can cook the patties in a large skillet over medium-high heat as well...totally your preference).

Special Seasoning Recipe (from Emeril Lagasse himself and the Food Network)

2 1/2 tablespoons paprika	1 tablespoon onion powder
2 tablespoons salt	1 tablespoon cayenne pepper
2 tablespoons garlic powder	1 tablespoon dried leaf oregano
1 tablespoon black pepper	1 tablespoon dried thyme

Combine all spices in an airtight jar or container, cause it's also wonderful on chicken and fish. It's awesome with a lettuce leaf as the bread, mayo and tomatoes!!! Posted by micahsprincess.

### Smothered Burgers

1 tablespoon butter	1/2 cup sliced mushrooms
1 tablespoon olive oil	Dash of Worcestershire sauce
1/2 cup chopped onion	4 hamburger patties

Melt the butter & heat the oil in a heavy skillet over medium-high heat. Add the onion & mushrooms, & sauté until the onions are translucent. Remove to a small bowl. Add a dash of Worcestershire & stir. In same skillet, cook your burgers. Top with mushroom mixture, & serve. (Original poster unknown.)

### Cajun Burgers

1.5 lb ground beef  
 1 tsp paprika  
 1 clove garlic  
 3 tbsp finely chopped onion  
 3 tbsp finely chopped green pepper  
 1/2 tsp pepper  
 1/2 tsp salt  
 1 tsp parsley (dried)

Cook as you normally would hamburgers. We love ours bbqed with cheese on top. Make sure the veggies are very finely chopped or they can fall apart. Dh invented this for me and we love it. By holly the grey.

### Somersized Beef Lo Mein

1 spaghetti squash	1/2 small onion -- julienne
1 cooked hamburger -- shredded	2 green onions (both white & green) -- diagonally sliced
1 tbsp toasted sesame oil	1 tbsp tamari sauce
1 tbsp vegetable oil	coarse salt -- to taste
1 ripe red chili -- minced	
1 handful snow peas -- trimmed & halved	

To cook squash: Cut off ends, carefully. With a knife, make slits in the squash, all over the place. Place on a microwaveable plate and a paper towel. Cook on HIGH for 5 mins. Remove and let cool for a few minutes. Then slice in half horizontally. Place, cut-side-down, on microwaveable plate again, cover with paper towel, and cook on HIGH for another 10 minutes.\* When done, remove and let cool until handleable. Remove seeds. With a fork, remove innards of squash like spaghetti. Place on a plate and set aside. Preheat a wok or large skillet. Add oils and heat them up. When hot, add the chili, snow peas and onion. Cook for 1-2 minutes until browned a bit and softened. Add scallion and meat and cook until meat is heated through. Add the spaghetti squash, mix around and toss well with the other vegetables and meat. Add the tamari sauce, a touch more sesame oil and the salt, if you wish. Toss well. Cook for another minute. Dump onto serving dish. Garnish with more scallions and chilies. I made this today for lunch and it came out terrific. Almost like Chinese food! Recipe By: RisaG. Serving Size: 2

### Teriyaki Finger Steaks

2 lb boneless sirloin	1 Tbsp vegetable oil
1/2 c soy sauce	1 garlic clove minced
1/4 c vinegar	1/2 tsp ground ginger
2 Tbsp brown sugar (Substitute here as you wish)	1/8 tsp pepper
2 Tbsp minced onion	

Trim fat off of the sirloin and slice lengthwise into 1/2" strips. Place in a bowl. Combine all remaining ingredients. Pour over meat and toss. Cover and refrigerate 2 - 3 hours. Loosely thread meat strips onto skewers. Grill over medium hot coals, turning often. About 6 servings. I used Whey Low Gold for the brown sugar. I used olive oil for the oil. I put everything into a ziploc bag. To me 2-3 hours in too long to let it marinate. It comes out really strong. I prefer 30 min to an hour. Try it for yourself and adjust as necessary. My mom has always made these and they are easy and good. Not too difficult to adjust this recipe either. Posted by weesers.

### Steak Salad

1 steak (about 3/4 lb.)	1 pkg. romaine salad mix
3T lemon juice	1/2 english cucumber, unpeeled and sliced thinly
2T olive oil	1 pt. grape tomatoes
salt	1 c. crumbled feta cheese
pepper	

Salt & pepper the steak; grill until desired doneness. In large bowl, mix lemon juice, olive oil, salt, & pepper. Add romaine, cucumber, tomatoes, & cheese to bowl & toss. Top each serving of salad with thinly sliced pieces of steak. My whole family loved this recipe. It serves 4. Posted by dmchugh. DM, I made this tonight for my DH & I & we loved it, he ate seconds & finished it off!! Thanks for sharing. I altered a little: I added a few shakes of Italian seasoning to the oil mixture. Also I chopped tomatoes & added a tblsp. of mayo to the tomatoes before putting them into the salad. I was trying to achieve a creamy dressing. Thanks again for sharing:) JCNmyheart.

### Summer Steak Salad

1 1/2 pounds round steak, cut into 1 1/4" cubes  
 Dressing:  
 1/4 C. mayo  
 1/4 C. sour cream  
 1 T. pickle relish  
 Juice of 1 lemon  
 sugar substitute equal to 1/8 t.  
 1/2 T dijon style mustard  
 Lettuce  
 2 eggs, hard boiled  
 2 tomatoes, cut in wedges  
 salt and pepper

Fry the steak cubes over very high heat until done to your taste. Mix the dressing. Combine the dressing with the warm steak cubes and place on a bed of lettuce for each serving. Garnish with egg and tomato. Add salt and pepper to taste. Quick and yummy. Posted by sockim123.

### Fajita Salad

I use the Tex Mex mix that is in one of Suzanne's books. (Sorry can't remember which one) I rub it on some flank steak and then grill it until it's still a little red in the middle. Let the meat rest for about 10 minutes, then slice thinly against the grain. I also sauté some peppers and onions in olive oil and a little more Tex Mex mix. Then I put it over lettuce with some sour cream, salsa, and shredded cheese. This is one of my all time favorite meals. Yummy! Posted by ljldragon.

### MissaLula's Spicy Oriental Beef Salad

1 TBS vegetable oil	1 garlic clove, minced and mashed to a paste with
1 pound ground beef (preferable chuck)	1/2 teaspoon salt
1 TBS Worcestershire sauce	1/3 cup finely chopped scallion
1/4 cup fresh lime juice	1/2 cup chopped fresh coriander or fresh mint
1/4 tsp cayenne	leaves
1 TBS splenda	soft lettuce leaves for lining the plates
1 TBS soy sauce	lime wedges for garnish

In a large skillet heat oil over moderately high heat until it is hot but not smoking, in it stir-fry the beef for 1 minute, or just until it is no longer pink, and drain the beef in a sieve. In a bowl whisk together the Worcestershire sauce, the lime juice, the cayenne, the splenda, the soy sauce, and the garlic paste, add the beef, and stir it to combine it well with the dressing. Stir in the scallion and the coriander, divide the mixture between 2 plates, lined with the lettuce leaves, and garnish the salads with lime wedges. Serves 2. Can be prepared in 45 minutes or less.

## Corned Beef and Cabbage

Bacon grease and butter melted in a large skillet. Add chopped cabbage, let soften for a while. Add canned corned beef, broken up. Add chopped bacon. Warm together and enjoy! jdt.

## Dublin Corned Beef and Cabbage

5 pd. corned beef brisket  
 1 large onion stuck with 10 whole cloves  
 3 large onions quartered  
 1/2 cup malt vinegar  
 2 teaspoons of mustard seed  
 2 teaspoons of coriander seed  
 2 teaspoons of whole peppercorns  
 1 teaspoon of dill seed  
 1 teaspoon of whole allspice  
 1 bay leaf  
 3 celery root - peeled and cut into large chunks (about 4-6 chunks)  
 1 cabbage, cut in quarters and cored

In a large stockpot (8-10 quart), place the one large onion with the whole cloves into the pot - put the corned beef on top - sprinkle the malt vinegar, mustard seed, coriander seed, whole peppercorns, dill seed, and whole allspice over the corned beef. Add the bay leaf. Add water to just cover the beef. Cover the pot and bring to a boil over high heat. Then turn down heat to simmer. Simmer the dish until the meat is tender when pieced - about 3 hours. Add the onion wedges and celery root to the pot - put the cabbage wedges on top. You will probably need to add more water at this point. Cover and return to a boil over high heat (about 10-15 minutes to boil again). Reduce the heat to a simmer until the cabbage is tender (about 20 minutes). Use a slotted spoon to remove the vegetables to a warm serving dish. Put the celery root in a food processor and add 1/4 cup heavy cream and 4-6 tablespoons of butter. Blend all together - add salt and pepper to celery root to taste. Remove the beef to a cutting board and slice beef across the grain. Serve with coarse grained Dijon mustard or with Horseradish Sauce (see recipe below).

Horseradish Sauce:

2 cups heavy cream  
 2-3 tablespoons horseradish (or to taste)

Whip cream until it stands in peaks. Fold in horseradish. Serves 8. (Cut in half for less people.) Posted by CANMOM.

## Links and Sauerkraut

Yummy! I use either beef or pork links, reg kielbasa, hot links, or whatever, slice up the meat, fry it up, then drain. Place back into pan, add a can or two of sauerkraut, heat and there you go. It's soooo good. Everyone that's tried it loves it. Posted by karma.



## CHICKEN

### Grid's Basic Stock

1 chicken carcass (or bones from chicken dinner)  
 1 onion  
 3 stalks celery  
 2 cloves garlic  
 1 tbs Italian seasonings  
 salt and pepper to taste  
 water

Dump the bones and meat if you have any left in the pot, add all ingredients, cover and bring to a boil. Reduce heat to simmer for 2 hours (I do this at night for a 10 hour stock, simmering overnight makes it very rich) remove from heat. strain and refrigerate 1 hour remove solid fat from the top, then use or freeze as you like. Gridmama.

### Herb and Garlic Roasted Chicken

1 4-pound roasting chicken  
 1 small onion  
 1/2 lemon  
 2 bunches fresh rosemary  
 1 bunch fresh thyme  
 1/4 cup olive oil  
 Salt and black pepper  
 20 peeled garlic cloves  
 1 cup chicken stock  
 1/2 cup heavy cream  
 Juice of 1 lemon

Preheat the oven to 425°F. Put chicken in roasting pan & stuff it with the onion, lemon half, one bunch of rosemary & half the thyme. Rub olive oil on the chicken and season with lots of salt & pepper. Roast chicken in oven for about 30 minutes. Add garlic cloves to the roasting pan, stir the garlic in the pan juices and season with salt. Continue to roast for another 1/2 hour or so, until chicken is done (pierce chicken near the leg to see if the juices run clear). Remove chicken to a cutting board. Put roasting pan on top of stove over medium-high heat. Remove all herbs. Use a wire whisk to mash up garlic with pan juices. Add chicken stock, cream and lemon juice. Whisk together & let sauce reduce, stirring occasionally, for 4 to 5 minutes. Strain sauce into a sauceboat or serve with the crispy bits. Put chicken on serving platter & surround with remaining herbs. Posted by sccn.

### Beer Can Chicken

Preheat your BBQ to a medium heat. Take a round cake pan and line with foil (to aid with clean up). Take a can of beer (or use a pop can if you prefer, any can will do) and empty out 1/2 its contents (or fill an empty can 1/2 way with your preferred liquid). place in the middle of pie plate. Take your roasting chicken, and season with your favourite herbs and spices (we use a bbq seasoning (legal of course). No oils or fats are necessary). Now I know this doesnt sound nice, but place the chicken on the beer can (essentially, put the can up the chicken's butt-end) so it looks like it is standing in the pan. DO NOT COVER THE CHICKEN with foil!! Place pan in your BBQ and close the lid. There will be NO flare-ups as all the fats will drain into the pie plate-not on the coals, yet not touch the bird as it is standing up! Cooking time will be approx 1.25 hours, perhaps a bit shorter or longer depending on the size of your bird. No basting is necessary! When cooked, remove from heat and allow to stand "on the can" for 10 minutes. CAREFULLY remove from can (liquid inside will of course be hot-discard it). Cut chicken up (however you like) and serve. The skin will be crispy and delicious, the meat tender and juicy. We do this at least once a week. Leftovers are great for salads or whatever you like leftover chicken for. I have heard that it is good with lemon juice+water in the can and sprinkled with garlic and rosemary outside. Posted by knottykitty.

### Asian Rotisserie (or Roasted) Chicken

Marinade: Mix the following first 3 to 4 ingredients)

1/4 cup soy sauce (reduced sodium is fine)	1/2 tsp fresh ginger (*optional)
1/8 cup sf peach flavoring	1-2 buttons garlic cut into slivers
2 packets Splenda	

Rinse chicken, then pat it dry with a paper towel. Loosen skin & place garlic shreds under skin on both sides. Wrap twine around legs & then up & around to the other side, catching folded back wings and tie in place. Place on skewers for the rotisserie. Use an injector & draw the marinade up & then inject deep into chicken on all sides. Cook on the rotisserie about 1 hrs and 10 min or until the juices run clear, depends on the size of your chicken. Marinating in a large ziplock is effective as well & then roasting in the oven does just fine. 350 degrees for 1 hr & 10 min, until juices run clear when pierced. Allow to rest 10 mins before slicing. Posted by SinginSOMERSong.

### Salt & Vinegar Chicken

Spray a pan with oil spray, put chicken thighs with bone in face down on skin. Sprinkle with sea salt, pepper, garlic powder & oregano, bake at 425 for 1 hour. Turn over chicken & bake for 15 mins, sprinkle with red wine vinegar & bake for 10 mins. If you miss vinegar & salt potato chips - try these - they are fabulous. I always spray my pan with the oil spray & cook them skin side down - this is the only recipe that I have that calls for this. The total cooking time is 1 hour & 25 mins. After the first hour, I turn them over & mine are not crispy, but after the next 15 mins they are & then add the vinegar & by the time another 10 goes by they are CRISPY! I love them - it is such an easy recipe. You can then take the drippings & let it cook down with a half cup of chicken broth & make a gravy with the great vinegar taste. (Can use other types of vinegar too, eg balsamic.) Posted by ginger7.

### Chicken Marsala

This recipe is based on three to four boneless chicken breasts. Brown chicken breast in skillet in olive oil and pat of butter until done. Remove from pan and set aside and add to drippings:

1 sliced onion  
 1 sliced red, green, orange, any color bell pepper you wish  
 1 ½ to 2 cups mushrooms sliced (I used sliced portabellas, but any would do)  
 Allow these to sweat and then add:  
 ½ cup white wine (can be omitted)  
 pat of butter  
 splash of cream ( I don't measure but just pour about ¼ cup or little more, depends on how many breasts you use)  
 salt and pepper,,

Add chicken back in and cover and let this simmer until thickens slightly. Sprinkle chopped parsley on top to serve. I don't measure so use own judgment on amounts used, depending on how many chicken breast you use, it is not a precise recipe and is adaptable. By Winter-3.

### Chicken Sherry Marinade

Marinade:	1/2 tsp finely minced fresh ginger
2 tbs low sodium soy sauce	1/4 tsp pepper
1 tbs dry sherry	other:
1 tbs canola or safflower oil	Olive oil or non-stick cooking spray
1/2 tsp minced garlic	4 boneless breasts

Whisk together marinade ingredients in a small bowl or measuring cup. Pour half of marinade into a shallow pan or baking dish. Place chicken breasts in marinade; cover with remaining marinade. Refrigerate, covered for at least 30 min. or as long as 24 hrs, turning the chicken occasionally. When ready to cook, position oven broiler rack 4 to 5 inches from heating element; preheat broiler. Lightly oil a broiler pan or baking sheet. Remove chicken breasts from marinade and pale them on the prepared pan; reserve excess marinade. Broil chicken for 5 mins, turn & brush with excess marinade. Continue to broil for about 5 min. or until chicken is thoroughly cooked. Discard remaining marinade. Serve with steamed asparagus with a lemon/butter sauce. Posted by risingangel.

### Sweet Bourbon Chicken

4 boneless, skinless breasts  
 4 oz soy sauce  
 3/8 c. bourbon  
 1/2 c. packed, brown sugar substitute  
 (just found that Sugar Twin has brown)  
 1 t. ground ginger  
 2 T. dried minced onion  
 1/2 t. garlic powder

Preheat oven to 350 degrees. Place chicken in 9x13 baking dish. In bowl, mix all sauce ingredients until well blended. Pour over chicken. Cover and bake 45 min, uncover and bake another 15 till browned. Of course, the alcohol content evaporates during the cooking process, leaving only the wonderfully flavored chicken. I just found this "clone" recipe for what used to be my favorite mall food court lunch (pre SS days!) Easy modification - replace brown sugar with substitute. Posted by Elcarim.

### Honey-Baked Chicken

4 bone-in chicken breasts, with skin  
 1/4 cup sugar-free honey  
 1/2 stick butter (4 tablespoons), melted  
 1/8 cup prepared mustard (I used spicy brown mustard - Gulden's)  
 1/2 teaspoon salt  
 1/2 teaspoon curry powder

Place chicken in a shallow baking dish skin side up. Pour the other combined ingredients over the chicken. Bake at 350F for 1 1/4 hours, basting every 15 minutes. I thought this was good. The skin especially is delicious, & comes out a beautiful golden-brown from the glaze. When I made it, I actually doubled the sauce, because I had a package of 6 VERY large chicken breasts, & that worked out perfect. It just filled my large lasagna pan, & there was plenty of sauce. Note: Next time I make this, I think I'll cut the salt back just a bit. Posted by iwillrejoice.

### Chicken Alfredo

4 large boneless, skinless chicken breasts  
 1 tbsp of salt  
 pepper  
 1/2 tsp of garlic powder  
 1 pkg of frozen spinach, thawed and drained  
 1 pkg mushrooms  
 2 tbsp of butter  
 1/2 cup of chopped onion  
 8 oz of heavy cream  
 8 oz of shredded Parmesan cheese (not canned)  
 4 oz of Muenster cheese slices  
 1 stick of butter

Preheat oven to 400°. Mix together the salt, pepper and garlic powder and sprinkle both sides of all pieces of chicken until mixture is gone. Place chicken in a baking dish and cover with foil and bake for 30 minutes. About 15 minutes before chicken is done, melt 2 tbsp of butter in a pan and cook onions until glossy and translucent, add the mushrooms and cook an additional 3-4 minutes and finally add the spinach and cook for about 7-8 minutes and then set aside. In a saucepan, melt 1 stick of butter until melted and add heavy cream and Parmesan cheese and cook until cheese is melted. Once both mixtures are done, take the spinach mixture and layer on top of the chicken, then pour your cream mixture over that layer and the final layer is the slices of Muenster. Bake chicken, uncovered for an additional 10-15 minutes or until the top is crispy brown and bubbling. Posted by micahsprincess.

### Chicken "Fettuccini" Alfredo

3 small or 2 large chicken breasts (cooked and chopped)  
 1/4 lb. butter  
 2 egg yolks  
 1 pint cream  
 1 cup grated parmesan cheese  
 1/2 T. minced (crushed) garlic or 1 clove garlic  
 2 t. parsley flakes  
 1 spaghetti squash, cooked (to replace fettuccini)

Cook spaghetti squash in microwave & set aside. While squash is cooking, make sauce. In medium saucepan, beat egg yolks into cream. Add cheese, garlic, parsley & chicken. Heat thoroughly, stirring constantly. In separate bowl, melt butter in microwave. When squash is cooked, pour butter over the squash and toss. Pour cream mixture over squash and toss. Season with salt and pepper, if desired. You can top with additional parmesan cheese. OR to serve, place squash on plate, top with sauce and additional parmesan cheese. When you make this for your family, if they are not eating, cook fettuccini for them and you can have the squash. Both are great!

### Chicken Spaghetti Squash Alfredo

1 1/2 cups cream  
 1 1/2 cups butter (3 sticks)  
 3 cups parm cheese  
 Black pepper and garlic powder to taste, or fresh garlic. Or whatever spices you want!

I serve with roasted chicken tenders and spaghetti squash. Poke holes in the squash and microwave for 10-15 mins until tender, cut in half and the squash will shred like spaghetti with a fork. This is the BEST alfredo I've ever had :) Yum! You can omit the chicken for a vegetarian meal. By musicmama2.

### Easy Chicken Breasts

This is a very quick recipe for chicken breasts. I use the frozen skinless ones you find in a bag. And it only takes about 5 minutes to prep and 30 minutes in the oven. Take 1/2 jar Classico spaghetti sauce, Basil and tomato; pour in oval casserole dish. Mix in about 1/3 grated parmesan cheese. Take two or three thawed chicken breasts -- so you'll have leftovers for lunch -- and bury in the sauce/cheese mixture. Cover; bake at 400 degrees for 20-25 minutes. Sprinkle mozzarella cheese on top and bake until cheese melts. THIS IS DELICIOUS -- chicken stays very moist. My hubby is Italian and he loves it. Posted by Ms.P.

### Garlic Chicken

Use as many chicken pieces as you like. I use chicken tenders from Costco. I drizzled them with olive oil, topped them with crushed garlic (I like a lot)! Sprinkle with garlic powder & sea salt. Let sit for a while. I did this in the AM and let it rest until dinner. But I don't think this long is necessary. The olive oil kinda absorbs somewhat. I topped each piece of chicken with a small tab of butter and baked for an hour. The house smelled great. Could serve with zucchini noodles or even a stir fry of sugar snap peas and other yummy veggies. Posted by JCNmyheart.

### Chicken and 40 Cloves

1 whole chicken (broiler/fryer) cut into 8 pieces  
 1/2 cup plus 2 tablespoons olive oil  
 10 sprigs fresh thyme  
 40 peeled cloves garlic  
 Salt and pepper

Preheat oven to 350 F. Season chicken with salt & pepper. Toss with 2 tablespoons olive oil & brown on both sides in a wide frypan or skillet over high heat. Remove from heat, add oil, thyme, & garlic cloves. Cover & bake for 1 1/2 hours. Remove chicken from oven, let rest for 5 to 10 mins, carve, & serve. Enjoy this with a side of any leg veggies. From "Good Eats" hosted by Alton Brown on the Food Network. I don't eat chicken, but I thought this recipe looked interesting & would be good for the colder weather to come. Posted by yesitis909.

### Baked Chicken Breasts with Mustard Sauce

4 boneless skinless chicken breasts  
 1/2 cup sour cream  
 1/2 cup mayonnaise  
 2 Tbsp grainy Dijon mustard  
 1/2 tsp ground ginger  
 1/2 tsp ground dried tarragon  
 juice of 1 lemon  
 freshly ground pepper

Preheat oven to 450F. Place chicken in dish large enough to hold all pieces in one layer. Whisk together sour cream & mayonnaise until smooth. Whisk in mustard, ginger, and tarragon. Gradually add lemon juice until desired lemony-ness is reached. The sauce should be quite tangy without the lemon overwhelming the other flavours. Spoon the sauce over the chicken. Roast 15 min or until chicken is cooked through. Remove from heat and grind a little black pepper over each chicken breast before serving. Serves 4.

### Chicken Breasts with Chipotle Cream

6 skinless boneless chicken breasts  
 sea salt and pepper to taste  
 3 tablespoons unsalted butter  
 1 tablespoon vegetable oil  
 1 small onion, chopped  
 3 cloves garlic, finely chopped  
 1 chipotle chile in adobo sauce with some of the sauce (canned)  
 1 pint cream

Preheat oven to 350F. Divide the chicken breasts and pound them with a mallet until they are about 1/8-inch thick. Sprinkle with salt and pepper. Melt the butter with the oil in a sauté pan over medium heat. Add onion and garlic and cook gently until soft. Do not let the garlic burn! Add chicken breasts and sauté on both sides. Put the chicken and vegetables into a oven-proof baking dish that will hold the chicken in a single layer. Purée the chile with its juice, and mix with the cream. Pour over the chicken breasts. Bake for 20 minutes. This is great served with coleslaw - something to "cool" the palette! ;-) This is spicy!, but oh so good. Not to mention quick and easy! Chipotles in Adobo can be found in the Mexican food section in a small can. Serves: 6. Source - Chef2Chef: Chef June. Posted by MsTified.

### Chicken with Artichokes and Mushrooms

Quick and easy recipe: pan fry a chicken breast, when done, toss in can or artichokes, can of mushrooms, toss in some parmesan and serve. My kids even eat it. Posted by Beth8266.

### Chicken with Mushroom Sauce

1/2-1 pound fresh sliced or quartered mushrooms  
 2 Tbsp. butter  
 1 onion, chopped fine  
 1 pkg. 8oz. cream cheese  
 1 pint heavy cream  
 salt & pepper to taste  
 6 chicken breasts, browned

Brown mushrooms and onions in butter until richly browned or caramelized. Add remaining ingredients except chicken and let cook until thick and bubbly. Pour over browned chicken in uncovered skillet and simmer until chicken is done, about 30 min. or so. You may add any herbs of your choice, but i prefer it plain. This is also yummy on cube steak, hamburger, or steak. Simple, easy and yummy, that's my motto! By tracey k.

## Grilled Chicken with Tomato Sweet Red Pepper Sauce

Sauce:

1 tbs olive oil  
 1/2 c diced red bell pepper  
 2 tsp minced garlic  
 1 14 1/2 oz. can diced tomatoes with juice  
 1/2 c sun dried tomatoes coarsely chopped  
 2 tbs minced flat leaf parsley  
 2 tbs minced fresh basil  
 1/2 tsp somersweet or splenda  
 1/4 tsp red pepper flakes  
 1/4 tsp pepper or to taste

Other:

1 tbs olive oil  
 4 boneless breasts

(optional: garnish with fresh ground black pepper, freshly grated parmesan cheese, chevre cheese, sprigs of parsley).

To prepare sauce, heat oil in a medium saucepan over medium-high heat. Add the bell pepper and garlic; cook stirring occasionally for about 3 min. or until the pepper begins to soften. Stir the remaining sauce ingredients, except for the fresh basil into the pan. Reduce the heat to medium-low; cover and cook, stirring occasionally for about 10 min. or until the bell pepper and sun-dried tomatoes are tender. Add the fresh basil during the last few min. Adjust the seasoning to taste. While the sauce is cooking heat a stovetop grill pan over high heat. Brush one side of the chicken with about half the olive oil. Reduce the heat to medium-high and arrange the chicken on the grill, oiled side down; cook for about 5 min. Brush the top surface with the remaining oil; turn and continue to cook for about 5 min. or until the chicken is lightly browned and cooked through. Serve the chicken with the warm sauce poured over the top and some steamed veggies and a green salad. Posted by risingangel.

## Chicken Parmesan

I just made the most delish chicken! I think it's pretty much a basic chicken parmesan recipe. I did not measure at all. In my pan I put frozen (I'm sure thawed would work better as the sauce wouldn't be so watery) chicken breast tenders in a pan and covered with Hunts sugar free spaghetti sauce over the top. Not deep, just covering the top. Baked for about 20 - 25 minutes at 350. Pulled it out and put thin slices of Monterey Jack cheese (cuz it's what I had, would have used mozz. if I'da had it) over top and grated parmesan all over that and popped it back in the oven till cheese was all bubbly and starting to brown. YUM Mom2six.

## Chicken Paprikash

6 skinless chicken breasts  
 1 minced onion  
 salt and white pepper to taste  
 1/2 c. tomato juice (sometimes I just use tomato sauce)  
 1 T. paprika  
 1 T. butter  
 chicken broth ((to cover chicken 1/2 way) (about 2. cups)  
 1/2 of an 8 oz. pkg. cream cheese  
 1 c. sour cream

Brown chicken in butter. Remove. Sauté the onion. Put chicken back in. Shake in the paprika. Pour just enough broth to cover chicken half-way. Add salt and white pepper and tomato juice. Cover, simmer SLOWLY one hour. Do not overcook. Remove chicken. Add cream cheese and bring to a boil. Melt and blend completely. Add sour cream and stir with whisk until blended. Heat only until warm. (You don't want the sour cream to curdle) Put chicken in serving dish and ladle sauce over the top. Serve immediately. NOTE: If you like the sauce thicker, you can use the entire package of cream cheese. This is an authentic Hungarian recipe from my sister's Hungarian friend. (somersized of course) Simple but delicious. Who needs the fuss? Posted by tracey k.

### Chicken Paprika

1 frying chicken, cut up  
 1-1/2 tsp. paprika  
 1 tsp. salt  
 dash of pepper  
 1/4 onion, chopped  
 1 cup sour cream  
 1 tsp. lemon juice

Brown chicken in oil with onion (make sure juices of chicken run clear when pierced with fork, about 15-20 minutes) Sprinkle with seasonings and cover. Cook over low heat 30 to 40 minutes, or until chicken is tender. Remove chicken to warm platter. Can discard oil at this point, but leave any bits of chicken in pan. Add sour cream and lemon juice to pan. Heat and stir just until hot. Season with salt and pepper and serve sauce over chicken. This is a recipe my grandmother used to make, which she cut out of a magazine in 1948. Posted by BMWgirl.

### Paprika Chicken

3/4 c of chicken broth  
 2 tbs tomato paste  
 2 tsp sweet hungarian paprika  
 1 tbs mince fresh thyme  
 1/2 tsp pepper  
 1/3 c low-fat plain yogurt (use fat free sour cream)  
 1 tbs olive oil  
 3 c slice mushrooms  
 1/2 c finely chopped onions  
 2 tsps minced garlic  
 1 pound of boneless skinless chicken breast (cut into 1 in. pieces)

Stir together the chicken broth, tomato paste, paprika, thyme, and pepper in a measuring cup set aside. Heat the oil in a large nonstick pan over medium-high heat. Add the mushrooms, onion, and garlic; cook stirring occasionally for 5 min or until veggies are softened but not brown. Add the chicken to the pan, stir for 2 min or until it is no longer pink on the outside. Stir in the chicken broth mixture. Reduce the heat to medium; cover and cook for 5 min. or until the sauce is bubbly and the chicken is cooked through. Reduce the heat to low; add the yogurt (sour cream) stir until slightly thickened but do not allow to come to a boil. Spoon over some mashed cauliflower with butter and garlic. Posted by risingangel.

### Paprika Chicken with Sour Cream Gravy

1 whole cut up fryer  
 2 med yellow onions sliced into 1/4" rings  
 1 cup sour cream  
 paprika, salt, pepper  
 olive oil

Preheat oven to 400 degrees. Drizzle oil into bottom of baking dish. \*\*You need a dish you can also use on the stovetop - I use my cast iron skillet\*\* Pile onion rings into bottom of dish and top with chicken pieces. Salt, pepper chicken to preference on both sides, then coat liberally with paprika on both sides. Bake for about an hour, depending on your oven. When finished cooking, remove chicken to serving platter and put pan on stovetop burner on med high heat. Add sour cream to onions and pan juices and whisk, simmering for about 5 minutes till thickened. Serve chicken and gravy on top of a bed of Suzanne's zucchini pasta ribbons that have been sautéed in butter, salt & pepper. We had a side of creamed cauliflower with this tonight. Absolutely superb! My mom just gave me this recipe, which we made for dinner tonight. It's something my Grandma has cooked for years and is perfectly Somersized and oh, so simple! Can also use boneless chicken breasts – bake for 40 mins. Posted by Elcarim.

### Picante Chicken

1 (28 oz.) can crushed tomatoes  
 1 onion, chopped  
 1 garlic clove, crushed  
 1 green pepper, chopped  
 2 Tbsp. olive oil  
 1 Tbsp. chili powder  
 1/2 tsp. cumin  
 1/2 tsp. Italian seasoning  
 pepper to taste  
 1 (8 oz.) can tomato sauce  
 1/2 c. picante sauce (no sugar)  
 assorted chicken pieces, skinned and rinsed  
 1 c. shredded cheddar cheese

Sauté onion, peppers and garlic in olive oil. Add remaining ingredients except chicken and simmer 10 min. Brown chicken. Place chicken in casserole dish. Top with sauce. Bake 1 hour at 350 (covered). Remove from oven, uncover and sprinkle with cheese and bake just until cheese melts. NB: can use salsa instead of picante sauce. By tracey k.

### Blackened Chicken

4 boneless skinless chicken breasts  
 1 tablespoon sea salt  
 3/4 tablespoon ground black pepper  
 3/4 tablespoon garlic powder  
 1/2 tablespoon white pepper  
 1/2 tablespoon onion powder  
 1/2 tablespoon ground cumin  
 1/4 tablespoon cayenne pepper  
 1/4 tablespoon paprika  
 Unsalted butter - melted

Pound chicken breasts to about 1/3 inch thick. Combine the seasoning mix ingredients in a small bowl. Melt butter in a dish that will fit the chicken breasts. Melt more butter in another smaller container. Dip the chicken breasts in the butter dish so that both sides are well coated, then sprinkle each side with the seasoning mix (about 1/2-1 teaspoon per side). (Do not lay the chicken down on a surface to put on the seasonings or the butter will stick - hold the breasts in one hand gently and sprinkle the seasonings on it). Put chicken breasts on a HOT skillet. Pour about 1 teaspoon butter on top of the fillet (be careful - the butter may flame up). Do this for each chicken breast (you may be able to cook more than one fillet at a time). Cook uncovered over high heat until the underside forms a crust, about 2-3 minutes. (The time will vary according to the thickness of the chicken and the heat of the fire). Turn the chicken breasts over and pour about 1 teaspoon more melted butter on top. Cook just until the chicken is cooked through, about 2 more minutes. Serve the chicken breasts hot. Posted by CANMOM.

### Spicy Grilled Chicken

1/3 cup vegetable oil	1/4 teaspoon red pepper flakes
2 tablespoons lime juice	1 teaspoon salt
1/2 teaspoon grated lime zest	1/4 teaspoon ground black pepper
2 cloves crushed garlic	6 skinless, boneless chicken breast halves
1-1/2 teaspoons oregano	

In a shallow glass dish, mix all the ingredients except chicken. Add chicken and turn to coat. Cover and marinate in the refrigerator for one hour, turning occasionally. Preheat grill for medium-high heat. Lightly oil grill grate right before placing chicken. Drain and discard marinade. Grill chicken for 6-8 minutes per side or until juices run clear. This is very yummy, quick and easy. From: Jenn H: Allrecipes. Posted by MsTified.



## Grilled Chicken with Pesto Sauce

Pesto Sauce:

2 tbs Basil Pesto (see recipe below)

2 tbs low-fat plain yogurt (use sour cream)

2 tbs garlic-infused olive oil( you can buy in the store or just add fresh garlic to your olive oil minced)

2 tbs white wine vinegar

1/4 tsp pepper or to taste

Other:

1 tbs olive oil

4 boneless skinless chicken breasts

1/4 tsp pepper or to taste

To prepare sauce, whisk together the ingredients in a small saucepan. Adjust the seasoning to taste; set aside. Heat a stovetop grill pan over high heat. Brush one side of each of the chicken breasts with about half of the olive oil. Reduce the heat to medium-high and arrange the chicken on the grill, oiled side down. Cook for about 5 min. Brush the top surface with the remaining oil; turn and continue to cook for about 5 min or until the chicken is lightly browned and cooked through. While the chicken is cooking, warm the pesto sauce over low heat, stir occasionally, taking care not to boil. When the chicken is done, sprinkle with pepper. Serve topped with the Pesto sauce and some steamed veggies and a salad.

Recipe for Pesto Sauce:

2 c loosely packed fresh basil leaves

1/4 c pine nuts toasted (omit for Level 1)

1 tbs extra-virgin olive oil

1tsp minced garlic

1/4 tsp pepper

Process all the ingredients in a food processor bowl or blender until the mixture is a coarse puree. Using a rubber scraper to push down the sides occasionally. Makes half a cup and will keep for up to a week in a covered container in the refrigerator. For longer storage may be frozen up to 2 months in a freezer bag. Posted by Risingangel.

## Chicken Fried Chicken

I like to wash mine with water, dip in melted butter and shake in parmesan (powder kind). Then place into a greased baking dish and spray chicken with Pam and bake for about an hour at 350-400. I like it to crisp up. I haven't had much luck frying it. The parmesan burns before the chicken gets done. Posted by JCNmyheart.

## My "Secret" Chicken

4 chicken breasts

4-5 slices of bacon

4 tbsp (more or less, if you want) butter

2 onions, sliced

1/2 c. heavy or whipping cream

Brown bacon in a skillet. When finished, set aside bacon on a paper towel. Drain \*most\* of the bacon grease out of the skillet, but leave a little in there to brown the onions. Keep the bacon fat hot, then add a little butter (maybe 2 tbsp). Brown and caramelize the onions in the butter and bacon fat. When the onions are caramelized, put them aside with the bacon on the paper towel. Drain most of the liquid out of the pan, but keep enough to be able to cook the chicken breasts. Add the chicken breasts to the empty pan and cook them through. Once the chicken is done, crumble the bacon into the skillet and add the onions. Add the remaining 2 tbsp. of butter (more or less, depending on your taste) and the cream. Reduce the cream and butter to about half and voila! My not-so-secret-anymore fabulous chicken recipe! By vintage18.

### Lemon Sage Chicken

I make this recipe at least once a week and it is so incredibly simple, but it always gets rave reviews from everyone. I never measure anything, but I've found by using less olive oil, the lemon flavor is more intense-makes sense! Combine: Juice of 5 lemons, lots of kosher salt, fresh black pepper and 1-2 tsp rubbed sage (depending on how much you like sage). Gradually whisk in about 1/4c. olive oil. Add in 6-8 boneless skinless chicken breasts and marinate throughout the day. Fire up the BBQ, and you've got a great dinner. I often cut in strips and put one or two of them long way on skewers and serve over zucchini noodles- very pretty! By Katie K.

### Lemon Chicken Breast

Put chicken breast in a dish. Sprinkle with seasoned lemon-pepper, garlic salt, and paprika. Add 2 TBSP or so of lemon juice. Cover and cook on stovetop med/high, oven 350F, or microwave 60%. By Twiggy88.

### Sunshine Chicken

1 pkg. (3 oz.) lemon-flavored jello  
 3 Tbsp. butter, melted  
 3 Tbsp. prepared mustard  
 2 tsp. garlic salt  
 4 large boneless skinless breasts halves

In a small bowl combine gelatin, butter, mustard, garlic, salt and pepper. Brush over both sides of the chicken breasts and place in an ungreased baking dish. Cover and bake at 350 degrees for 20 to 25 minutes. Basting once. Bake uncovered for 15 minutes longer or until done. \*Mel's Notes: I made this with orange SF jello and added a splash of lemon juice and cayenne pepper to the mix. Be sure to cover it so it cooks faster and keeps all the juices in. We had this last night and it was absolutely amazing - flavorful, tender, great!! Just wanted to post and share it - I apologize...I don't know who the original poster is. Posted by melmel25.

### Smothered Chicken

4 boneless, skinless chicken breasts  
 8 slices of provolone cheese  
 2 8 oz. containers of fresh mushrooms  
 2 large onions, sliced

Pre-heat oven to about 350. Cook your chicken however you want (I put mine in my rotisserie - but you can also bake it or fry it). While chicken is cooking, saute the onions & mushrooms in a frying pan with a little olive oil (or butter if you prefer). Once chicken is cooked (you don't need to cook it too long as you will be putting it in the oven to finish it off & you don't want to dry it out), put the chicken breasts in a 9 x 13 casserole dish - spread the saute'd mushrooms & onions over the chicken, then layer the slices of provolone cheese across the whole dish. Heat in the oven until the cheese has melted - about 5-10 minutes. Simple & delicious! Posted by CANMOM.

### Persian Chicken Breasts

1 med lemon, juiced  
 2 ts olive oil  
 1 ts somersweet or sub of choice  
 1 tsp. ground cinnamon  
 1/2 tsp salt  
 1/4 tsp black pepper  
 1/2 tsp tumeric  
 4 boneless skinless chicken breasts halves

Combine lemon juice with next 6 ingredients. Place in a large heavy duty resealable storage bag. Gently knead bag to mix thoroughly. Add chicken; seal bag, and shake to coat thoroughly. Refrigerate 4 hours or overnight. Remove chicken from marinade and gently shake to remove excess. Grill chicken 5 to 7 minutes per side until chicken is no longer pink in center, brushing occasionally with marinade. Discard remaining marinade. Serve chicken with grilled veggies if desired. By phoffer.

## South West Chicken and Roasted Veggies

4 boneless skinless chicken breast halves  
 South West Seasoning Salt (see recipe below)  
 Olive Oil  
 2 onions sliced lengthwise into 1/2 inch slices  
 1 yellow bell pepper cut into 1 1/2 inch chunks  
 1 red bell pepper cut into 1 1/2 inch chunks  
 1 box sliced mushrooms  
 1 teaspoon salt

Preheat oven to 475 degrees. Place large sheet pan, or a large jelly roll pan, into oven while oven is heating. Place chicken breast (one at a time) into a gal size plastic bag and pound chicken breast into 1/4 inch thickness. I use the flat side of my meat tenderizer. A heavy glass or a wine bottle will work, but be careful not to pound so hard you break the glass. Even a short piece of wood or brick wrapped in foil will work. Rub each pounded breast piece with olive oil and place on a platter. Set aside. Place veggies and mushrooms into a large bowl. Add 2 teaspoons salt and 3 tablespoons olive oil. Stir to coat well. Drizzle a small amount of olive oil in the bottom of heated sheet pan and spread it out with a pastry brush. I don't measure this I just pour some in and spread it around to prevent vegetables from sticking. Pour vegetables onto the sheet pan and spread them out. Place pan into hot oven and cook until tender crisp, or as done as you like them. I cook mine about 15 minutes. While the veggies are cooking, heat grill pan on top of stove over medium to high heat. Season the chicken breast on both sides and place into the hot grill pan. I just use my fingers and put on as much as I want. Cook chicken until browned on each side and the juices run clear. Place chicken on serving plates and cover with the roasted veggies. Sometimes I add pepper jack cheese on top and melt in oven before serving. You could melt the cheese in the microwave oven. The last time I made it I put the chicken on top of the veggies, topped it with Monterey jack cheese and added a homemade salsa. Yummy! This is really fast food once you have the meat and vegetables prepared. It cooks really fast. I like to prepare my veggies early in the day or the night before. You can also prepare the chicken breast in advance. Sometimes I pound out the chicken breast and store in the freezer until I need them. I like to season them just before I put them into the pan.

### South West Seasoning Salt

1/4 cup kosher salt  
 2 teaspoons ground cumin  
 1 teaspoon black pepper  
 1 teaspoon garlic powder  
 1/2 teaspoon cayenne pepper  
 1 teaspoon fructose (optional)

Mix everything together and store in a jar. This is good sprinkled on any kind of meat. I even use it on my grilled fish. Posted by Delight36.

### Texas BBQ Chicken

8 boneless skinless chicken breast halves	1/4 tsp. cayenne pepper (more if you like hot)
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

Preheat oven to 350 degrees. Place chicken breasts in a single layer in a 9x13 baking dish. In medium bowl mix together all the other ingredients. Pour this mixture over the breasts. Bake uncovered for 35-40 minutes. Take from oven and shred the cooked breasts with fork, place back in the pan with sauce and bake an additional 10 minutes so the chicken soaks up more flavor. I like to serve this with faux potato salad or DebB's KFC cole slaw. I got this recipe from the e.diet website and Somersized it. It is really, really delish. Posted by LilLooLoo.

### Pizza Chicken

4 boneless chicken breasts  
 1 egg, beaten  
 1/2 C grated parmesan cheese  
 2 Tb Italian herbs  
 4 Slices provolone cheese  
 1 tsp. butter

Preheat oven to 425. Place each chicken breast between 2 pieces of plastic wrap or wax paper & pound with a mallet to flatten slightly. Mix Parmesan cheese with the herbs. Dip chicken in beaten egg then into cheese mixture to coat. Place chicken in greased 9 x 13 baking pan. Dot with butter & bake about 20-25 min. Place slices of Provolone cheese over top of chicken breasts the last 2 to 3 mins of baking so cheese will melt. Simple & easy & tastes great. Enjoy!! You could probably top with some marinara sauce for some extra pizzazz ! By phoffer.

### Chicken Asparagus Wraps with Sauce

4 boneless, skinless chicken breasts  
 20 asparagus spears  
 4 1/2 t. oil  
 2 t. lemon juice  
 1/2 t. basil  
 1/4 t. thyme  
 salt/pepper to taste  
 1/4 c chopped green onions  
 2-3 T. heavy cream  
 1 c. chicken broth

Flatten breast pieces thin enough to roll up. Wrap 5 asparagus spears in each breast and roll up, securing closed with a toothpick. Coat 9x13 baking dish with non-stick spray. Place chicken bundles in dish. In bowl, combine oil, lemon juice and seasonings. Mix well. Pour over chicken. Cover asparagus tips with small pcs of foil. Cover entire dish. Bake at 350 degrees for 15 minutes. Remove cover, sprinkle with onions, bake, uncovered, an additional 15-20 minutes or until chicken is cooked through. In small saucepan, combine cream and chicken broth and simmer to reduce while baking chicken. Add chicken pan drippings to sauce and reduce till desired thickness. Pour over chicken bundles and serve. That's it! Pretty simple. I have not tried this recipe that I found in a magazine, but it is perfectly SSizeD, and looks like it can't possibly be bad! Posted by Elcarim. Note by 1goodfriend: It was okay....I think I might add a slice of cheese on top though to give it a \*bit\* more flavor. Needed something. AND..I think I will NUKE the asparagus a bit in the microwave before putting it inside the chicken. It was still a bit crunchy when it was all said and done. But so easy! Love EASY!

### Lazy Chicken Cordon Bleu

6 chicken breasts (skinless & boneless)  
 6 slices of ham  
 6 slices of swiss cheese  
 8 oz. sour cream  
 8 oz. mayonaise  
 1/8 c. chopped parsley

Rinse chicken, pat dry, place in greased baking dish, coat with melted butter or oil and cover with foil. (Or you can grill or pan fry it.) Bake at 350 for 45-50 min. Remove from oven, remove foil, and top each breast with one slice of ham and one slice of cheese. Bake a few minutes more just until cheese is soft. Meanwhile, in saucepan, combine sour cream, mayo, and parsley. Heat only until warm or sauce will curdle. Ladle sauce over chicken right before serving. If you prefer a thinner sauce, just thin down with some heavy cream, or a little water. I'm just lazy and don't want to spend the time "breading" this, but would be wonderful breaded with legal ingredients such as crushed pork rinds, or with suzanne's bake and fry mix. This is one of our family favorites!!! NB: can give the sauce a squirt of lemon juice if desired. By tracey k.

### Herbed Cheese Stuffed Chicken Breast

Herbed cream cheese (recipe under appetizers)  
 Chicken breast with bones and skin  
 Caramelized Onions

Loosen the skin on the chicken breast. Stuff the herbed cream cheese under the skin. Salt and pepper to taste. Bake in oven at 375 for 1/2 hour. Top with caramelized onions. Return to oven for another 15 minutes, or until chicken is done. Posted by coulter.

### Herbed Stuffed Chicken Breasts

4 skinned boneless breasts  
 3 oz. cream cheese, softened  
 3 oz. crumbled feta cheese  
 1/2 tsp. dried basil  
 1/2 tsp. dried oregano  
 4 slices bacon  
 4 Tbsp. melted butter

Preheat oven to 250 degrees. Pound each chicken breast flat. Lay chicken breast out & spread it with cream cheese, followed with a bit of feta cheese. Sprinkle with oregano & basil. Roll up each breast, wrap with bacon slice. Place each breast in a baking dish & pour the melted butter over all. Cover with foil & bake about 1 1/2 hrs. Uncover, raise oven to 350 degrees & continue to bake until the bacon is nice & brown. Posted by PatPolito.

### Spinach Stuffed Chicken Breasts

1 tablespoon butter  
 4 ounces mushrooms, finely chopped  
 1 10-ounce package frozen chopped spinach, thawed, squeezed dry  
 6 ounces cream cheese, room temperature  
 1/2 cup chopped fresh chives or green onion tops  
 6 chicken breast halves with skin  
 6 tablespoons Dijon mustard

Preheat oven to 450°F. Melt butter in heavy medium skillet over medium heat. Add mushrooms and sauté until tender, about 5 minutes. Cool slightly. Blend spinach, cream cheese and chives in medium bowl. Mix in mushrooms; season with salt and pepper. Run fingers under skin of each chicken breast to loosen, creating pocket. Spread 1/6 of cheese mixture between skin and meat of each breast. Arrange chicken breasts on baking sheet. Spread 1 tablespoon Dijon mustard over each chicken breast. Bake chicken until golden brown and cooked through, about 20 minutes. Serve immediately. By Missalula.

### Chicken Stuffed with Spinach and Feta Cheese

6-8 Chicken breasts, thin cut  
 6oz of feta cheese  
 1/2 package of frozen chopped spinach, thawed  
 3 cloves of garlic, minced  
 chopped tomatoes (optional)  
 salt and pepper to taste

Preheat oven to 350 degrees. Pound chicken breasts out flat, about 1/4 inch thick, season with salt and pepper and set aside. In a bowl, combine spinach, garlic and salt and pepper. After combined add feta cheese and put a spoonful or 2 on the pounded chicken breast and roll up. Place in oven safe container, and bake for 15-20 minutes covered with aluminum foil to prevent drying the chicken out. Serve with fresh chopped tomatoes and enjoy. I was just experimenting in the kitchen and came up with this one. Serves 4. By Willowss.

### Stuffed Chicken Marsala

All I did was flatten some boneless skinless chicken breasts, season both sides with, garlic and onion powder, Salt and pepper. Preheat oven to 350. Then I heated a couple tablespoons of butter with some olive oil, and browned both sides of the chicken. Set aside on a baking sheet or dish then. In the center of each breast, put some grated parmesan cheese, chopped sun dried tomatoes, and 4 cheese Italian blend shredded cheese. Fold over and secure with toothpicks, bake for 30 minutes. To the skillet and a few cloves of minced garlic and or a shallot thrown in, and sauté for a bit then scraping up the bits add 1/2 to 1 cup chicken broth (I used a cup). Let cook down a bit then add some sliced mushrooms I used about a cups worth), let simmer a few minutes, then add 1 cup marsala wine. Let that boil and reduce by half. Add in about 2 Tablespoons of butter stir till melted in, then whisk in 1 cup of heavy cream and season with Salt and pepper. Serve over top of chicken. This is my version of Olive Gardens dish. By JKK.

### Baked Chicken with Wine

I modified one of Suzanne's chicken recipes last night and it was delicious! She does a whole chicken - I only used chicken legs. I used 6 chicken legs (bone in and skin on). Rub the chicken with your desired spices, salt and garlic (or if you're not a garlic lover, leave this out). Let sit in the 'fridge for an hour or more. When ready to bake, put chicken into baking dish and scatter some diced onion around it. Pour over some red wine and some balsamic vinegar. (About 3 Tbsp each.) Bake, uncovered, at 350 degrees for approx. 1 1/2 hours. I basted them a few times during the baking. These are WONDERFUL - and very good cold - so makes for a good food to take for lunch. Posted by suzysun55.

### Sweet Bell Peppers & Chicken with Parmesan

Chicken Tenderloins (1 pkg)	2 Tbs. Butter
1/2 Red Bell Pepper, diced	1/4 Cup Tomato Paste
1/2 Yellow Bell Pepper, diced	1/4 Cup Water
1 Reg. Size Onion, diced	1/4 Tsp. Salt
4 oz Fresh Mushrooms, sliced	1/4 Tsp. Pepper
2 Cloves Garlic, chopped or minced	Fresh Grated Parmesan Cheese*
2 Tbs. Olive Oil	

Cook Chicken in Olive Oil. Mean while saute the Peppers, Onion, Mushrooms & 1 of the Garlic Cloves in the Butter. Whisk together the Tomato Paste, Water, 1 Garlic Clove, Salt & Pepper. Add the veggies to the cooked chicken and then pour the Tomato Paste Mixture on. Stir it all together well. \*Sprinkle Parmesan Cheese over the whole thing and let it simmer for about 10 minutes. By H-Lo.

### Rosemary Bell Pepper Chicken

2 tbs. olive oil  
 12 oz boneless skinless chicken breasts  
 (cut into strips like for stir-fry)  
 1 red bell pepper (cut into strips)  
 1 yellow bell pepper (cut into strips)  
 1/2 green bell pepper (cut into strips)  
 1 med. onion (cut into strips)  
 1/4 c fresh lemon juice  
 2 tsps minced fresh rosemary  
 1/2 tsp pepper or to taste  
 Optional:(garnish with parmesan cheese, toasted pine nuts)

Heat 1 tbs of oil in large non-stick skillet over med high heat. Add chicken; cook, stirring occasionally for about 5 mins until lightly browned & cooked through. With a slotted spoon remove chicken & transfer to a bowl cover & keep warm. Heat remaining oil. Add bell peppers, & onions; cook till tender approx. 5 min. Reduce heat to medium; add cooked chicken, lemon juice, rosemary, & pepper, stir for about a min or until heated through. Adjust seasoning to taste. Serve with steamed mashed cauliflower with butter & garlic. Posted by risingangel.

### Chicken Rosemary Strips

1/2 c Italian dressing  
 1/4 c lemon juice  
 1 Tbsp minced garlic  
 2 Tbsp Worcestershire sauce  
 1 Tbsp dried rosemary  
 pepper to taste  
 2 pounds boneless skinless chicken breast cut into strips

In a bowl, mix Italian dressing, lemon juice, garlic, Worcestershire sauce, rosemary, and pepper. Pour over chicken strips and marinate for at least 30 min or overnight. Place strips on a broiler pan and pour marinade on top. Broil 10 min on each side or until done. Baste while cooking with marinade. Serve on salad or with grilled veggies. Posted by TriciaB.

### Baked Chicken Fingers

2 boneless, skinless chicken breasts  
 1/2 cup grated Parmesan cheese  
 1/2 tablespoons chilli powder  
 1/2 tablespoon ground cumin  
 1/2 teaspoon garlic powder  
 1/2 teaspoon salt  
 1/2 teaspoon pepper  
 1/2 cup butter

Preheat the oven to 350°F. Wash and pat dry chicken breasts. Cut into 1/2-inch strips. Combine the Parmesan cheese and rest of the spices in a shallow bowl. Line a shallow baking pan with foil. (Do not omit this step or you'll be scrubbing the pan for a week.) Melt the butter in a shallow bowl. Dip each chicken tender in butter, roll in the cheese and seasoning mixture, and arrange in the foil-lined pan. Bake for about 20 minutes, and kick yourself for not having made a double batch! Serves 2 (as Entree) or 4 (as Appetizer). This is also great used warm or cold in a fresh green salad. Posted by MsTified. DebB's notes : I added onion powder to the spice mixture. The only thing I will do different next time is cook them up on a rack to let the grease drain down in the foil lined pan. Making a double batch took a little longer to cook. The flavor is outstanding. If I were to add a dip I think it would be ranch.

### Manchurian Chicken

1 1/2 lbs boneless chicken, preferably dark meat, cut into 1 inch chunks  
 1/2 cup (or more) plain whey protein powder  
 4 TB oil (or more)  
 Salt & Pepper  
 4 large cloves of garlic slivered (about 2 TBS slivered)  
 1/4 tsp. cayenne pepper, or to taste  
 1 cup sugar free ketchup.

Lightly dust the pieces of chicken in whey protein (I used Designer Whey - although this dish may work just as well without the whey). Heat 2 TB of oil in a large skillet and cook the chicken (brown on both sides and then stir/toss the pieces till done). Add salt and pepper. Remove the chicken to a bowl. Add remaining oil to pan and sauté garlic with cayenne until the garlic is light golden. Add ketchup. Cook until the ketchup cooks down a little and changes to a slightly darker color. Add the chicken back in and stir to coat with sauce. The paper suggested putting chopped cilantro or slivered scallions on the dish at the last minute for presentation. Also, they say you can substitute shrimp or other meats for the chicken. Another note was that you can substitute soy sauce for the salt. They also say it goes wonderful over fried cauliflower. Will try that next. This recipe was in our paper today. SS'd it for dinner tonight and almost ate the whole thing myself. R-e-a-l-l-y GOOD. Posted by Janella.

### Bri's Oriental Style Green Bean Chicken

boneless/skinless chicken tenders or breasts cut into smaller pieces  
 2-3 T olive oil  
 3-4 drops sesame oil (makes all the difference)  
 3 packets splenda  
 fresh uncut green beans  
 1-2 cloves minced garlic  
 grated ginger to taste  
 1/2 minced onion  
 soy sauce (I use low sodium)  
 Mrs dash or herb mixture of your choice  
 sea salt & pepper to taste

Cook ginger, garlic, olive oil and sesame oil over med heat, add minced onion and cook until transparent. Add raw green beans and splenda, toss and cook until desired tenderness. Coat chicken tenders in salt and Mrs dash or herbs. Move beans to the side and cook chicken tenders well on both sides. Add desired amount soy sauce to the hot pan. Toss and serve! The longer it sits the more flavor comes out. This is a Chinese food cravings buster! It's GREAT with faux fried rice. It's my new favorite meal. Works great for leftovers. I didn't measure anything really, and I tried to give approximate ingredients. Posted by bri\_getting\_skinny.

### Roasted Chicken Stir Fry

Chicken Tenders  
 green peppers cut into chunks  
 yellow onions cut into chunks  
 zucchini cut into chunks  
 soy sauce  
 sesame oil  
 olive oil

Cut the chicken tenders into bite size pieces. Spray a cookie sheet with one inch sides. Marinate all of the above together for several minutes, put on baking sheet. Bake at 350-365 for approx 15-20 minutes. This is a wonderful tasting fast and easy dish. It was so good my hubby and I ate almost the whole meal in one sitting. I used about a half cup to 1 cup soy, to several dashes of sesame oil, and about a third of a cup of olive oil. Posted by phoffer.

### Grilled Chicken Satays Emeril Lagasse

1/4 cup soy sauce  
 3 tablespoons vegetable oil  
 2 tablespoons fish sauce\*  
 2 teaspoons chopped fresh ginger  
 2 teaspoons chopped fresh garlic  
 1 teaspoon ground coriander  
 1/2 teaspoon red pepper flakes  
 2 pounds boneless, skinless chicken breasts, trimmed and cut into thin strips about 3 by 1/4-inch each  
 35-45 medium (7-inch) bamboo skewers, soaked in water for 15 to 30 minutes

In a medium bowl, combine soy, oil, fish sauce, ginger, garlic, coriander, & pepper flakes. Add chicken & toss to coat. Let marinate in refrigerator for 2-4 hours, turning occasionally. (Do NOT marinate overnight - chicken gets very mushy.) Preheat grill to medium-high. (Or preheat broiler.) Remove chicken from marinade & thread 1 strip of chicken down the middle of each skewer. In batches, cook the satays on the grill (or on a broiler pan under the broiler) until chicken is cooked through & meat is browned, 2 to 3 mins per side, watching carefully & turning so meat does not burn. To serve, arrange skewers on a platter. NOTE: This can be served hot or at room temperature. \*Fish sauce can be found in the Asian section of your favorite market. I buy the stuff called "Oyster Sauce". I know, I know - if you don't like oysters - like me - this sounds awful, but the flavor it imparts in Asian foods is fabulous! (The Peanut Sauce usually served with Chicken Satays is TOTALLY ILLEGAL so I'm not posting it.) But, this chicken is delicious on it's own & doesn't need that goeey sauce! :- ) Posted by MsTified.



### Chicken and Prosciutto Brochettes

1/2 cup lightly packed fresh basil, leaves  
 2 tbsp extra virgin olive oil  
 2 cloves garlic  
 1/4 tsp salt  
 2 boneless skinless chicken, breasts  
 4 slices prosciutto  
 4 slices (1/2 inch thick) yellow zucchini, halved

In food processor, pulse basil, half of the oil, the garlic and salt until in rough paste; set aside. Slice chicken horizontally in half; place each between waxed paper. Pound to 1/4-inch thickness. Place each slice prosciutto on work surface; top with chicken. Spread generous 1 tsp basil mixture over chicken; roll up and cut in half crosswise. Alternately thread 2 chicken rolls and 2 pieces zucchini onto each of 4 skewers; brush with remaining oil. (Make-ahead: Cover and refrigerate for up to 4 hours.) Place on greased grill over medium-high heat; close lid and cook, turning once, until chicken is no longer pink inside, 10 minutes. Yield: 4. I was watching Canadian Living Cooks and they made these great looking chicken brochettes on the grill. Made them on the BBQ for dinner last night and they were fabulous - fiddly to make but worth the effort. You could also put cheese in the middle, roll up and bake in the oven. I used yellow squash, zucchini and mushrooms--and made extra vegetables. Posted by Zafire.

### Skillet Chicken A La King

1/4 cup butter  
 1/4 cup soy or whey protein/flour  
 1/2 teaspoon salt  
 1 cup heavy whipping cream  
 4 chicken breasts, diced  
 1 cup chicken broth  
 1/2 cup canned mushrooms (or a small jar)  
 1 jar (2 ounces) diced pimientos

Combine all in skillet and simmer until excess cream and broth cooks down, and chicken is tender. Serve immediately. I have not made it. You'd want to use the protein powder of course, instead of the soy flour, and then just use turkey instead of the chicken. If you make this, please post back with reviews - good or bad. I've never used protein powder to make a gravy. \*U\* DebB.

### Chicken Divan #1

6 skinless & boneless chicken breasts (cooked anyway you like)  
 1 1/2 pounds fresh steamed broccoli  
 1/2 - 1 pound fresh sliced or quartered mushrooms  
 1 T. butter  
 1 (8 oz.) pkg. cream cheese  
 2 c. heavy cream  
 1 garlic clove (crushed in garlic press)  
 1/2 c. parmesan cheese (fresh grated)  
 salt to taste

Leave chicken whole, or cut in slices. Steam broccoli. Brown mushrooms in 1 T. butter. Place chicken in buttered casserole. Heat cream cheese, cream, garlic, and salt over med. heat. Stir constantly until smooth. Pour 1 c. sauce over chicken. sprinkle with half of the parmesan cheese. Place broccoli on top. Lay mushrooms on top of broccoli. Top with 1 cup of the sauce. Save remaining sauce. Bake at 350 for 20 min. Top with remaining sauce and sprinkle with remaining cheese. Broil 2 min. until cheese melts. Let stand 10 min. before serving. NB: can use canned mushrooms instead of fresh. By tracey k.

## Chicken Divan #2

6 chicken breasts (cooked, whole or sliced)  
 1 1/2 pounds fresh steamed broccoli  
 1/2 pound fresh sliced mushrooms (sautéed in 2 T. butter)  
 1 c. real mayonnaise  
 1 c. sour cream  
 2 T. lemon juice  
 1/4 tsp. thyme (or to taste)  
 1/4 tsp. paprika (or to taste)  
 1/4 tsp. dill weed (or to taste)  
 1 cup grated cheese (cheddar, swiss or mozzarella)

Place chicken in buttered casserole. Place broccoli on top of chicken. Place mushrooms on top of broccoli. Cover with foil and bake at 325 for 30 min. Combine mayo, sour cream, lemon juice and spices. Heat only until warm. Remove from oven and ladle warm sauce over top. Sprinkle with cheese of choice and bake only until the cheese melts. (If you bake this for the full time with the sauce added it will curdle.) You can also just bake all but the sauce and ladle the sauce on when serving. By tracey k.

## Chicken & Broccoli Casserole

4 boneless, skinless chicken breasts  
 1 bag frozen broccoli  
 1/2 lb sharp cheddar cheese  
 1/2 cup mayo  
 1/2 cup sour cream (may sub. add'l 1/2 cup mayo)

Pre-heat oven to about 400. Boil chicken so it is thoroughly cooked & some of the fat has rendered out. When cool enough to handle, shred chicken into bottom of a 9x13 pan. Top with frozen broccoli. In the meantime, shred cheddar cheese & put into a bowl. Stir in mayo & sour cream until well mixed. Spread the cheese/mayo mixture on top of broccoli. It's OK to see a bit of the broccoli through the topping, but you want a pretty good layer. Put in oven & cook until cheese is melted & starting to look a bit golden. I start to check at 30 mins, but usually takes about 50-60 mins. I've tried this with all mayo, no sour cream, & prefer it that way, but it's a bit greasier. I've also cubed the chicken frozen & thrown it in - again, it makes the dish a bit greasier, & the water comes out. The casserole is still firm, but when you take a spoonful out, you get liquid in the bottom of the pan. Posted by lydiad.

## Chicken Toss

2 cups of cooked chicken breasts, boneless, skinless and cut into bite size pieces.  
 1 cup sun dried tomato halves  
 1 cup of parmesan cheese  
 1 tablespoon of olive oil

Toss all together and serve immediately. Posted by lbsGottaGo.

## Teriyaki Chicken

Teriyaki marinade:  
 1/2 cup soy sauce  
 1/4 cup malt vinegar (you could sub apple cider, white wine or one of your favorites)  
 1/2 t. ground ginger  
 1 garlic clove minced  
 1 t. garlic powder  
 1 T. splenda

Mix above together. Add favorite chicken parts to ziploc bag & add marinade. Refrigerate at least 1 hr (I let mine marinate 5-6 hrs so I guess the longer the better). Preheat oven to 350. Bake for 40 mins & then turn on broil so that skin gets nice & crunchy. I made my own teriyaki sauce since I can't find a legal one. Posted by kidsmom.

### Shake and Bake Mix

4 cups crumbed pork rinds (2-3.25 oz. bags)  
 1 teaspoon paprika  
 1 teaspoon garlic powder  
 1/2 teaspoon marjoram  
 1/4 teaspoon thyme

Crumb pork rinds (in batches), then add in spices & mix in blender or food processor. Keep in a sealed container or freezer baggie in the freezer. Use to coat chicken or pork. For tenders - dip chicken tenders into beaten egg, then shake & bake mix. Bake in preheated 400F oven until done. I cool these, then place on a parchment covered cookie sheet & freeze. When frozen, place in a freezer baggie. Reheat in microwave. By mjlibbey.

### Party Wings

Chop off the wing tip leaving the jointed "meatier" pieces intact. Skewer the chicken wing so that it is straight on the skewer instead of bent. Put foil down on your BBQ grill to protect the wooden skewers from the heat line up the skewered wings and turn as needed. It just looks so festive to have a tray or bowl full of skewered wings - and this way they have wooden handles for people to hold while eating. Use your favorite recipe for the sauce (hot wings, BBQ wings, etc.) and grill these wings. From BBQ U on PBS TV, posted by SS Sheila. NB: Soaking wooden skewers in water a while before adding the meat will prevent burning, just in case no foil is handy.

### Hot Buffalo Wings

Creamy Roquefort dip:  
 1/2 cup Roquefort cheese, crumbled  
 1 (3-ounce) pkg cream cheese, softened  
 1/2 cup mayonnaise  
 1 tablespoon lemon juice  
 1 tablespoon wine vinegar  
 1/2 cup sour cream

12 chicken wings, disjointed  
 Oil, for frying  
 1/2 cup unsalted butter  
 1 cup hot red pepper sauce

In medium size bowl, cream the Roquefort and cream cheese until smooth. Mix in the remaining ingredients and blend well. Chill for 2 hours. Using a fryer or a large pot, heat oil to 350 degrees F. Deep fry the wings until golden and crispy, approximately 10 minutes. In a separate bowl, melt the butter, add the hot sauce and heat thoroughly. Immediately toss hot wings into sauce. Place wings on a platter and serve with creamy Roquefort dip. Prep Time: 10 min, Cook Time: 10 min, Inactive Prep Time: 2 min, Yield: 4-6 servings. Recipe courtesy Paula Deen. I think I got this recipe from the Food Network. I haven't tried it yet, but it sure sounds good. Posted by pammyjoy1.

### Jenny's Buffalo Wings

5 lbs Chicken wings	2 cups Pork Rind Flour
8 oz McIlhenny Tabasco Sauce	1 tbs Cayenne pepper
8 oz McIlhenny Chipotle Sauce	1 tbs Salt
2 tsp Somersweet or 1/4 cup Splenda	1 tbs Ground Pepper
1/2 tsp Decaf instant coffee	3 cups Canola oil

Rinse and clean the chicken wings. In a bowl, stir dry ingredients together (flour salt cayenne and black pepper). In a separate bowl, stir together wet ingredients (tabasco and chipotle sauce) plus Somersweet and decaf instant coffee. Heat oil in a heavy deep pan to 350. Dredge chicken wings through flour mixture and drop in hot oil. Fry chicken wings until done. (7-10 minutes or until they float completely) When done, drain on paper towels and start a new batch. When thoroughly drained, place in the sauce mixture and coat thoroughly for a minute or so. Remove and place on a serving dish. This is a really great recipe. My husband loves them. Posted by grouchojll.

## Honey BBQ Chicken drummies

As many drummies (the meaty half of a wing) as you care to fix

Marinade/Sauce:

1 cup Carb Options or Somersize BBQ sauce

1/4 cup soy sauce

4-5 T. Splenda (to your taste for sweetness)

2 cloves minced garlic

Pour sauce into gallon freezer bag & add chicken. Marinate 1 hour or more, shaking chicken around a few times every 15 min or so. Remove chicken, saving sauce in bag, & bake chicken on 375 F for about 45 min. Baste with more sauce & bake another 15 min. The finished product will be a deep, rich burgundy color. Watch them the last few minutes in the oven so you don't burn the fresh sauce, as all oven temps vary. These were absolutely delicious & would make a perfect appetizer or party tray. I threw this together last night, served it with coleslaw, & realized quickly that I didn't make enough to feed my bunch! \*Just a note\* I only call these "Honey BBQ" because they taste like the old HBBQ I used to use. I'm sure you could also use the sugar free honey product for a more realistic taste than Splenda, but we liked the flavor as we did them last night. Posted by Elcarim.

## Barbeque Chicken Pizza

CRUST:

8 oz. softened cream cheese

4 eggs

1 t. baking powder

1 c. pork rind flour

1/2 c. unflavored whey protein powder

1/2 c. grated parmesan cheese

garlic powder to taste, optional

2 c. shredded Monterey jack cheese

TOPPINGS:

sugar free barbeque sauce

diced cooked chicken (tossed with some barbeque sauce)

sliced or diced onion and green pepper, sautéed

sliced or diced black olives

Monterey jack cheese, shredded

Preheat oven to 425 degrees. Mix softened cream cheese and eggs until smooth. Add baking powder and mix until well incorporated. Add pork rind flour, whey protein powder, parmesan cheese, and garlic powder (if using). Mix well. Add Monterey jack cheese. Mix well, again. This is a very thick mixture. SPREAD mixture onto a well greased pizza stone or pizza pan. This recipe makes one thicker crust or two thinner crusts. Bake the crust for approximately 10 to 15 minutes; then broil 1 to 2 minutes. This timing is approximate. Use your best judgment. You don't want the crust to have burned when it's baked again with the toppings. Remove the crust and let stand for 10 minutes. Top with sugar free barbeque sauce, cooked diced chicken (that's been tossed with some sugar free barbeque sauce), onions, green pepper, and black olives, and whatever else you'd like to use as a topping. Top with cheese. Bake for approximately 10 minutes, then broil for approximately 1 to 2 minutes so that the toppings bake up nice and brown. WATCH this carefully so that the pizza doesn't burn! Allow to cool 10 minutes before serving. I used a revised version of "Gruntle's Regular Pizza Crust". Posted by pfreeland.

## Chicken Dijon

1 cup canned legal chicken broth

1/2 cup chopped onions

1/4 cup plus 2 tablespoons Dijon mustard

6 garlic cloves, minced

2 teaspoons Worcestershire

1/8 teaspoon hot pepper sauce (such as Tabasco)

2 tablespoons (1/4 stick) butter

2 tablespoons olive oil

1 3 1/2-pound chicken, cut into 8 pieces

1 teaspoon herbes de Provence or dried thyme, crumbled

Chopped fresh parsley

Combine first 6 ingredients in small bowl. Melt butter with oil in heavy skillet over medium-high heat. Season chicken with salt and pepper. Add to skillet and sprinkle with herbes de Provence. Cook until chicken is golden brown, turning occasionally, about 10 mins. Pour mustard mixture over chicken. Cover, reduce heat to low and simmer until chicken is just cooked through, about 20 mins. Using slotted spoon, transfer chicken to platter. Cover chicken with foil and keep warm. Boil liquid in skillet until reduced to sauce consistency, stirring occasionally, about 7 mins. Pour sauce over chicken. Sprinkle with parsley. Serve immediately. Serves 4. By Missalula.

### Chicken and Asparagus with Creamy Dijon Sauce

1 pound chicken cutlets	½ cup dry white wine
1 tablespoon olive oil	1 cup chicken broth
salt & pepper to taste	2 tablespoons Dijon mustard
1 pound asparagus, cut into 1-inch lengths	½ cup sour cream
1 small onion, finely diced	2 tablespoons chopped tarragon
2 cloves garlic, finely minced	

Heat the olive oil in a large sauté pan over medium-high heat. Season the chicken cutlets with salt and pepper and add them to the pan in a single layer. Sauté the chicken on both sides until golden brown, about 2 minutes per side. Transfer the chicken to a platter and keep warm. Meanwhile, place the asparagus in a microwave safe bowl with a splash of water and cover it loosely with plastic wrap. Microwave the asparagus on high until it is just tender, about 2 to 3 minutes. Drain and set aside. (I blanched my asparagus instead.) Lower the heat for the sauté pan and add the onions. Cook until the onions are soft and translucent, about 5 minutes. Add the garlic and cook for 1 minute more. Add the wine to the pan, turn the heat to medium and reduce the wine until it is almost completely evaporated. Add the chicken broth and reduce it by half. Whisk in the mustard, sour cream and half of the tarragon and stir until the sauce is smooth and creamy. Add the chicken and asparagus to the sauce to heat them for a minute or two. Transfer the chicken and asparagus to a platter, sprinkle with the remaining tarragon and serve. I found this recipe online and tweaked it a bit. We had it last night for dinner. It was so fabulous and easy, that I thought I would share it with you. Posted by ljdragon.

### Chicken & Broccoli with Cheese Sauce

cooked chicken cut into bite size pieces ( I used 2 breasts)  
 1 1/2 cups of partially steamed frozen, or fresh, broccoli  
 1 cup heavy whipping cream  
 1 1/2 cups shredded cheddar cheese  
 salt  
 pepper

Put cut up chicken in a small casserole. Then put the broccoli on top of the chicken. In a small saucepan, heat cream, with salt and pepper to your taste, until it bubbles. Then add 1 cup of the cheddar cheese. Stir until melted, and pour cheese sauce over the chicken and broccoli. Then top the casserole with the remaining cheddar cheese. Bake uncovered at 350 for 25 minutes. Let stand for 5 minutes, and enjoy. I was trying to think of something to do with a couple of leftover chicken breasts I had, and came up with this recipe. It was delicious, and so easy. You can vary the amounts of the chicken or broccoli to your needs. By Ginger.

### Orange Chicken Stir Fry

1/2 lb. chicken strips or 2 boneless breasts cut up  
 1 Tablespoon olive oil  
 1 cup frozen stir fry vegetables\*  
 1/2 cup water  
 1/4 cup DaVinci orange syrup  
 1 teaspoon guar gum powder  
 1/8 teaspoon salt  
 1/4 teaspoon ground ginger  
 1/2 teaspoon soy sauce

In medium skillet, sauté chicken in olive oil over medium high heat for a few minutes until almost done. Add vegetables and fry for another two minutes. Mix all remaining ingredients together well in a glass and be sure to get the guar gum well dissolved, no lumps. Reduce heat to medium, add sauce mix, and cover for about 5 minutes. Sauce should be thickened to a nice glaze when done. Serves 2. 3 carbs per serving. \*Vegetables can be pre-made stir-fry veggie mixes so long as there are no added sauces or sugars in them and they contain no carrots. Otherwise, use your own favorite mix of onion, peppers, broccoli, cauliflower, Chinese veggies, etc. This came from the old Top Secret Recipe boards. Posted by DebB.

### Skillet Chicken A La King

1/4 cup butter  
 1/4 cup soy or whey protein/flour\*  
 1/2 teaspoon salt  
 1 cup heavy whipping cream  
 4 chicken breasts, diced  
 1 cup chicken broth  
 1/2 cup canned mushrooms (or a small jar)  
 1 jar (2 ounces) diced pimientos

Combine all in skillet and simmer until excess cream and broth cooks down, and chicken is tender. Serve immediately. This is an Atkins recipe (\*although it would be a SS recipe if you used the protein powder and not the flour). I have \*not\* made this, so I cannot tell you if it's "tried and true". Posted by DebB.

### Italian Chicken & Zucchini Stew

Olive oil  
 3 cloves garlic, roughly chopped  
 1 onion, sliced  
 crushed red pepper to taste  
 4 boneless chicken breast halves, cut into cubes  
 2 large zucchini, sliced  
 1 can chopped tomatoes  
 1/2 c. Classico pasta sauce  
 Roasted peppers (I only had a few left, so I threw them in. Omit if you don't have).  
 tomato paste (less than 1/2 of a small can)  
 grated parm cheese

In large skillet, heat olive oil, red pepper, garlic & onions until onions are beginning to brown. Add chicken chunks, and brown. Add zucchini, cook until zucchini cooks down a bit and you can fit tomatoes in pan (I put the lid on to speed this up). Add canned tomatoes, Classico sauce. Then stir in enough tomato paste to thicken it up. Add the grated parm cheese, to your own taste (I use a lot). Serve with more grated parm on top. It really turned out great! I make zucchini a lot this way, never thought to add chicken before. I threw this one together for dinner tonight. Both my husband and I thought it was really good. Kgsheehy.

### Chicken Chimechanga Stew

For Level One:  
 4 leg quarters, boiled and deboned  
 1 onion, diced  
 1 bell pepper, diced  
 1 stalk celery, diced  
 2 T. butter  
 1 can rotel tomatoes, drained (I use mild)  
 3 cups Velveeta, diced into 1" cubes \*\*Velveeta is in the American Cheese class for SS\*\*  
 1 cup chicken broth (from boiling earlier)  
 salt/pepper/garlic powder

Prepare chicken. Sauté vegetables in butter till well softened. Add can Rotel, broth, cheese, spices and simmer on low, stirring frequently to incorporate cheese. When completely melted, add chicken and remove from heat. Top with Sour Cream/Scallions. For Level Two: Omitting chicken broth will leave a thick filling. Put 2-3 T. into whole wheat tortilla, roll and fry. Drain on paper towels before eating. I have modified my old chimechanga recipe. I'm now leaving out the "fill flour tortilla and deep fry" part, and retaining the scrumptious filling itself, turning it into stew form. This is a true Tex-Mex delight - cheeeeesy and delicious! Posted by Elcarim.

## Hungarian Stew

3 Tbsp. olive oil  
 3 cups onions, thinly sliced  
 1 Tbsp. paprika  
 3 pound bag frozen chicken breasts, thawed and cubed  
 2 cups tomatoes, peeled, seeded and chopped OR diced canned tomatoes  
 1 green pepper, thinly sliced  
 1 cup fresh mushrooms, thinly sliced  
 salt and pepper to taste  
 1 cup sour cream

Sauté onions in oil until browned. Stir in paprika. Add chicken & add enough water to barely cover chicken. Cook covered 30 minutes. Add pepper slices, tomatoes and mushrooms. Cover and cook an additional 30 minutes until meat is very tender. Season to taste with salt and pepper. Just before serving, stir in sour cream. \*Note: Can thicken with a little cream cheese if desired. This made 3/4 of a 5 qt. dutch oven pan full. This is an adaptation of a recipe I found in a cookbook at the dollar store. But don't let that fool you...even my fussy eater loved this soup! The green peppers give this a wonderful flavor even if you're not a green pepper fan. Posted by tracey k.

## Curried Spinach Chicken

5 Chicken Thighs (or 3 split breasts)	1 medium onion chopped
1/2 pkg. of bagged baby spinach	1 teaspoon chopped garlic
1/2 pint heavy cream	curry powder (the sweet golden colored one)
1/2 small can chicken broth (about 1/3 cup)	garlic powder
1-2 Tbsp. olive oil	salt & pepper

Sprinkle chicken with s&p, garlic powder and curry powder. Heat olive oil in saute pan. Place chicken skin side down and cook for about 4 minutes or until skin starts to get crispy. Remove from pan and place in baking dish and finish cooking in a 375 degree preheated oven. In saute pan add onions and saute until translucent. Add garlic and saute for about 1 minute. Add chicken broth and s&p to taste. Bring to a simmer then add heavy cream and sprinkle curry powder in and stir. Simmer until liquid is reduced by about half and has started to thicken. Add spinach and continue to cook until spinach has wilted and sauce has thickened a little more (the spinach will add more liquid as it cooks). Taste for curry and add more if needed. Plate chicken and put spinach sauce on top. Eat up!! I made this last night by experimenting and it came out so delicious that I had to post it here. Any of you who have read my recipes before know that I do not measure, but I'll try to reconstruct it. Happy eating!! Queenlufkana.

## Creamy White Chili

1 pound boneless skinless chicken breasts, cut into 1/2 inch cubes	2 cans (4 oz. each) chopped green chillies (225 gm)
1 medium onion, chopped	1 tsp. salt
1 1/2 tsp. garlic powder	1 tsp. ground cumin
1 T vegetable oil	1 tsp. dried oregano
2 c. cauliflower cut into pieces (my substitution - the recipe calls for white beans)	1/2 tsp. pepper
1 can (15 1/2 oz.) chicken broth (450 ml)	1/4 tsp. cayenne pepper
	1 cup sour cream
	1/2 cup whipping cream

In a large saucepan, sauté chicken, onion & garlic powder in oil until chicken is no longer pink. Add cauliflower, broth, chillies & seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes. Remove from heat; stir in sour cream & cream. Serve immediately. Original recipe by Paige. Posted by JulieJafar. J9's comments: Very nice. Grate cauliflower instead, thickens it up a lot. Add 3 small zucchini, grated. Can add some coriander at end. Can add chopped up potatoes for Level 2. JulieJafar's Comments: Really good Omit the salt, double the cumin, can add some water & then there will be plenty of room for extra cauliflower. I just love this chili! DH likes it prior to the addition of sour cream & cream so next time I'll just leave them out of half the batch for him.

### September's Chili Chicken

1 whole chicken (you can also make this with whole bone-in breasts, or cut up parts, or even boneless skinless chicken breasts)  
 4 oz can diced green chilis  
 2 teaspoons chili powder  
 1/4 teaspoon cayenne powder  
 1 teaspoon cumin powder  
 1 teaspoon salt  
 1 tablespoon olive oil  
 2 cloves garlic, chopped  
 1 medium onion, diced  
 3/4 cup chicken broth

Place chicken in crockpot. Combine remaining ingredients in a bowl and pour over the chicken. Cook for about 8 hours on Low. The chicken will be falling off the bones when you pull it out, but it will be moist and tender, and very flavorful. This is one of my family's favorite chicken recipes. When I make it, I throw in a couple of extra boneless skinless breasts to use later on salads. Level 1, Pro/Fats. By September.

### September's Easy Chicken Enchiladas

4 chicken breasts, grilled and chopped or shredded  
 3 cups of cheddar cheese, shredded  
 6-8 egg crepes  
 1 jar Chile Colorado Simmer Sauce

In a 9 x 11 baking dish, pour a few tablespoons of simmer sauce & spread to cover pan. Place a line of grilled chicken down the center of each egg crepe. Top with a couple of tablespoons of cheddar cheese & roll up. Place with sides touching in the pan. Cover with remaining sauce, then remaining shredded cheddar. Cover pan with foil. Bake at 350 F for 30 mins. Serve with a nice big salad! Level One Pro/Fats. NB: if you don't have SS simmer sauce, you can use any level one tomato sauce & add chilli powder, or use DebB's enchilada sauce recipe.

### Green Chili Chicken Enchiladas

1 med onion, chopped	salt
1 clove garlic chopped	garlic powder (opt)
1/2 cup chopped fresh cilantro	2 cups chicken broth
4-5 Chicken breast cooked and diced	2 cups chopped green chili (I use 1-2 cans)

Saute onion, garlic, cilantro, & green chili, in 2 TB of butter until onion transparent. Dredge w/ 2TB of flour (try protein powder) or leave out. Add broth 1/2 cup at a time and let simmer for approx 15 min. Add chicken. Top with chopped tomatoes, cheese, green onions chopped, sour cream, it's up to you. By Bandit.

### Chicken Enchiladas

1 lb chicken breasts, cubed or sliced  
 1 onion, diced  
 1 or 2 cans of green chilies diced  
 1 cup salsa, I prefer homemade but use your favorite  
 2 TBSP olive oil  
 1 to 2 pkg of cream cheese, depending upon how creamy you want it.  
 Shredded cheese of your choice

Brown chicken and onion in olive oil until chicken is no longer pink and onions are slightly caramelized. Add green chilies, salsa and cream cheese cooking until cheese is melted and all ingredients meld. Top with additional cheese(s) of choice and enjoy. You can sub an enchilada sauce for the salsa if you prefer, you can also thin the sauce with cream. Posted by firephnix.



### More Creamy Chicken Enchiladas

4 ea ½-breasts or 2 whole chicken breasts  
 1 small onion, chopped  
 2 cloves garlic, minced  
 Olive oil  
 1 TB dried cilantro  
 ½ small can diced green chiles (or more to taste)  
 8 oz. Monterey jack cheese, grated and divided  
 4 oz. Cream cheese, cubed  
 1 can chicken broth (Health Valley)  
 ¼ cup Daisy sour cream

Saute the onion and garlic in olive oil until tender. Scoot the onion and garlic over to the side of the pan and brown the chicken breasts on both sides. Once the chicken is browned cover the breasts with onions and garlic, pour in about ¼ can of chicken broth. Cover and simmer as long as possible, up to an hour. The chicken will be very tender. While the chicken is simmering, make the egg crepe wraps:

For the enchilada wraps:

6 eggs, beaten  
 3 TB cream  
 1 TB dried cilantro  
 1 tsp garlic powder

Beat well and make egg crepes in a 8 inch non-stick pan. Make sure to beat well before dipping out mixture each time to keep the spices in all the crepes. Layer between wax paper. They do not need to be kept warm, but if you layer them they will stay soft and pliable for wrapping. Once the chicken is well-cooked and tender, break it apart in the pan using a wooden spoon or other non-stick friendly utensil. Add about ¼ cup broth, cilantro and chilies and simmer another 5 min. Mix in half the jack cheese. Stir well until the cheese is melted. Turn off or remove from heat. Add about ¼ cup Daisy sour cream and mix well. Prepare a baking pan by spraying with Pam and pouring a little broth on the bottom (maybe 2 TB, it doesn't take much). I used a 6x10 Pyrex pan. Spoon chicken mixture into a wrap. Roll up burrito style: Mixture in the middle, fold in sides, bring the wrap end closest to you over the mixture and then roll up. Place into your prepared pan. Using the pan you cooked crepes in, pour in about ½ cup broth, or more if you have a bigger pan of enchiladas. Heat well but don't boil. Add cream cheese, cilantro, a little garlic powder if you want, salt and pepper to taste. Heat through until cream cheese is melted. Add about ¼ cup Daisy sour cream. Heat through but don't boil. Pour this yummy gravy over your enchiladas. Top with remaining Jack cheese. Cover with foil and bake in 350 oven for 30 minutes. Remove foil and back until 15 min. or so until cheese is melted and bubbly. Remove and cool 5 minutes. Serves 3-4 hungry people. I served this with spinach and it was fabulous. By ssmomof3.

### Pollo Numero Uno

Enough raw chicken tenders to cover skillet  
 2 cans tomato sauce  
 2 cans El Pato sauce (yellow can in Mexican  
 aisle of supermarket)  
 bunch of cilantro or to taste  
 1-2 onions (I like onions, so I use 2)

Dice onions and cook in a little olive oil til opaque and tender, almost brown. Add chicken and cook til almost cooked. Add 1 can of tomato sauce and 1 can of El Pato sauce and cook til it reduces and permeates the chicken. When chicken is almost dry, add other 2 cans of tomato and El Pato sauce and simmer til hot, may reduce again to make it not so wet if you like. Add cilantro and stir. I like to serve this over Mexican "Rice". The best Mexican chicken! By karma.

## Vance's Enchiladas

10 green onions, chopped

2 t. oil

2 cups Mexican Crema or Crème Fraiche (or sour cream, I guess. Original recipe called for cottage cheese but can't do that anymore!)

16 oz. Cheddar cheese, shredded

1 can black olives, drained, chopped .. sorry, we can't have these anymore!

1-2 cups Vance's Enchilada Sauce (See Recipe posted under Sauces, Dips, Condiments)

1 4 oz. can diced green chiles

Shredded Chicken NOTE: Fix Shredded Chicken ahead of time. Recipe follows.

12 Egg Crepes (See "Eat, Cheat & Melt the Fat Away")

Garnishments:

Shredded Cheddar or

Smoked Gouda cheese, Sour Cream

Preheat oven to 350F. In a small saucepan, heat oil over medium high heat. Add green onions & sauté until just soft. In large bowl, mix Crema or Crème Fraiche with Cheddar cheese. Add cheese-mixture with onions & stir gently to mix. Add green chiles & stir in gently. You don't want to "whip" the cheeses too much. Pour a little Enchilada Sauce onto a plate (this is for dipping the crepe). Coat 2 12" x 9" glass baking dishes with cooking spray. Then put enough Enchilada Sauce in bottom to just cover the dish. Dip each crepe in the enchilada sauce you put on the plate (dip one side only). Put sauce side down onto another plate (this dirties a lot of dishes, but it's worth it!!!). Fill unsauced side with about 1/4 cup of the cheese mixture & add a few pieces of shredded chicken, kind of to one side of tort. Start with filled end & roll up crepe Place crepe, rolled side DOWN, into prepared baking dish. Continue filling & rolling & placing crepes until you run out of filling or crepes, whichever comes first. It's difficult to come out even. Pour remaining Enchilada sauce over enchiladas, making sure you cover up the edges of the crepes or they will get too done. During the last 5 mins, sprinkle some Cheddar or Smoked Gouda cheese over top. Bake at 350o for 15-20 mins. Note: This can be made ahead, covered with foil & stored in the refrigerator for a day. Remove from refrigerator & let stand at room temperature for about 1/2 hour before baking. Serves: 8 - 12.

### Shredded Chicken

3 lbs. boneless, skinless chicken breasts

1 T. olive oil

1/2 onion, chopped

1 T. chili powder

1 t. ground cumin

1 4 oz. can diced green chiles

1/2 t. salt

1/2 cup canned tomato sauce

Put washed chicken in a large pot & cover with water. Bring to boil, reduce heat, cover & simmer for about 30 mins or until tender. Remove from heat, drain & let cool. You can save the broth to use for other uses, like chicken soup. Coarsely shred chicken using fork to pull apart. Heat oil in skillet over medium heat. Add onions and sauté until soft. Add remaining ingredients and chicken. Mix well. Serves: 8. Posted by MsTified.

### Chicken Filling for Egg Crepes

1 small onion, chopped

3 to 4 chicken breasts, cooked and cut bite-size (reserve broth)

1 pkg. frozen spinach, thawed and drained well

1 small can chopped green chili

1 8 oz. container sour cream

1 pkg. Mexican cheese blend

salt and pepper

egg crepes

I sautéed the onion in a small amount of chicken broth until somewhat soft. Then add the spinach and green chillies. Next add the chicken, stir in the sour cream, adding a little bit of broth (if it seems too dry), then add about a cup of the cheese blend. Fill egg crepes and place in a pan sprayed with cooking spray. Top with any leftover filling and remaining cheese. Bake in 350 oven just until cheese melts. I made this last night and it was really pretty good. This is a somersized version of the chicken enchiladas, based loosely on the chicken enchiladas served at El Arroyo, here in Austin, TX. Use egg crepes for the tortillas. Posted by BMWgirl.

## Chicken Mexicana

3 to 4 lbs chicken tenders  
 extra virgin olive oil  
 2 jars salsa (about 4 cups)  
 shredded mozzarella cheese  
 shredded mild cheddar cheese  
 sour cream optional  
 cilantro for garnish optional  
 salt and pepper

Season tenders on both sides with salt and pepper. Brown lightly in olive oil, add 2 jars salsa. Turn heat down to a simmer for about 10 min. Add cheeses on top and cook until cheese is melted. Plate it up and add sour cream and cilantro. It is so yummy!! By phoffer.

## Mystified Chicken Fajitas

1 garlic clove, minced	1 T. vegetable oil
1 ½ t. seasoning salt	½ onion, sliced
1 ½ t. cumin	½ cup chopped red bell pepper
1 t. chili powder	Lettuce Leaves, large
½ t. crushed red pepper flakes	YOUR CHOICE OF CONDIMENTS:
2 T. vegetable oil	Green onions, chopped, Grated Cheddar
2 T. lime juice: fresh-squeezed is best!	Smoked Gouda and/or Monterey Jack
4 chicken breasts, boneless, skinless	Sour Cream, And of course, fresh salsa.

Slice chicken breasts into 1/2" strips. Combine first 7 ingredients in medium-size glass dish. Add chicken & marinate at least 2 hours in refrigerator. Drain but reserve marinade. In skillet, sauté onions & bell peppers in 1 tablespoon oil. Remove from pan & set aside. Wipe skillet with paper towel to remove oil. Pour reserved marinade into skillet & heat on medium high until hot. If there is not enough marinade, throw in some salsa. Add chicken & sauté about 5 minutes, stirring occasionally. Cover & cook an additional 10 minutes, or until chicken is done, making sure there is always liquid in the pan so the chicken doesn't stick. You can add a little water, if necessary. Add onions & bell pepper to skillet & stir until heated through. Warm the lettuce leaves in the oven wrapped in foil, or put them in the microwave spread out on a paper towel & nuke for about 30-40 seconds, until warm & soft ... honest! Spoon fajita mixture into warm lettuce leaves, & top with your favorite condiments. Serves: 4-6. This is my chicken fajita recipe. You could certainly sprinkle the seasoning mix on the chicken before cooking -- or what I like to do is heat the oil in the skillet, then stir in 1-2 teaspoons of the Seasoning mix & stir that for about 30 seconds before adding the marinated chicken. I do this with vegetables, too -- adding the seasoning to the oil before the vegetables. Amazing how much more flavor it infuses into the food. Posted by MsTified.

## Chicken Fajitas

1/4 c fresh lime juice	1 tbs olive oil
2 tsps chili powder	1 red bell pepper (cut into strips)
1 tsp minced garlic	1 green bell pepper (cut into strips)
1/2 tsp pepper to taste	1 med onion sliced (about 1 cup)
1/4 tsp ground cumin	1 tbs minced jalapeno pepper
1 pound boneless skinless chicken breast (cut into strips like for stir fry)	1 Head of Romaine Lettuce

Combine the lime juice, chili powder, garlic, pepper, and cumin in a medium bowl. Add the chicken strips and toss; set aside for 5-10 min. stirring occasionally. Heat the oil in a large nonstick skillet over med. high heat. Add the bell peppers, onion, and jalapeno pepper; cook, stirring occasionally for about 4 min. or until the peppers are crisp-tender. Add the chicken mixture, with lime juice marinade; cook, stirring occasionally for about 5 min. or until the chicken is cooked through and the veggies are softened. Adjust the seasonings to taste. Serve the mixture in romaine leaves rolled up like a tortilla. You may add your favorite toppings sour cream, cheese, etc. as long as you keep it within legal limits. Posted by risingangel.

### Chicken Abobo

1 chicken cut up to your liking  
 1/2 C. soy sauce  
 1/4 C. white vinegar  
 1 large onion chopped coarsely  
 3 clove minced garlic  
 peppercorns cracked to your liking  
 2 bay leaves (I like fresh from my tree, crunched slightly to bring out flavor)  
 1/2 water if you want to stretch the sauce and make more.

You can play with this recipe and put more onion or less, same with garlic and bay leaf, peppercorns. Put everything in a big pot cover and simmer for about 35 to 40 minutes turning once 15 minutes into the cooking process. You could serve this over spaghetti squash or make it a level two by putting it over brown rice or wheat pasta. Anyone that makes this will definitely make it again. Here's a chicken recipe I have been making for years. The original recipe called for 1 tbsp sugar. But at least 15 years ago, decided it was just as good without it. So it's level one. It is from the Philippines. Posted by puttin510.

### Egg Foo Young

3 teaspoons vegetable oil, (divided 2+1)  
 1 slice fresh ginger root, minced  
 6 green onions, chopped  
 1 stalk celery, sliced  
 2 cups bean sprouts  
 2 mushrooms, sliced  
 1 green bell pepper, chopped  
 1/4 cup chopped cooked chicken/meat/or fish  
 1 teaspoon salt  
 6 eggs, beaten

Heat 2 teaspoons oil in a large skillet over medium-high heat. Saute ginger, green onions, celery, bean sprouts, mushrooms, green pepper, ham and salt until vegetables are tender. In a large bowl combine beaten eggs and vegetable mixture. Heat 1 teaspoon oil in a medium skillet over medium heat. Pour in egg mixture to form a small omelet. Cook until golden brown on each side. Repeat with remaining egg mixture. By Twiggy88.

### Caramelized Chicken Salad

3 cups of cooked chicken breast shredded (I poach mine because it makes it very tender).  
 1 stalk of celery minced very fine  
 2 cups (or more according to your taste) of carmalized onions.  
 Enough mayo to make it a salad consistency.  
 Salt and pepper to taste.

Roll up in a Romaine lettuce leaf and secure with a onion ring. My kids go ape over this. Served with chicken/celantro soup and cheese, it makes a great brown bag lunch!! By LindaSK. Try adding the caramelized onions to your egg salad, my mom maid this for me since I was little! YUMMY. sue . the best way I caramelize onions is I slice them up, put them in a pan with some hot oil, cover the pan and let them steam till they're opaque and limp. Then I uncover and brown them till they're perfectly caramelized. It's faster and my mom says they taste better, too. I accidentally made this for lunch one day because I had not been to the grocery and these ingredients were all I had in the house.Karma.

### Spicy Chicken Taco Salad

Cut chicken up into bite size pieces. Pour salsa into your fry pan and fry chicken directly in the salsa until done. Put a bed of lettuce on a plate, top with chicken mixture, chunked tomatoes, shredded cheese, sour cream and more salsa. It is my family's favorite salad meal! By Candlelady57.

## Asian Chicken Salad

### Vinaigrette:

1/4 cup soy sauce  
 2 tablespoons seasoned rice vinegar  
 2 tablespoons vegetable oil  
 1 tablespoon Asian sesame oil  
 1 tablespoon Dijon mustard  
 1 tablespoon finely grated peeled fresh ginger  
 1 teaspoon dried hot red pepper flakes (optionally)

### Salad:

4 cups coarsely shredded cooked chicken (about 1 lb)  
 1/2 lb Napa cabbage, cut into 1-inch pieces (3 1/2 cups)  
 1/4 lb snow peas, cut diagonally into 1-inch pieces  
 1 seedless cucumber (usually plastic-wrapped), quartered lengthwise and cut into 1/2-inch pieces  
 3 scallions, finely chopped  
 1/2 cup chopped fresh cilantro

Whisk together all vinaigrette ingredients. Toss salad ingredients with vinaigrette in a large bowl until combined well. Serve. Makes 4 to 6 servings. By Missalula.

## Chinese Chicken & Cabbage Salad

### DRESSING

1 Cup Mayo  
 1/4 Cup Soy Sauce  
 about 1" of fresh Ginger cut up  
 2 sliced Green Onion  
 1 clove Garlic  
 2 packets Splenda

Combine all ingredients in a blender. Blend until smooth.

Shred about 1/2 a head of green cabbage, or purple cabbage, or both and cooked chicken. (I had about 1/2 of a leftover rotisserie chicken that I bought from the deli or you can make your own.) Mix everything together with the dressing. It's quick, simple and yummy! You can make ahead, keep in the fridge and pack it for lunch. It makes a great light dinner. Or you can omit the chicken and just use the cabbage and serve as a side dish. Ready in about: 40 min or less. I got the recipe for the dressing on the old boards but i'm not sure who posted it. Sorry! Let me know what you think! Enjoy!! :) JerseyGirl.

## Hot Chicken Salad

2 cups chopped turkey  
 1/2 c. mayo  
 1/2 c. sour cream  
 1 c. grated parmesan cheese  
 1 can water chestnuts, chopped  
 2 stalks celery, chopped  
 1 c. mushrooms, sliced (I used Shitake - lots of flavor!)  
 Salt and pepper to taste

Blend mayo, sour cream, parmesan cheese together. Add celery, water chestnuts, turkey, s&p to taste. Place in shallow baking dish and bake at 350 degrees for about 30 minutes. For crunchy topping, can add crushed pork rinds before baking. Or if you are ambitious, you can fry up some of SS onion rings to top off the casserole. This dish is not really a salad, but a casserole. Great served with SS egg noodles or even spaghetti squash noodles. Very easy dish to make! I adjusted my mom's old recipe for Hot Chicken Salad -- using chopped turkey instead. Here's the recipe w/ approximate measurements. By sfgal.

### Tandoori Cornish Hen

1 Cornish hen	1/3 (1 inch) piece fresh ginger, coarsely chopped
1/2 teaspoon chili powder	1/3 small onion, coarsely chopped
pinch of salt (optional)	1/3 teaspoon cumin seeds
pinch of freshly ground black pepper (optional)	1/8 teaspoon ground turmeric lime, cut into wedges (optional)
1 tablespoon fresh lime juice	fresh cilantro or parsley sprigs (optional)
1/3 cup cream	
1 clove garlic, chopped	

Thaw the hen if frozen. Rinse, remove the giblets and neck, and pat dry. Make several slits in the skin, then split the hen in half along the breastbone. Mix together 1/3 teaspoon of the chili powder, salt, pepper, and lime juice. Rub the mixture all over the poultry and set aside for about 15 minutes. In a blender, puree the cream, garlic, ginger, onion, cumin, turmeric, and the remaining chili powder. Place the poultry pieces in a bowl and add the cream mixture. Mix well to coat all the pieces. Cover and refrigerate for at least 8 hours, turning occasionally. Preheat the oven to 400 degrees F. Place the hen, skin side up, on a rack in a roasting pan. Spoon the cream mixture over it from time to time until thoroughly cooked, 45 to 60 minutes or until the hen is very tender. Test for doneness by pricking the skin of the thigh; the juice should run clear. Serve hot. Remove the skin before eating, and garnish with lime and cilantro or parsley, if using. Posted by twiggy88.

### Maryann's Mock Cavetelli

1lb Turkey Kielbasa	1/8 cup olive oil
4oz Thin sliced Pepperoni	4 cloves garlic minced
1/2 Head of Cabbage sliced 1/4"-1/2" thick	2 TB Butter
10-12oz pkg of frozen cut Broccoli thawed	Grated Parmesan or Romano Cheese

This is quick and delicious and feeds up to four. My Husband and I polished off the whole thing in one meal! Place sliced cabbage in microwave-safe bowl with 1/4 cup of water and microwave for 7 minutes. While cabbage is in microwave, sauté garlic, pepperoni, kielbasa, in oil for 7-10 minutes. Add thawed broccoli and stir until heated through. When cabbage is done, add drained cabbage and the butter to the sautéed ingredients. Mix well and continue to sauté on medium heat until cabbage is at desired tenderness. (7-10 minutes works.) Salt and Pepper if desired. Serve with grated cheese. Posted by justkdeno.

### Baked Turkey Chiles Rellenos

4 cans (7 oz. each) whole green chiles, drained and seeds removed*	1/2 teaspoon baking powder
Vegetable cooking spray	1/4 teaspoon salt
Leftover turkey cut into thin strips or shredded**	1/2 cup cream
4 ounces shredded Queso Fresca***	3 eggs
1/2 cup Protein Powder	3/4 cup shredded cheddar cheese

Preheat oven to 450 degrees. Spray an 11x8 (or thereabouts) baking dish lightly with cooking spray. Place one chile at a time in the baking dish. Fill one half of the chile with some turkey then the Queso Fresca. Fold over other half of chile and place seam side down in your baking dish. Repeat until all chiles are filled and placed in baking dish. In medium bowl, combine protein powder, baking powder and salt. In small bowl, whisk cream and eggs. Slowly add egg mixture to dry mixture, beating until smooth. (It will be slightly thick.) Spread this over the chiles. Bake for about 15 minutes. Remove from oven and turn off heat. Sprinkle the cheddar cheese over the top and return to oven for about a minute, or until the cheese melts. Serve immediately. Okay, now for those pesky \*\*\*\*! \* - I used canned, but next time I think I will roast my own Pablanos if I have the time.\*\* - I just cut the turkey into strips, but think next time I would cook the chicken or turkey long enough so that I could "shred" it. It was good this way, just prefer shredded meats in my Mexican dishes.\*\*\* Queso Fresco is a Mexican cheese sometimes found somewhere in the refrigerated cheese section of your market. Or, you could use Monterey Jack, Pepper Jack - whatever. You could use chicken or shrimp or beef in these, too. Posted by MsTified

### Creamed Turkey

Just sauté some mushrooms and onions in butter with black pepper...simmer and then add sour cream and simmer again. Add turkey towards the end, before serving. Posted by tmmares (original poster unknown).

### Italian Ground Turkey Turine

1 1/2 lbs ground turkey  
 Italian herbs (your taste)  
 1 egg 1/2 cup crushed pork rinds  
 1/2 - 3/4 cup grated parmesan cheese( in the can)  
 1/4 lb mozzarella cheese, grated  
 1/2 cup unsweetened tomato paste or sauce  
 1/2 cup chopped black olives (if your level 2)  
 Salt pepper and garlic powder to taste

Mix ground turkey, egg, seasoning, pork rinds and 1/4 cup of tomato sauce/paste together. On a sheet of foil press meat mixture into a rectangle approx 10 inches wide and 15 inch length and 1/2 inch thick or less. Layer 1/4 cup tomato paste/sauce over the meat, then sprinkle with mozzarella cheese then with parmesan cheese ( and if level two (2) sprinkle the chopped black olives). Roll the turkey inwards onto itself to form a roll. This can be tricky so take your time. Preheat oven to 400 degrees and bake for about 45 min to an hour. When done let the turine rest for 15 minutes and slice for serving. Note1: I sometimes use 1 lb ground turkey and 1/2 lb ground pork. Note2: I also sometimes save a little of the tomato sauce/paste and mix in a dash of salt & pepper and Italian Seasonings to spread across the top of the roll before baking. Sprinkle a dash or so of parmesan cheese over the roll after taking out of oven. By lilLooLoo.

### Turkey Burgers

1 lb. ground turkey  
 2 Tbsp. yellow mustard  
 1/2 cup of parsley or cilantro, fresh  
 1 egg, beaten  
 salt  
 pepper  
 white pepper

Mix all ingredients and cook in a frying pan for 15 minutes or until done in the middle. These are so good. The original recipe asked for breadcrumbs too, but I just left them out. Posted by MarineWife.

### Turkey Burgers

I start with chopped red pepper, chopped green pepper and onions...more onions than peppers. I sauté them in olive oil (generous) with sea salt until the veggies caramelize. Then mix with the turkey. The olive oil helps to keep the turkey moist for grilling and the veggies caramelized makes a great taste. I have my husband grill all of the burgers. I make a lot and then I store them by two's in my vacuum packing toy. Posted by leslielou.

### Turkey Burgers

2 Pkgs ground turkey	about 2 teaspoons of soy sauce
one yellow onion finely chopped	sprinkle of salt/pepper
3 cloves minced garlic	1 egg yolk
about 1/8 cup Lawry's Carb Options steak sauce***	

Mix, shape and put on the grill. You can add smoke flavoring if you're grilling them indoors. I have friends who trip over themselves to get to my house when they know we're BBQ-ing turkey burgers. Serves 6. \*\*\*Lawry's Carb Options steak sauce is a sugar-free version of A1 sauce. I get it from any grocery store. Posted by Jennifer23.

### Jerky Turkey Burgers

1 1/3 pound ground turkey breast, the average weight of 1 package  
 1 garlic clove, minced  
 2 scallions, thinly sliced  
 1 serrano or jalapeno pepper, seeded and minced  
 1-inch ginger root, grated  
 2 teaspoons fresh thyme leaves, a few sprigs, leaves stripped and chopped  
 1 teaspoon allspice, eyeball the amount  
 1/2 teaspoon nutmeg, freshly grated or ground  
 1 teaspoon coarse black pepper  
 Coarse salt  
 Extra-virgin olive oil or vegetable oil, for drizzling  
 1 ripe lime, juiced  
 4 bib or green leaf lettuce leaves

Preheat a large nonstick skillet, indoor grill pan or tabletop grill to medium high heat. Combine the turkey, garlic, scallions, ginger, thyme, allspice, nutmeg, salt and pepper in a medium bowl. Form mixture into 4 large patties no more than 1-inch thick. Drizzle the patties with a touch of oil. Place patties in a hot pan or on a hot grill and cook 6 minutes on each side. Squeeze the juice of 1 ripe lime over the patties before removing them from the heat. Recipe from food network. Posted by tamotley1.

### Curry Turkey Burgers

1 1/3 pounds ground turkey breast, the average weight of 1 package  
 2 scallions, thinly sliced  
 A handful cilantro, chopped very fine, about 2 tablespoons, optional  
 1 inch piece fresh ginger, grated or minced  
 2 cloves garlic, minced  
 1/2 red bell pepper, finely chopped  
 Coarse salt  
 2 tablespoons mild curry paste or a handful of curry powder (Preferred brand: Patak's Mild Curry Paste)  
 Drizzle extra-virgin olive oil

Combine first 8 ingredients and form into 5 patties. Brush or drizzle patties with extra-virgin olive oil. Grill patties 6 minutes on each side on indoor electric grill or pan fry for same amount of time in a large nonstick skillet over medium high heat. Recipe from food network. Posted by tamotley1.

### Spicy Turkey Burgers

12 ounces ground turkey  
 1/2 teaspoon cumin powder  
 1/2 teaspoon dried oregano  
 1/2 teaspoon garlic powder  
 1/4 teaspoon cayenne pepper  
 1 egg white  
 2 tablespoons salsa  
 Toppings: Slices of Monterey jack cheese, lettuce, tomato, onion, red onion, etc

In a large bowl mix together the oregano, pepper, cumin powder, garlic powder, egg white and salsa. Add the turkey and mix thoroughly. Shape into 2 burgers. Cook on stove top in cast iron grill pan or on outdoor grill over medium heat. Cook burgers for 6-8 minutes per side until center is no longer pink. Recipe from food network. Posted by tamotley1.



### Awesome Grilled Turkey

1 lb. turkey legs or thighs or wings or whatever part you want to use  
 1 tbspn garlic powder  
 1 tbspn onion powder  
 1 tspn curry powder  
 1 tspn paprika  
 Salt and Pepper  
 Olive oil

Coat turkey with olive oil, sprinkle with spices. Turn and do the other side. Marinate in fridge for at least 4 hours or overnight. Take out and grill, cook until golden brown on inside and 180 on the inside (the thickest part). This is a recipe that I made up today, it's amazing! By sharonm516.

### Turkey Breast

Brown the turkey breast in butter, over medium heat on top of the stove in an oven proof pot (I use my casserole dish). After browning, add a small amount of water (about an inch) to the pot, cover, and bake in the oven @350 degrees until cooked through. Time would vary with size of turkey breast - chicken breasts are approx. 45 minutes. The turkey has a great flavor from browning it, but is moist & tender. I also make gravy by putting the turkey on a platter, reducing the juices, then stir in cream & reduce again. Posted by GardenGirl.

### Turkey Breast

You won't believe how tender and juicy doing the turkey breast this way is. After years of using the oven I tried the crock pot - the best! Put 2 pieces of celery and 1 lg. onion on bottom to form a "rack", wash turkey breast and hold open and set on rack - add 1 c chicken stock - pour 1/4 c melted butter over and sprinkle with SS poultry Holiday Mix over, cover and cook on High about 4 hrs or about 1 hr per pound - the mix will last for several turkeys this way -hope you enjoy! Posted by lovessing.

### Turkey Breast

Deep fry turkey breast for 15 mins per pound. Delish! Posted by LIEileen.

### Turkey Cutlet Parmesan

2 T olive oil  
 1 cup pork rind flour  
 1/4 cup cream  
 1 egg  
 4 turkey cutlets  
 1 small onion thinly sliced  
 1 bell pepper thinly sliced  
 1/2 cup sliced mushrooms  
 16 oz sugar free spaghetti sauce (use your favorite)\*  
 parmesan cheese  
 mozzarella cheese

Heat oil in non-stick skillet over medium heat. Beat egg and cream together. Dip turkey cutlets in egg mix and then in pork rind flour until coated. Fry cutlet in oil till brown and tender. Place in a shallow baking dish. Cook onion, bell pepper and mushroom in hot pan till tender and then place on top of cutlets. Pour spaghetti sauce over all then sprinkle with parmesan cheese. Bake at 350 for 20 minutes. Top with as much mozzarella as you like and return to oven until cheese is melted and brown. \*\*\*You can also use plain tomato sauce seasoned with basil and oregano in place of prepared sauce. I found this recipe in an old cook book and made it Somersize friendly. Oh my god!!! It's so good. Posted by toomuch1.

### PT's Garlic/Onion/Thyme-Roast Turkey

Your choice of turkey, thawed (giblets removed & saved)

1 medium-to-large onion or a coupla smallish ones

Several garlic cloves

Several sprigs of fresh thyme, or 2 tsp. ground thyme

Salt

Pepper

2 tsp. Poultry Seasoning

2-3 Tbsp. softened Butter

2 sheets of heavy-duty aluminum foil (the kind that's 18" wide and comes in the roll that says "37.5 square feet"), cut/torn about 2 feet longer than the width of your roasting pan (If your pan is 12" wide, each foil piece should be about a yard in length—it's better to have them too long than too short).

2-3 Tbsp. COLD butter

Pre-heat oven to 350-375 degrees. Place foil pieces one on top of the other, shiny sides together. Starting with one long side, fold edges over about 1"; fold again twice, forming a strong seam. Carefully open the foil pieces, keeping seam in center, flattening seam against one of the pieces. Finger-smear softened butter in a 10-12 inch square in the center of the dull side of the foil (about 5-6" on each side of the center seam. Set aside in a non-hot place. Cut ends off onion(s) and remove outer peel(s). Ditto for garlic cloves. Toss the onion(s), garlic, and thyme into turkey cavity. Place turkey into roasting pan (if you have a rack, put it in ZeePan first, with turkey perched atop!). Add 3/4 cup water to pan. Sprinkle turkey liberally with salt, pepper, and poultry seasoning. Center the foil, butter-side-down, over the turkey, with seam running parallel to length of roasting pan (top-to-bottom of Mr/MsTurkey!). Crimp edges of foil (tightly) all the way around circumference of pan. Place roaster in oven and close oven door. Check wrapper from turkey for roasting times (this may involve going thru your trash, haha!—just get it out and wash it off!!). Do ZeeMath to figure out how long your bird should take—look in the "without-stuffing" column to get a rough idea. When ZeeTurkey has been in ZeeOven for an hour less than predicted roasting time, carefully lift one corner of the foil (watch it! the escaping steam can really do nasty burns, so have your hand/arm up above the roaster, and pull your hand & the foil up & back over the bird so you're out of the path of the steam), to check for done-ness (I use the pop-up timer) and liquid-status, adding a little water if pan bottom is dry. When roasting is "done", remove foil, turn oven setting to 400 degrees, rub COLD butter all over skin surface (the turkey's, not \*yours\*, haha!), and return uncovered roaster to oven. Check every 5 minutes, removing turkey when the skin color/crispness is to your liking. Let turkey "rest" (you, too!) for 1/2 hour before serving. This is my college-days-improvised sure-fire method for roasting a \*juicy\* turkey—VERY EASY, and it's quicker than the usual "stuffed" method, leaving you more time for PLAY!

### PT's Savory-Sage Sour Cream Turkey Gravy & Stock

This is toooooo easy! After you've removed Mr/MsTurkey from ZeeRoastingPan, just add 1 & 1/2 cups of Turkey stock (see suggestion below) to all the good "stuff" in the bottom of the pan (if there's excessive fat visible, you may choose to spoon it off before adding the liquid). Place 2-3 sprigs of fresh sage & savory (or about a dozen individual leaves of each) into pan. If "fresh" is not available, you may easily use 1 tsp. of each in its ground form—or, if neither happen to be handy, just use 2 tsp. poultry seasoning. Sprinkle in 1 tsp. ground black pepper and 1/2 tsp. salt. Place the roaster pan on a large stove burner and cook over medium heat, scraping/stirring until you've incorporated all the delectable juices/bits/pieces. Continue to simmer for 5-10 minutes, stirring occasionally...then, if you used fresh herbs, remove any sprigs/leaves that remain. At this point you may transfer the contents to a saucepan (it's an easy time to do roaster-pan clean-up, and get that big pan out of the way!), or continue to use the roaster pan. Add 1/2 c. cream and 1/2 c. sour cream to that enticing liquid, and stir until smooth. Taste for flavor, adjusting seasonings to your taste...it's easy to go overboard with ZeeSalt, so try just a bit at a time. If you'd like a thicker gravy, continue to simmer over low heat, stirring occasionally, until desired consistency is attained. For a thinner gravy (or in case you cook it 'til it's \*too\* thick, OOOOP!), just add a little more stock until things are as you wish. There! Easy, Quick, and Gooooooood! – PT

### Turkey in Crockpot

4-5 lb turkey breast  
 1 med onion, chopped  
 1 rib celery, chopped  
 1/4 cup melted butter  
 salt to taste  
 lemon pepper seasoning  
 1 1/2 cups chicken broth

Wash turkey breast. Pat dry. Place in slow cooker. Put onion and celery in the cavity. Pour butter over turkey. Sprinkle with seasonings. Pour broth around the turkey. Cover. Cook on High 6 hours. Let stand 10 min. before carving. This is a recipe I got from my Fix It and Forget It cookbook and it is outstanding!! It is THE best turkey that I have ever tasted. Posted by cubbiegal.

### Ideas For Making Your Own Broth/Stock

Open that packet of giblets (and neck) you've removed from the turkey cavity (you \*did\* remember to take out that paper bag, didn't you?!?!?) (hurry! Hurry! Maybe the turkey hasn't gotten too hot yet, and you can still retrieve ZeePacket!) and place in a medium-sized saucepan (if your bird is a BigHunker, you might want to use a larger pan). Throw in a coupla of x-rated onions (no tops & bottoms, and thoroughly peeled, haha!) and the celery leafy parts that practically nobody wants to eat (4-5 pieces should do it). Add:

4 cups water  
 1 tsp. salt  
 1/2 tsp. ground black pepper  
 2 tsp. poultry seasoning  
 1 tsp. garlic powder  
 1 tsp. onion powder

Place on burner over high heat and bring close to boiling point. Reduce heat to "low", cover, and simmer (an hour or more) until you have a rich broth—or until your cat's meowing for those giblets drives you crazy! My tongue is \*not\* fond of giblets AT ALL---so I take the cooked giblets, reserving some bits & pieces for KuddlesDeeDuddles, and chop them up into bite-sized pieces. They go onto ZeeBanquetTable in a small serving.

## FISH

### Tuna Patties

1 (6 oz) can tuna  
 1 egg  
 spicy pork rinds, crushed (1/2 of a qt. ziploc bag)  
 1/4-1/2 cheddar cheese (shredded)  
 diced onions (to your liking)  
 black pepper  
 celery seeds (or diced celery)  
 1 tblspn prepared Hidden Valley Ranch  
 1 tblspn Hellmann's Mayo

Mix together & refrigerate for about 10 mins. Spray pan with Pam & fry about 4 each side....enjoy! I have about 1/2 fresh homegrown tomato & green beans to make it a meal. Determined One @ ALCF. Deb's notes: I will keep the ingredients on hand as this is a quick meal & we really loved this. We could \*not\* taste the pork rinds in here - I am not a p.r. fan at all...it may have been the brand, I don't know. The recipe above makes 3 good sized patties. I fried them in a little butter. On the amount of rinds - I doubled the recipe & used almost a 3oz bag. I used Uncle Dan's dip mix (prepared) instead of the HVR, that's what I had on hand. I used 1/2 cup cheese for a single recipe. I served the patties with sliced tomatoes & the KFC coleslaw clone recipe - so good! The spicy p.r. really balanced out the strong canned tuna flavor very nicely. I copied this recipe from one of the Atkins sites as it was getting rave reviews. I made a double batch for dinner tonight & we really (!) enjoyed these. Now - the only trick would be to find a legal spicy pork rind. I used Mission brand, Picante flavor. This was the "most legal" I could find & has an excellent flavor. I honestly could not taste 'pork rind' in these patties, as I am not a pork rind fan. This brand does list 0g carbs (1/2 oz serving) & lists no sugar grams. Posted by DebB.

### Tuna Cakes / Salmon Cakes

1 large pkg of white tuna or salmon  
 1/4 cup green onions, thinly sliced  
 1/4 cup red bell pepper, small chunks  
 1 egg, beaten  
 juice of 1/2 lemon  
 1 tsp. prepared horseradish  
 1/2 cup dried minced onions  
 1/2 cup mayo  
 salt and pepper to taste

Mix together all ingredients in a med. mixing bowl, making sure that fish is separated, or flaked. You may need to add more onions, or mayo to reach a consistency that can be loosely formed into balls. Heat a lightly buttered skillet over med high heat. When pan is hot, form 2 inch balls with fish mixture & lightly press into pan to make a thick "patty". Cook on each side approx. 4 - 5 minutes until browned & crispy. These are so great with a salad or veggies & dip! This is my "fast" dinner when the rest of the family is eating fast food! By kimtone.

### Salmon Patties

1 14oz can of salmon	1.25 tsp baking powder
2 large eggs	1.5 cup protein powder
1/4 cup onion, finely chopped	oil

Combine first 4 ingredients. Slowly add protein powder until mixture holds together but is not dry. Form into patties (1 heaping Tbsp each). Dip both sides in protein powder. Fry in oil until golden brown. (These are very delicate, do not touch them until they turn brown otherwise they will fall apart). Sprinkle with lemon pepper, cilantro, serve. By Twiggy88.

### Salmon Pie

1 15oz can salmon drained  
 1 large onion  
 4 eggs  
 2 tsp butter  
 2 cups sour cream  
 1/4 tsp salt  
 1 1/2 cups shredded cheddar cheese  
 1tsp fresh dill

Combine all ingredients and pour into 12x10 inch pan greased pan. Bake at 375 degrees for 50-60 minutes. Cool 10 minutes before serving! I made this last night - excellent! Lorka

### Salmon Sauce

3 TBLsp softened butter	1 tblsp fresh parsley
1 TBLSp fresh basil or 1 tsp dried basil	2 tsp lemon juice.
1/4 tsp dried tarragon	

I use dried everything. Spread over salmon and cook any way. My family loved it. I found this in an old cookbook and my whole family loved this on their salmon. By zuzu.

### Swiss Cheese, Salmon, Cauliflower Skillet

2 TBSP butter  
 1/2 red onion, thinly sliced  
 1 cup cauliflower, cubed  
 2 wild salmon fillets, grilled  
 SS cajun sea salt (OR rosemary, basil, thyme)  
 2 cups cheese, shredded (swiss, mozzarella, or cheddar)  
 3 large eggs  
 1 clove garlic, minced  
 2 TBSP chopped parsley  
 1/2 tsp salt  
 1/2 tsp pepper

Preheat oven to 350F. Melt 1 TBSP butter in a medium size, ovenproof skillet on medium heat. Add onion and cook until softened. Add 1 TBSP butter and cauliflower to skillet. When soft, gently press down cauliflower. Layer 1/2 cheese, salmon, 1/2 cheese. In a bowl, combine eggs, garlic, parsley, salt, pepper. Whisk. Pour over skillet mixture. Cover skillet with foil and transfer to oven. Bake 25 to 30 min until eggs are set. Posted by twiggy88.

### Mediterranean Omelet Lasagna

parchment paper	1 cup thawed & drained frozen spinach
5 large eggs	1/4 cup sun dried tomatoes, chopped
1 tsp salt	1.25 cup shredded cheddar cheese
1 tsp pepper	1/4 cup cream
1 TBSP butter	1 pinch crushed roasted garlic
1 small onion, thinly sliced	1 pinch SS cajun style sea salt rub (or thyme, rosemary, & basil)
1 wild salmon fillet, grilled	

Break 5 large eggs in a bowl, whisk, pour into a 9" x 13" pan and bake 350F for 10 min. Combine garlic, herbs, and cream. Melt butter in skillet, med heat. Add onions and cook, stirring often, until golden. Add salmon, spinach, sun dried tomatoes. Cook until heated thoroughly. Add sauce, stir, remove when heated. Cut egg crepe into three wide strips. Layer egg crepe, 1/2 mixture, 1/2 cheese, egg crepe, 1/2 mixture, 1/2 cheese, egg crepe. Sprinkle top with 1/4 cup cheese. Garnish with sun dried tomatoes, if desired. Posted by twiggy88.

### Poached Salmon

I'd encourage you to try poaching fresh or frozen salmon to eliminate any fishy taste. I make about 2 cups of broth and poach it in a shallow covered fry pan until it flakes. You can even start with frozen filets and slowly bring to a simmer to finish. Broth is a mix of water, 1/2 cup white wine or vermouth, 1-2 Tb. lemon juice, salt & pepper, celery, sliced onion, and some dill or rosemary. Quick and no fishy taste. Posted by Narcissa.

### Baked Salmon Fillets or Steaks

Salmon fillets, any portion size, boned and skinned	Mrs. Dash, to taste be generous
Onion powder, to taste be generous	Mayonnaise
Garlic powder, to taste be generous	Paprika
Dried dill, to taste be generous	

Wash and dry fillets. Spread thin coat of mayonnaise over salmon. Spray Pam or similar product over Pyrex or tin foil pan or rectangular pan (depending on amount and size of portions). Sprinkle seasonings over fish ending with paprika. Bake in 375 degree oven for 10 to 20 minutes or until fish flakes easily. Note: This recipe is wonderful used for boned and skinned chicken. Another recipe found on the web. Posted by dmdunstan.

### Smothered Salmon

Bake salmon high at 450, smothered in a mixture of Dijon mustard and sour cream. I mix more mustard & sour cream in a separate pan, & dollop a few more scoops on after the salmon is cooked. Really easy, healthy dinner. No fishy taste. By Skie.

### Keoni's Island Broil

Marinade:	4 to 6 cloves garlic, minced
1/2 Cup soy sauce	1 Tbl. plus 1 1/2 teaspoons sesame oil
1/4 Cup Port wine (for almost level-1)	1 Tbl. toasted sesame seeds(I omitted)
1/4 cup water	2 lbs. salmon, or substitute, fillets (8 oz. each), skin on.
1/4 cup Splenda	
1/4 cup sliced green onions	

In small mixing bowl, combine marinade ingredients. Reserve 1/4 Cup marinade. Cover with plastic wrap and chill. Arrange fillets in single layer in 11 x 7 inch baking dish. Pour remaining marinade over fillets, turning to coat. Cover with plastic wrap. Chill 3 hours, turning occasionally. Spray cooking grate with nonstick spray,(Pam). Prepare grill for medium direct heat. Drain and discard marinade from fish. Arrange fillets on prepared cooking grate. Grill, covered, for 5 min. Turn fillets over. Grill for 3-5 min longer, or until fish is firm and opaque and just begins to flake, basting occasionally with reserved marinade. Serves 4. This is a great salmon recipe I got from my sister-in-law, and I SS'd it. By Sugarbabe.

### BBQ Salmon

Whisk together:

- 3 Tbsp melted butter
- 1/4 c brown sugar (I used Whey Low Gold)
- 1/4 c dry white wine
- 1/4 c lemon juice
- 2 Tbsp Dijon mustard
- 1 Tbsp chopped fresh thyme
- 1 tsp salt
- 1/2 tsp pepper

Grill salmon, skin side down on heavy foil over indirect heat, brushing with glaze every 5 minutes, just until opaque but still moist in the center thickest part, 25 - 30 minutes. I found this recipe in a magazine at my mom's house. I adjusted it a bit and tried it. It was really easy and really good. Posted by weesers.

## Grilled Fish or Salmon

This is a recipe from a very popular Boston seafood restaurant for cod, scrod, haddock. Preheat broiler for 15 minutes (very important step). Brush the fish with a very light tasting oil (i.e. Wesson). Season with salt, pepper, onion & garlic powder and sprinkle with paprika. Broil approximately 5-10 minutes depending on thickness of fish until fish starts to flake. There is no need to turn the fish. Turn off broiler. Remove fish and dot with butter & fresh lemon juice. Place fish back in the oven for about a minute. Perfectly broiled fish every time. Same preparation method & seasoning works very well for salmon fillets prepared on the indoor grill. By – christea.

## Parmesan-Crusted Fish

Fish fillets	Heavy cream
Eggs	Grated Parmesan

Dip fish fillet in a mixture of egg & cream. Then roll it in a bit of Parmesan cheese. Pan-fry it in a little peanut oil. This gets very crisp. The cheese does not burn and it is delicious. Parmesan-Crusted Fish is awfully good & has a nice crunch. This coating can also be used to fry shrimp, or various veggies, such as eggplant, okra, etc. Originally posted by joanjw3 - 2 October 2002. Posted again by iwillrejoice.

## Baked Fish

Squeeze lemon juice over fish, spread a thin layer of mayonnaise over the top and then a layer of parmesan cheese. Bake at 350 until it bubbles (cheese should just start to brown) - it fish is flaky before top browns you can finish under the broiler for a minute just watch it carefully. This works particularly well with white fish like sole or catfish - keeps it nice and moist. By connsailor.

## Baked Fish

I add grated ginger, onion powder, garlic powder, some soy sauce and sliced lemon to my fish fillets and bake at 350° until cooked through. By Lilit.

## Sole Casserole

I had the sole in a fancy restaurant and made up a recipe of my own so I could have it at home. I steamed a large bag of fresh spinach till tender then tossed with an apple cider/olive oil vinaigrette, seasoned with garlic, red onion, sea salt, and black pepper. I added cubed feta cheese and halved grape tomatoes. I greased my baking dish with clarified butter/ghee laid one fillet well seasoned with salt and pepper down, layered a large portion of spinach and cheese, added the second seasoned fillet on top, squeezed fresh lemon juice over all, drizzled with clarified butter, and finally sprinkled with paprika. Bake and enjoy. This made 2 servings after I cut it in half. You could use any white fish for this. Catfish would be good too. Yes you could roll it, but this was simpler for me. By melmel325.

## Broiled Tilapia Parmesan

2 lbs. tilapia fillets	1/4 t. dried basil
1/2 cup parmesan cheese	1/4 t. ground black pepper
1/4 cup butter, softened	1/8 t. onion powder
3 T. mayo	1/8 t. celery salt
2 T. fresh lemon juice	dash of cayenne pepper (optional)

Adjust the oven racks so that one is about 5 inches from the heat source. Preheat your oven's broiler, and grease a broiling pan, or line with aluminium foil. In a small bowl, mix together the parmesan cheese, softened butter, mayo, and lemon juice. Season with dried basil, pepper, onion powder, celery salt, and cayenne pepper if desired. Mix well, and set aside. Arrange filets on the prepared pan. Broil a few inches from the heat source for two or three minutes. Flip filets over and broil for a couple more minutes. Remove them from the oven, and flip again. Cover them with the parmesan sauce on the top side. Broil for 2 more minutes or until topping is browned and fish flakes easily with a fork. Posted by ecohousekeeper.

## Halibut

Place halibut steaks (I used 2 pounds for a family of 4) in lightly oiled baking pan. Sprinkle both sides with seasoned salt. Place sliced onion on top (I don't like onion but I like the flavor on this fish). Melt 1/2 stick of butter and add lemon (usually a couple of shakes) to it. Pour over fish. Bake in oven preheated to 350F for approximately 20 minutes depending on thickness. My steaks were about an inch thick and 23 minutes was perfect. You can tell it's done when you stick a fork in it and it separates easily and is flaky. This is a great recipe for halibut if you like a mild tasting fish. A variation could be use orange roughly instead of halibut. By SugarJunkie.

## Sautéed Halibut with Zucchini 'Pasta', Tomatoes and Herbs

2 pounds medium zucchini (about 4), ends trimmed  
 12 ounces halibut, cut into 1-inch cubes  
 Emeril's Original Essence (see recipe below)  
 1 tablespoon olive oil  
 2 tablespoons extra-virgin olive oil  
 1 tablespoon minced garlic  
 1 teaspoon red pepper flakes  
 Pinch finely grated lemon zest  
 2 tablespoons thinly sliced green onions  
 1 tablespoon dry white wine  
 3/4 cup shrimp stock  
 1 cup chopped, peeled and seeded tomatoes  
 2 tablespoons lightly toasted pine nuts  
 3 tablespoons chopped fresh basil  
 2 tablespoons chopped fresh parsley  
 Salt, to taste  
 Freshly ground black pepper, to taste  
 1/2 cup freshly grated Parmigiano-Reggiano, garnish

### Emeril's Original Essence

5 tablespoons sweet paprika  
 1/4 cup salt  
 1/4 cup garlic powder  
 2 tablespoons freshly ground black pepper  
 2 tablespoons onion powder  
 2 tablespoons cayenne  
 2 tablespoons dried oregano  
 2 tablespoons dried thyme

Essence Directions: Combine all ingredients in a small mixing bowl and blend well. Store in an airtight container in your spice cabinet for up to 3 months.

Halibut Directions: Using a mandolin or a heavy sharp knife, slice the zucchini lengthwise into very thin strips, like pasta. Discard the center seedy pieces and separate the slices. Season the halibut lightly on both sides with Emeril's Essence. In a large skillet, heat the olive oil over medium-high heat. Add the halibut and cook until just cooked through, 1 1/2 to 2 minutes per side. Remove from the heat. In a large skillet, heat the extra virgin olive oil over high heat. Add the garlic, red pepper flakes, and lemon zest, and cook, stirring, until fragrant, 30 seconds. Add the zucchini and green onions and cook, tossing, until the zucchini is just barely wilted, about 3 minutes. Add the white wine and bring to a boil. Add the stock and bring to a simmer while tossing. Add the tomatoes and remove from heat. Add the herbs and pine nuts and toss again. Season with salt and pepper to taste. Divide the zucchini 'pasta' among 4 shallow pasta bowls or large plates. Arrange the fish on top and sprinkle each portion with 2 tablespoons of the cheese. Serve immediately. Yield: Makes 4 servings. , Chef Emeril Lagasse, February 2004. This was on abc and looks terrific.



### Seared Pepper Halibut with Cucumber Salad

1 medium cucumber, peeled and sliced into thin round slices  
 1/4 red onion, chopped  
 1/2 cup rice wine vinegar  
 2 tablespoons sugar (substitute)  
 1 tablespoon sesame seeds  
 2 8-ounce halibut steaks, about 1" thick  
 1 teaspoon kosher salt  
 1 tablespoon coarsely cracked black pepper  
 1 teaspoon oriental sesame oil  
 1 tablespoon soy sauce  
 2 tablespoons dry sherry  
 1 tablespoon chopped green onions

Mix the cucumber, onion, vinegar & sugar in medium sized bowl. Cover & marinate for 30 mins in refrigerator. Top with sesame seeds when ready to serve. Sprinkle halibut steaks on both sides with kosher salt & coarse black pepper, pressing gently to adhere. Heat sesame oil in a large nonstick skillet over high heat. Add halibut & sear until brown outside & just pink in center, about 6 mins per side. Transfer steaks to plates & keep warm. Add soy sauce & sherry to same skillet. Reduce heat & simmer until mixture is slightly reduced, about 1 min. Spoon sauce over steaks. Sprinkle with green onions. Serve with cucumber salad. Cucumber's sensual flavor & cool texture will excite all of the senses. The essences of Asia give the fish exotic appeal. I'm always looking for great halibut recipes & this qualifies. Very yummy! Serves: 2. Contributed by MsTified as found at Chef2Chef.com.

### Red Snapper with Tomatillo-Serrano Chile Vinaigrette

Snapper:

2 tablespoon peanut oil  
 6 red snapper fillets skinned, approximately 6 oz. each  
 Salt and freshly ground pepper  
 Tomatillo-Serrano Chile Vinaigrette (recipe follows)

Tomatillo-Serrano Chile Vinaigrette:

4 fresh tomatillos, husked, rinsed and cut into small dice  
 1/3 cup jicama, diced  
 1-1/2 tablespoon red bell pepper, diced  
 1-1/2 tablespoon yellow bell pepper, diced  
 1/2 mango, peeled and cut into small dice (sorry - not legal so leave this out)  
 1 serrano chile, seeded and finely diced  
 1/3 cup peanut oil  
 2 tablespoon extra virgin olive oil  
 2 tablespoon white wine vinegar  
 1-1/2 tablespoon balsamic vinegar  
 1 tablespoon fresh lime juice  
 1 tablespoon fresh lemon juice  
 1 small garlic clove, minced  
 1-2 tablespoon fresh cilantro, minced  
 Salt to taste

Snapper: Heat 2 tablespoon oil in a large skillet. Add the snapper fillets and cook in batches over moderate heat for 2 minutes. (NOTE: I like to grill my fish.) Turn and cook on the other side until the fish is opaque throughout, about 3 minutes. Remove the fish to a large warm platter. Tomatillo-Serrano Chile Vinaigrette: In a bowl, combine the tomatillos, jicama, red and yellow bell peppers, mango (no no) and serrano chile, toss to mix. In a small bowl, combine the peanut oil, olive oil, white wine vinegar, balsamic vinegar, lime juice, lemon juice, garlic and cilantro. Whisk to blend well. Pour the dressing over the diced vegetables and stir lightly to mix. Season with salt to taste. Spoon the Tomatillo-Serrano Chile Vinaigrette onto 6 warm dinner plates and arrange the snapper fillets in the center. Serve warm. This is wonderful! Serves: 6. Contributed by MsTified as found at Chef2Chef.com

### Baccala - Tuscan Style

Codfish (soaked in water and drained)  
Onions  
Parsley  
Garlic  
Olive oil  
Canned tomatoes (crushed or diced)  
Spinach or Swiss Chard

Sautee the onions, garlic and parsley in olive oil then add Codfish and brown. Stir in tomatoes & greens. Spoon into a glass or ceramic baking pan. Cook at 350 on middle rack for about 10-15min. (Some versions take 8 hours to cook!!!) By dalilover.

### Catfish Fajitas

2 pounds catfish fillets  
1 cup lime juice (5 or 6 limes)  
3 cups mesquite wood chips  
1 large onion, sliced & separated into rings  
1 large sweet red or green bell pepper, cut into thin strips  
2 cloves garlic, minced  
2 tablespoons butter  
1/2 teaspoon salt  
1/4 teaspoon pepper  
Salsa, sour cream and lime wedges

Rinse catfish fillets, and place in a large ziploc bag. Pour lime juice over fish. Seal bag and marinate in refrigerator for 1 hour (do not marinate longer; the acid in the lime juice will "cook" the fish). Soak wood chips in enough water to cover for 30 - 60 minutes (while your fish is marinating). Prepare your grill for cooking over a direct fire. In a covered grill, test coals for medium-hot heat. Drain wood chips, and sprinkle over preheated coals. Lightly brush grill rack with cooking oil, or spray well with nonstick cooking spray. Place catfish on grill rack. Cover and grill directly over medium-hot coals about 5 minutes on each side or until fish flakes easily. Meanwhile in a large skillet cook onion, red or green pepper, and garlic in butter until just tender. Stir in salt and pepper. Cut grilled catfish into chunks. Toss with onion mixture. Serve with salsa, sour cream, and lime wedges. Posted by iwillrejoice.

### Seared Shrimp with Red Peppers and Parsley

1 lb medium or large shrimp, shelled and deveined (frozen and thawed is fine) 500 g  
1/2 tsp salt 2 mL  
1/4 cup extra virgin olive oil 60 mL  
1 red bell pepper, seeded, thinly sliced  
3 garlic cloves, thinly sliced  
1 bay leaf  
1 tsp finely chopped seeded dried chiles (or more to your taste) 5 mL  
2 Tbsp chopped parsley 30 mL

Place shrimp in a medium bowl. Sprinkle with salt and allow to sit at room temperature for 15 minutes. In a non-reactive skillet or seasoned shallow earthenware casserole, over medium heat, combine oil, red pepper, garlic, bay leaf and chiles. Toss together and cook for 2 to 3 minutes being careful not to brown the garlic. Increase the heat to medium-high and add shrimp and accumulated juices. Cook for 2 minutes or until the shrimp begin to turn pink and just begin to curl. Remove bay leaf. Add the chopped parsley and toss together. Serves 4. Found this on Goldaskitchen.com. Posted by TL.

### Shrimp with Basil, Garlic, and Tomatoes

1 cup quartered cherry or grape tomatoes (about 12)  
 5 large fresh basil leaves, chopped, plus extra for garnish  
 Kosher salt and freshly ground black pepper  
 1 1/2 pounds medium-large shrimp, shelled and deveined  
 Extra-virgin olive oil  
 1 large clove garlic, minced

In a medium bowl, toss tomatoes with basil & season with salt & pepper, to taste. Set aside while you prepare the shrimp. Divide the shrimp between 2 (8 or 9-inch) pie pans & pat them completely dry with a paper towel. Arrange the shrimp so they lay flat & are evenly spaced in the pans. Heat 2 large skillet over medium heat. Season 1 side of the shrimp with salt & pepper. Add enough oil to lightly film the bottom of the pan & turn the heat up to high. Sauté the shrimp, undisturbed, until they turn golden brown on the bottom, about 2 minutes. Add a bit more oil & 1/2 the garlic to each pan. Turn the heat off & turn the shrimp over with tongs. Cook the shrimp for 1 minute in the residual heat of the pans. Transfer the shrimp to the bowl with the tomato mixture & toss to combine. Divide the shrimp among 4 plates or a serving platter & serve hot or at room temperature. I have made this before & it is delish hot or cold. It is from Food TY-How to Boil Water. Posted by leener3boys.

### Grilled Jumbo Shrimp and Pickled "Gazpacho" Roll ups

16 jumbo shrimp, peeled and deveined, ask for "Easy-Peels" at fish counter  
 2 cloves garlic, chopped  
 1 tablespoon extra-virgin olive oil  
 Salt and pepper  
 1/2 teaspoon crushed red pepper flakes  
 1/2 lemon, juiced, plus 1/2 lemon, juiced  
 1 cup giardiniera, pickled hot pepper, cauliflower salad, found in jars with Italian foods aisle  
 A handful flat-leaf parsley leaves, chopped  
 1 vine-ripe tomato, seeded and chopped  
 A few grinds coarse black pepper  
 8 large bibb lettuce leaves (outer leaves), about 1 head

Heat a grill pan or outdoor grill to high. Place shrimp in shallow dish. Sprinkle garlic over shrimp. Drizzle shrimp with extra-virgin olive oil and season with salt, pepper and crushed red pepper. Grill 2 minutes on each side, until pink and opaque and head curls towards tail. Squeeze the juice of 1/2 lemon over shrimp and remove to platter to cool. In food processor, coarsely chop the giardiniera vegetables. Transfer to a bowl and stir in the lemon juice, parsley, tomato, and pepper until well combined. To serve, place 2 shrimp in a bibb lettuce leaf and sprinkle some gazpacho sauce over them. Roll them up like a mini-burrito and enjoy! Another recipe from the Food Network! This would be an easy dinner - have the "gazpacho" already made and quickly grill up the shrimp. Haven't tried it yet - if someone does, let us know how it is! Posted by suzysun55.

### Spicy Grilled Shrimp

20 - 30 shrimp - rinsed, peeled, dried (I buy the frozen ones at Sam's)	1 tsp coarse salt
10 - 15 pre-cooked bacon strips (half as many as you have shrimp)	1/2 tsp cayenne pepper
Marinade:	1 tsp paprika
1 large clove garlic, minced	2 Tbls. butter, softened or even melted
	2 tsp lemon juice
	Prepared BBQ sauce for dipping, optional

Prepare shrimp, pat dry & set aside. Mix marinade ingredients in small bowl and add shrimp. Marinate as long as you like or use right away. Cut each slice of bacon in half and wrap around one shrimp. (If grilling outdoors can thread on bamboo skewers - if using George Foreman grill can secure with skewers or toothpicks or don't secure at all if you don't mind them not looking perfect.) I use the Foreman Grill & quickly place my shrimp on it then pour a little more marinade over them before closing the lid. They usually take about 3 minutes to pink up and firm up. Eat as is, or dip into your favorite BBQ sauce. I like them as is - \* warning - they're addictive! I've been eating these with salt and peppered cucumber slices and buttered, steamed broccoli. YUM! Posted by mighty-nice.

## Shrimp a la Antonia

I have a delicious, easy recipe for shrimp. It's delicious and fast. Wash as many shrimp as you want, and fry in some canola or olive oil. Add Basil, or a combination of your favorite herbs. Add Cayenne pepper (if desired) and Curry spice. Repeat steps 2 and 3 on the other side of the shrimp. Posted by antoniabomb333.

## Shrimp Scampi with Sun Dried Tomatoes

Sauté shrimp with oil. Add shallots or minced onion, garlic. Remove from pan. In pan add lemon, 2 tbs minced oiled sun dried tomato, 1 tb lemon juice, cook down to 1 tb. Take off heat, add parsley, 2 tbs. butter till melted. Add shrimps and heat just 1 min. By gmt.

## Shrimp Scampi

2 lb medium or large shrimp	1 tsp dried crushed red pepper
1/2 cup olive oil	1/2 tsp pepper
1/2 cup chopped fresh cilantro	1/2 cup butter - melted
7 cloves garlic, minced (I use from the jar)	1 cup shredded parmesan cheese

Peel shrimp, and arrange in a 13x11 baking dish. Pour oil over shrimp. Combine cilantro and next 3 ingredients; sprinkle over shrimp. Cover and bake at 300 for 20 mins. Turn shrimp over; drizzle with butter, and sprinkle with cheese. Bake, uncovered, 5 more minutes. Yield: 4-6 servings. NOTE: I find that you do not want the shrimp piled in deep – single layer so they cook right. The shredded cheese gives it a kind of crunchy topping. Serve with a salad and plenty of Debb's Parmesan Buns (and crusty bread for non SSRs) for sopping up the garlic butter. Posted by wired\_foxterror .

## "Anything" Scampi

Butter  
Olive oil  
Fresh sliced Garlic [as desired, I like at least 4 cloves]  
Fish filets, shrimp, scallops, "anything" [works well with chicken breast pounded 1/4" thick]  
A little white wine, optional

Put in equal amounts of butter and olive oil to the frying pan. Add the sliced garlic. When you see the first piece of garlic start to brown, add your seafood and cook till done. [Whatever it is you should turn it once during cooking.] This cooks quickly - 5 minutes for seafood, 7-10 minutes for boneless chicken breast [if you pound them]. The longest part is slicing the garlic, mostly because I like it thin. [Don't substitute the minced garlic in a jar, it burns quickly.] The garlic butter is good with spinach too. I did this after I wanted to add more fish in my diet but didn't want deep frying. Posted by JazzyMama.

## Marinated Shrimp

1/2 tsp minced garlic  
1/3 c sliced green onions  
1/2 c chopped red bell pepper  
2 Tbsp olive oil  
3 Tbsp lemon juice  
1/2 tsp hot sauce  
1 Tbsp capers, drained  
1 Tbsp prepared horseradish  
2 Tsp Dijon mustard  
2 lbs cooked medium shrimp, peeled

In a large bowl, combine all ingredients except shrimp. Add shrimp; tossing to coat. Cover and refrigerate 4 to 6 hrs or overnight. Serve over salad or with veggies. Also make great appetizers. By TriciaB.

### Kickin' Shrimp Cocktail

20 - 30 shrimp - rinsed, peeled, dried (I buy the frozen ones at Sam's)

Boil:

1 - 1 1/2 cup white wine

1 tsp mustard seed

1 bay leaf

1 tsp crushed red pepper

1 lemon sliced thin

Add enough water to cover shrimp (I usually add as much water as I do wine depending on how many shrimp I'm cooking). Bring boil ingredients to a boil and add shrimp. Return to a boil and cook shrimp until pink and firm (3 - 4 minutes). Serve with your favorite cocktail sauce. I've been eating these with salt and peppered cucumber slices and buttered, steamed broccoli. YUM! Posted by mighty-nice.

### Shrimp Dinner

Have been without a stove/oven going on three weeks now and it's getting pretty tricky regarding eating. I do have a microwave and a toaster over and came up with this pretty incredible dinner the other night. Bought fresh shrimp and broiled several in the toaster oven. Melted butter and garlic in the microwave and then combined with shrimp. microwaved a package of sugar snap peas. I'm moving from Phase I to Phase II which means I have half baked potato 2-3 times a week. Microwaved a potato, cut lengthwise in half, scored the inside poured the shrimp (scampi) mixture all over baked potato and topped with the peas. Talk about incredible! By RoinMD.

### Shrimp Salad with Aioli Mayonnaise

1 lb medium shrimp

1/4 cup sour cream

1/2 cup mayonnaise

1 tablespoon finely chopped garlic

1 tablespoon parsley

1 teaspoon lemon juice

1/4 cup chopped red peppers

1/4 cup chopped cucumbers

1/4 cup chopped onions

1/4 cup chopped tomatoes

1/2 teaspoon Old Bay Seasoning (optional)

seasoning salt

Steam or boil shrimp until pink & then plunge into ice water to stop additional cooking. For Aioli Mayo, mix together: sour cream, mayonnaise, garlic, parsley & lemon juice. In a medium bowl, toss shrimp & veggies together. Add enough Aioli to hold the shrimp salad together. Add seasoned salt to taste. (Optional: Add Old Bay Seasoning) Chill & serve. Tammy @ recipezaar. DebB: I made this salad 2 days ago & we loved it! I used frozen shrimp (from Costco), smaller cocktails/salad size (cooked, tails off). I put them frozen into a colander & had cold water spraying on them to thaw while I prepared the rest of the salad. They were thawed by the time I was done. I used dried parsley. I used an English hot house (seedless) cuke & peeled it. I used scallions for the onions. Next time, I will make sure the shrimp are completely dry, using a paper towel. Then I'll seed the tomato - because the sauce did get runnier than it's supposed to. I also added dried dill weed & celery seed. This was SO good! \*Ü\*

### Shrimp, Scallops and Snow Peas

1# Shrimp Peeled and deveined

1# Scallops

2 Cups Snow Peas

2 Tbs. Soy Sauce. Use light

4 Tbs. Olive Oil

1/2 Tsp. Ginger Root.....Ground fresh is best

1/2 tsp garlic Powder

1/2 tsp salt

1.2 tsp pepper

1/2 tsp crushed pepper flakes

Toss shrimp with seasonings. Heat oil in a large skillet and stir in the peas for 2 minutes. Add scallops and fry for 3 minutes. Add shrimp and sauce and stir fry for 4 minutes or until shrimp is cooked through. Serve immediately 4 servings. I got this from the Healthy Living site, courtesy of PreventionSBD Forum. I have made this twice already and my family wants more of it. Love the speed of making and how great it tastes. Posted by tsmate.

### Crab & Shrimp Stuffed Spinach

1 pkg of Flaked Crab Meat  
 1 sm cont of Baby Shrimp  
 Fresh Spinach (washed & Dried)  
 1 tub of Ricotta Cheese  
 1 jar of Alfredo Sauce  
 Mozzarella Cheese  
 1 egg

Spray baking dish with Pam and cover bottom of dish with alfredo sauce. Mix the crab, shrimp, egg and ricotta cheese together. Spoon mixture onto spinach leaves and roll (jelly roll style). After you have used all the cheese mixture pour leftover alfredo sauce and top with mozzarella cheese. Bake on 350 for 25 minutes. it turns out much better if you don't put a whole bunch of sauce on the spinach. Just enough to cover it. You could probably also layer the spinach and the cheese mixture and make it into a lasagna. I'm going to be trying that soon. By KOWens.

### Baked Shrimp & Crab Salad

Green peppers (about a cup of each vegetable)	Mayo (maybe a cup, enough to moisten everything)
Onions	1 Tb Worcestershire Sauce
Celery	Salt & Pepper
1 can each crab and shrimp	

I love recipes where you really don't have to measure anything. Just go by the number of mouths you're going to feed. Top with Parmesan Cheese (add some melted butter over top if you want). Bake at 350 for 20 minutes or till cheese gets crusty. By jdt.

### Crab Louis

12 oz. frozen cooked crab meat (I am sure canned would work)  
 4 tomatoes, quartered  
 4 hard cooked eggs, quartered  
 4 C. bit size salad greens, chilled  
 Dressing:  
 3/4 C. chilli sauce, (help is this legal? might want to use tomato paste)  
 1/2 C. mayo  
 1 t. instant minced onions  
 1/2 t. sugar substitute (equal to 1/2 t.)  
 1/4 t. Worcestershire sauce  
 salt to taste

Mix all ingredients. Cover and chill 30 minutes, makes 1 1/4 C. Cut crab meat into bite size pieces. Prepare dressing. Arrange crabmeat, tomatoes, and eggs on greens. Pour dressing over salad. Serves 4. Posted by sockim123.

### Soft Shell Crabs

4 Soft shell Crabs, cleaned  
 1/4 C mayo  
 Coating Mix (grated parmesan cheese, black pepper, paprika, garlic & herb seasoning)  
 Olive oil  
 1/2 C Pesto sauce

Rinse crabs and pat dry. Lightly spread front & back with mayo and coat with parmesan mixture. Sauté in the olive oil for a few minutes per side then add the pesto sauce to the skillet, making a thinner sauce. My hubby and I love soft shell crabs, this is how I fixed them tonight. Served it with fresh asparagus, delish! Posted by Delta.

### Salmon Salad

1 7.5oz tin of salmon, drained  
 1 TBSP mayonnaise  
 chop 1 radish  
 chop 1 TBSP onion  
 chop 2" length of celery

Combine all ingredients, add pepper to taste. Serve on a bed of lettuce or baby spinach. I like to spoon it on baby lettuce. By Twiggy88.

### Blackened Cajun Tuna Steaks

1 Tbsp. paprika  
 1 tsp. oregano  
 1 tsp. garlic powder  
 1 tsp. onion powder  
 1 tsp. salt  
 1/2 tsp. ground cumin  
 1/2 tsp. ground black pepper  
 1/4 tsp. cayenne pepper (to taste)  
 2 Tbsp. unsalted butter softened  
 4 8oz. tuna steaks

Heat oven to 400 degrees. Combine all the spices together. Rub the softened butter over the tuna steaks. Press the steaks into the spice mixture and gently rub spices onto the fish. Heat a large heavy ovenproof skillet (cast iron works great) over high heat for 2 minutes or until skillet smokes. Cook tuna steaks 1 minute on each side. It is normal for them to smoke. Transfer the skillet to the oven and roast 5 minutes for medium rare doneness. Posted by lilLooLoo.

### Broiled Tuna Steaks

4 tuna steaks, about 1 inch thick (2 lbs. total weight)	1 sliced clove garlic
Salt and fresh ground pepper, to taste	2 tbsp. soy sauce
4 sprigs fresh thyme, chopped or 1 tsp. dried	1 tbsp. fresh lemon juice
1 tsp. fresh grated or dried powdered ginger	2 tbsp. olive oil

In a mixing bowl blend the salt, pepper, ginger, garlic, thyme, soy sauce, lemon juice and olive oil. Brush the mixture all over the tuna steaks. Cover with plastic wrap and let stand 1/2 to 1 hour until ready to broil. Broil on rack under broiler about 4 inches from heat source, about 3 minutes per side, or grill on high (cover closed) 3 minutes per side. Leftover marinade can be heated and served over steaks. Another recipe found on the web. Posted by dmdunstan.

### Balsamic Glazed Tuna

1-2 Tablespoons of olive oil	1 Tablespoon brown sugar substitute
salt & pepper to taste	1 Tablespoon soy sauce
4 (6 oz) Tuna Steaks	1 Tablespoon butter
1/4 cup chicken broth	1/4 cup sliced green onions
1 Tablespoon balsamic vinegar	

Place a pan with olive oil over medium-high heat until hot. Sprinkle salt & pepper over fish. Place fish in pan; cook 3 minutes on each side until medium-rare or desired degree of doneness. Remove tuna from pan. Combine broth, vinegar, brown sugar substitute and soy sauce together; pour into pan with drippings. Bring to a boil; cook 1 minute, stirring constantly. Add 1 Tablespoon butter and cook another minute or until desired consistency. Spoon glaze over fish and top with green onions. I had this for dinner tonight...yummy! By Sing4Joy.

## "Hot Wings" Tuna

Tuna steaks - as many as you like  
 Bottled Hot Sauce or use the recipe below:  
 1/4C Butter (I use unsalted)  
 1/4C Bottled Hot Sauce (I use Red Hot)  
 1/4tsp Cayenne Pepper  
 dash of Garlic powder and onion powder

Melt butter in small pan. While melting, combine hot sauce, cayenne pepper, garlic and onion powders in separate bowl. When butter has melted, whisk in hot sauce combo. Whisk until emulsified (not long). \*Amount is about right for 2 Tuna steaks. If do not like hot sauce so spicy, eliminate the cayenne pepper. I had this as an appetizer at a restaurant recently, and it was fabulous. I made it as an entree, and it hit the spot. I like to grill the Tuna and at the end baste with the hot sauce. You can put in a pan in the oven and pour sauce over to cook too. When completely cooked, remove and pour remaining sauce over steaks. I like this with salmon too. Posted by Karene.

## Tuna Seaweed Wraps

Tuna Salad:  
 Can Albacore Tuna  
 2T Olive oil  
 Lemon juice  
 Paprika (Hungarian Sweet is the best)  
 Diced sm sweet onion  
 Cilantro

Wrap this in a seaweed wrapper alone or with strips of cucumber. By dalilover.

## Fast & Easy Scallops

Here's a very quick and yummy dinner. For one serving: 6-8 dry scallops (large ones). Place scallops in small baking dish. Sprinkle with a little Herbes de Provence, some lemon juice and a little white wine to cover the bottom of the dish. Dot with a little butter. Bake at 425 - 450 for approx. 10 minutes, or until the scallops are no longer translucent and have some texture to them. While the scallops are baking - fix a fresh veggie and salad and voila - dinner in less than 1/2 hour! By suzysun55.

## Scallop Kabobs with Mustard Sauce

2 tablespoons butter	1-1/4 cup heavy cream
3 ounces mushrooms, thinly sliced	2 tablespoons Dijon mustard
2 slices sweet onion, minced	Enough sea scallops for 4 people (I usually fix about 6 scallops per person)
1/8 teaspoon curry powder	1 sweet onion, quartered and pulled apart into single onion pieces
1 tablespoon brandy	12 bamboo skewers soaked in water for 30 minutes.
3/4 cup dry white wine	
3/4 cup chicken broth	

Preheat your grill. In a saucepan, melt the butter, add the mushrooms & minced onion. Cook for about 3 minutes. Stir in the curry powder & add the brandy & wine. Bring to a boil & reduce the liquid by one-third. Pour in the chicken broth & simmer for 5 minutes. Then add the cream & the mustard. Cook until the sauce is thick enough to coat the back of a spoon. (I cooked it on simmer for about 15-20 minutes.) Season to taste with salt & pepper. While the sauce is cooking, skewer the scallops & onions, alternating. Start with an onion & end with an onion, curve turned toward the scallop to help hold it on. Use only 4 scallops & 5 onion pieces per skewer, they'll cook better. Place skewers on the preheated greased grill & grill for about 3-4 minutes per side. NOTE: If you put 2 skewers through your food, they will be easier to turn. Put a large spoonful of the sauce on the bottom of each plate. Unskewer the scallops & onions onto the sauce. This is wonderful! I steamed some broccoli & just put that right on top of the sauce, too. Yummy-licious! This can easily be halved for 2 people. Posted by MsTified



### Crab Canapés

6 oz cream cheese	1/2 c chopped red pepper
2 tsp lemon juice	4 green onions, sliced
1 tsp hot pepper sauce	cucumber slices
6 oz crabmeat	

Combine all ingredients except cucumbers; mix well. Chill until ready to serve. For canapes, spoon 1 1/2 tsp crab mix on each cucumber slice. \*\*I actually use this more as a dip with bell peppers, celery, cucumber slices etc. I make sure I always have some in the fridge for snack attacks, or even for lunch. I need all the help I can get eating enough veggies, and a great dip like this really makes a difference! By Sarara.

### Crayfish Etouffee

1 stick of butter  
 1 onion, chopped finely  
 1 green pepper, chopped finely  
 3 stalks of celery, chopped finely  
 1 14.5 oz can petite diced tomatoes  
 1 15 oz can of tomato sauce  
 1 lb crayfish tails (can find frozen in seafood case), thawed  
 1 tsp salt  
 1 tbl pepper  
 1/4 to 2 tsp cayenne pepper  
 1 tsp ground cumin

Melt butter in pan and add onions stirring for three minutes. Add green pepper and celery. Cook until almost tender (about 10 minutes on medium heat.) Add tomatoes and tomato sauce cooking until heated through. Add salt, pepper, cayenne, cumin and cook for another 3-5 minutes, tasting and adjusting the spices to your liking. Add crayfish. Cook until heated through, about 5 minutes. Posted by writer22.

### Lobster Casserole with Fried Onions

2 pds. lobster meat sliced into chunks	1/2 C cream
8 oz. thickly sliced mushrooms	1/2 C chopped spanish onion
4 C. celery leaves	1 chopped tomato
2 peppercorns	2 TB butter
1 C. water	Fried Onion Rings-legal ones of course !!

Prepare fried onion rings. Place butter in a sauté pan. Sauté mushrooms, onion, and tomato until tender. In a large pan, place lobster meat, celery leaves, peppercorn, cream & water. Simmer about 20 minutes. Drain excess water. Add mushrooms, onion and tomato. Stir gently. Place in serving bowl. Add fried onion rings. Serve while still warm. By phoffer.

### Maine Lobster Stew

4 fresh lobsters	2 cups heavy cream & 2 cups water( recipe calls for
4 tb. butter	1 qt. milk)
reserved liquid from lobsters	salt & pepper
1 pint heavy cream	

Steam or boil lobsters about 18 minutes; place cooked lobsters on platters to cool. Pick meat from lobsters once cooled. Remove green liver (tomalley) and roe. Put butter and lobster meat into pot. Sauté lobster meat for 5 minutes; add cream, reserved juice and the extra cream & water. Simmer uncovered on low heat for several hours. Make sure mix does not boil. Salt & pepper to taste. Stew taste best if made the day before. By phoffer.

## PORK

### Grid's Pork Chili

pork tenderloin, cubed and browned  
 1 16 oz can rotel diced tomatoes with jalapenos.  
 1 32 oz can diced tomatoes  
 1 6 oz can diced green chili's  
 1 6 oz can sliced jalapeno's  
 1/2 jar SS green chili simmering sauce (optional)

Combine all ingredients in a crock pot, cook on high for 3 hours, turn to low heat for 2 hours, serve with cheese, salsa, sour cream, in the crepes, pancakes or over eggs. Enjoy! I did this in the crock pot, used some egg crepes and when I ran out used cream cheese pancakes for burritos, the family loved it! By Gridmama.

### Green Chile

Brown 1-2lbs pork in bacon drippings or oil. Add minced garlic (to your liking). Add green chilis (to your liking). Add stewed tomatoes w/ juice, add 2-3 cans chicken broth, season to taste with salt and garlic. Simmer. For level 2: after browning pork add 2-3 TBSP of whole wheat flour and then continue. By lace.

### Green Chili With Pork

Pork Pieces  
 1 28oz can tomatoes  
 chili powder  
 1 4oz can green chiles  
 Salt and Pepper  
 Onion Salt  
 Diced Onions

Put Pork pieces in to a heavy pan on the stove. Cover with water salt and pepper and onion salt. Cook until all the water evaporates and the pork browns a bit. Add Tomatoes, chili powder, onions and green chilies. Cook 2-4 hours. The crock pot is great for this. Serve this in bowls topped with grated cheddar, lettuce, tomatoes and sour cream. Or use this to top Somersized Burritos. Posted by coulter.

### Authentic Chile Verde

4 serrano peppers – diced with seeds  
 5 jalapenos peppers – diced with seeds  
 4 wax peppers – diced with seeds  
 1 bunch of Cilantro - chopped  
 1 small white onion - chopped  
 1 pork butt or other kind of pork - chopped  
 2 tbsl crisco  
 1 chicken bouillon  
 1 tbl salt  
 1 tea black pepper

First chop everything up, then fry pork in pot with crisco, till golden brown. Then add onions, cook for about 1-2 mins. Then add everything else to pot. Microwave 1 cup of water, add bouillon to dissolve. Then add to pot, fill pot with water till all ingredients are covered. Cover with lid, and leave on med-low for 2 hours, or until meat is very tender. To test meat, just pull out a piece and see if you can cut it with a fork. That's it!! This is wonderful and spicy!! I'm not sure what to have it over, but it's wonderful by itself! Posted by misslisa.

### Chile Verde Enchiladas

1 1/2 c. cooked cut up pork (chicken would be awesome too)  
 1/2 c. sour cream  
 1/4 c. diced green chilies (canned)  
 1 1/2 c. shredded jack cheese  
 8 egg crepes  
 1 jar Chile Verde sauce

Mix cut up meat, sour cream, green chilies & 1/2 c. jack cheese. Spread approx. 1/2 of the Chile Verde Sauce in the bottom of a baking dish. Spread approx. 3 Tbs. of the meat/cheese mixture in each egg crepe & roll, placing seam side down lined up in the baking dish. Pour the rest of the chili verde sauce over & bake at 350 for 15 minutes. Sprinkle remaining cheese over the top (I also happened to have cojita cheese which has a texture like Feta & I crumbled that on top too) & bake for an additional 5-10 minutes. I made something super yummy last night! I had some leftover pork tenderloin roast and I had a great idea! It was soooo good. Posted by foodfreak.

### Chili Verde Burritos

3 lbs. lean pork, cut into 1/2-inch cubes  
 1-2/3 cup chicken stock  
 1/3 cup liquid from coarse purée (see directions)  
 Coarse purée:  
 1 lb. tomatillos  
 2 medium onions  
 3 jalapenos, stems removed  
 8 cloves garlic  
 2 4.5-oz. cans of chopped green chiles  
 1 small bunch of cilantro, chopped  
 1 teaspoon ground cumin  
 10 large flour tortillas (oops, can't have so 10 large lettuce leaves, instead!)

After cutting the pork, you'll need to soften the tomatilloes, so they'll purée easier. Peel off the outer leaf & discard; put tomatilloes into boiling water for 3 mins; drain in colander, then put tomatilloes in a bowl of cold water (to keep them from continuing to cook). Separately pulse in a mini-food processor: the softened tomatilloes, onion, jalapenos & garlic. If you don't have a food processor, mince by hand. Don't liquefy any of the items -- just pulse it enough to be finely chopped. As you finish with each ingredient, put it in a mixing bowl. After all four items have been chopped, add the canned chiles & cilantro. Mix well & drain through a colander, catching the juices in another bowl. Save 1/3 cup of the juices that drain out & discard the rest. Return coarse purée to its own mixing bowl & stir-in the cumin. (NOTE: DO NOT ADD THE RESERVED JUICES TO THIS MIXTURE. IT GOES IN LATER!) Brown pork in Dutch oven or stockpot (I use a 5-qt. cast-iron Dutch oven that works great). Drain; return to pot & add chicken stock & 1/3 cup of the purée liquid. (NOTE: NOW add that reserved juice.) Simmer pork in liquid for 1 hour. (Can be made ahead, to this point.) Add coarse purée & simmer for another 20 minutes. Serve in large tortillas (NOTE: Use those lettuce leaves or nothing!!), using slotted spoon for filling & a regular spoon to spread liquid on top. This mixture is very yummy! Contributed by MsTified, Author: Mike Rodman.

### Mexicali Pork

3 to 4 lb. pork shoulder roast (trim fat)	1 (14.5 oz) can mexican style diced tomatoes
1 TBS. olive oil	1 (4 oz) can diced green chilies
1 medium onion	1 cup water
2 (1.25 oz) taco seasoning packets	

Cut pork into bite sized chunks and sear in hot oil until browned on all sides. Add onion, taco seasoning, tomatoes, chilies and water; stir well. Cover and simmer over low heat for 1 hour and 30 minutes. Remove cover and cook 15 minutes more or until liquid has reduced and sauce thickened. You can break the meat apart with two forks if desired. Serve with sour cream, tomatoes, salsa, and shredded cheese (or your choice). I served this with egg-crepes as tortillas, but it would make a great salad too served over lettuce. Posted by crocordile.

### "Spanish Rice" inspired Pork Dish

1 pound pork chops, cut to bite sized pieces  
 1 can sliced whole tomatoes  
 1 can tomato sauce ( not the Italian seasoned, just plain sauce)  
 1 green pepper, cubed  
 1/2 medium onion, cubed  
 drop of oil  
 Salt, pepper, garlic powder to taste  
 Also tasty with a dash of jalapeno juice if you like it hot

Brown cubed pork in frypan with touch of oil & spices, add peppers & onions, sauté. Add sliced tomatoes & tomato sauce. Bring to boil. Cover, reduce heat & simmer 25 mins or until pork is tender. Remove cover & let reduce to desired thickness. This is so full of flavor & the pork gets very tender & tasty. I just serve it like this as a stew & top with a bit of cheese & a salad. Very satisfying & warm. This is a variation on a recipe that came to me from woman from Mexico. Posted by Romani.

### Yummy Crockpot Pork chops

8 to 10 small, thick pork chops  
 2 tsp salt  
 1/4 tsp pepper  
 1/8 tsp sage  
 1 recipe for cream of mushroom soup( recipe to follow)  
 1 Tbsp dried onion flakes

Make soup recipe and set aside. Trim excess fat from chops and use it to grease a large skillet. Over high heat, brown each chop lightly on both sides. Salt and pepper each as it finishes and place it in the crock pot. Add the sage. Turn the soup (undiluted) and the onion flakes into the still hot skillet. Scrape the pan juices and turn them into the cooker. Cover and cook on Low for 8 to 10 hours. Melissa @ ezboard \* Deb's notes: I bought a boneless pork sirloin roast and sliced it into 8 chops. After the chops were done browning, I removed them to the crock pot. Then I added about 8oz fresh sliced mushrooms and 2 tsp jarred garlic and sautéed. Then I added some chicken stock & covered for a bit. I then scraped all this into the crock pot with the chops. Another note ~ I've also made the recipe using no thickener at all. I find that after cooking all day in the CP - even with the thickener, it's still pretty runny anyway, which is the nature of sauces in the CP. It's runny - but still very tasty. I serve this with "cabbage noodles". I thinly slice a head of cabbage and slowly sauté it in butter. I add salt & pepper. Sauté until it's nice and soft and starting to caramelize. If you like cabbage, this is a nice side to this recipe.

Condensed Cream of Mushroom Soup (recipe by Dottie at Atkins& LC friends site)

1 cup chopped mushrooms  
 1 celery rib (I omitted this)  
 1/4 small onion (I omitted this and used some onion powder)  
 2 Tbsp butter  
 1/2 cup broth (I used chicken broth)  
 3/4 c heavy cream  
 pepper (my addition)  
 not/Starch, optional (you could try guar gum)

Sauté mushrooms (& other vegs) in butter until soft and mushrooms are reduced; then add broth and reduce liquid by half (I forgot to reduce it, but added the cream immediately). Add cream; bring to boil, let it thicken and boil down somewhat. You can add not/Starch if needed, to thicken it further. I don't know the yield of the original recipe, but I got 1-1/4 cups. Next time, I would let the mixture boil down further and use less not/Starch--I used a lot of it, and the result had a noticeable veg gum taste. I intend to boil it down more next time. Deb's notes: I doubled the above "mushroom soup" recipe, as we like a lot of sauce. I won't bother "thickening" the soup, it didn't make a difference in the end result as it all got quite runny (yet delicious).I added a Knorr vegetable cube - if you do add this, do not add any salt to this soup, it was too salty. I added pepper also.

### Italian Pork Chops

8 center cut pork chops (about 4lbs)  
 2 tbs garlic powder  
 1/2 tsp pepper  
 1 Tbs dried oregano  
 1Tbs dried basil  
 1/4 c lemon juice  
 1/4 c Worcestershire sauce  
 1 large green bell pepper (seeded and sliced into rings)  
 1 onion (sliced into rings and separated)  
 4 Roma tomatoes sliced  
 1 cup shredded mozzarella cheese

Preheat oven to 350 degrees. Trim fat from pork (just because I don't like the taste of fat). Combine garlic powder, pepper, oregano, and basil and sprinkle on both sides of pork. Place in oblong 3 qt baking dish greased. Combine lemon juice and Worcestershire sauce and pour over the seasoned pork. Lay green pepper and onion on top. Cover and bake for 1 hr or a little more until meat is tender. Remove the cover and top with sliced tomatoes and cheese, continue baking for 15 min or until cheese melted. By TriciaB.

### Polish Pork Chops

4 Center cut loin pork chops  
 3 Tbs chopped onion  
 1 Cup tomato sauce  
 4 Mini dill pickles, chopped very fine  
 1/2 Cup sour cream  
 3 Tbs dry cooking sherry (optional, but yummy)  
 Salt and Pepper

Salt and pepper pork chops and brown on both sides over med-high heat. Cover pan and reduce heat to med and cook until done (about 10 -- 15 mins.) Remove pork chops and cover with aluminum foil. Put onion in pan and brown. Add tomato sauce and sherry and simmer until reduced to a nice saucy consistency and alcohol has burned off. Add sour cream and pickles and heat to simmering. (Do NOT let it boil after you have added sour cream) Return pork chops to pan to drown in sauce and warm up thoroughly. As weird as it sounds, it is delicious. (Of course, we put it on potatoes in those days!) My husband still asks me to double the "Polish" so he can have it in a bowl to the side as well as on the chops. This is an old family recipe I think my mother got from the NY Times, slightly modified for SS'ing By mamatomjay.

### Cajun Pork Chops

1 Tbsp. paprika  
 1/2 tsp. ground cumin  
 1/2 tsp. rubbed sage  
 1/2 tsp. ground pepper  
 1/2 tsp. garlic powder  
 1/2 tsp. cayenne pepper (to taste)  
 1/2 Tbsp. butter  
 1/2 Tbsp. oil  
 4 boneless center cut pork chops 1/2 thick

Combine all of the seasonings. Coat both side of the chops with seasoning mixture. Heat butter and oil over high heat in large skillet until very hot. Place chops in skillet, reduce heat to medium and cook 8 to 9 minutes turning once halfway through cooking time. Serve with a good Somersized Coleslaw. Posted by LilLooLoo

## Pork Chops

Marinate them in 2 parts soy sauce to 1 part water, 1/2 part olive oil for at least 2 hours (longer if you can). Heat grill to medium and cook long and slow, turning often, basting with marinade. I think I cooked mine about 30 minutes on indirect heat. They were wonderful, the best I've ever made. They don't have a sauce, but then, they really didn't need it. I was never really too good at making pork chops - always dry and hard. But when ordering my last chops at the butcher block, I asked the person next to me, also ordering chops, how she prepared them. Posted by MsTified.

## Pork Chops with Creamy Mustard Sauce

4 (1 1/2-inch) thick center-cut loin pork chops, with bone (I used boneless)  
 Salt & pepper  
 Olive Oil  
 4 cloves garlic  
 1 cup finely chopped red onions  
 1 cup dry white wine  
 1 cup chicken broth  
 1 teaspoon Dijon mustard  
 1 teaspoon coarse-grained mustard  
 1 Tablespoon finely chopped fresh thyme

Season pork with salt & pepper on both sides. Heat a few tablespoons of olive oil in a large sauté pan until almost smoking. Cook the pork for 3 to 4 minutes on 1 side or until golden brown, turn over, reduce heat to medium and continue cooking to medium doneness. Remove to a plate and keep warm. Pour off all but 2 tablespoons of the fat. Add the garlic and onions and cook until soft. Add the wine and cook until reduced by half. Add the broth and cook to a sauce consistency. Whisk in the mustards and thyme and season with salt & pepper to taste. Spoon sauce over pork chops and serve. Got this recipe off Food Network last week. My husband raved about it and wants to know when I am going to make it again!

## Creamy Pork Tenderloin

1/2 pound sliced bacon, cut into 1-inch pieces  
 1 pork tenderloin (1 pound)  
 1/2 Tsp paprika  
 1/2 Tsp pepper  
 1/4 Tsp salt  
 1 C Cream

In a skillet, cook bacon until browned, drain and set aside. Cut pork into 1-1/2 inch slices and flatten slightly. Sprinkle with paprika, pepper, and salt. Place pork into an 8-inch baking dish. Sprinkle with bacon. Bake uncovered at 350 for 25-30 minutes, until juices are clear. Pour cream over top, and return to oven for 8-10 minutes, until the cream is slightly thickened. By momtomgm.

## Crispy Crust Pork Tenderloin

1/2 Whey Low Gold  
 3 Tbsp dry thyme  
 2 tsp each ground allspice, dry ginger, dry mustard  
 1 tsp each salt and pepper  
 2lbs pork loin

Mix all of the above except pork loin in small bowl to make a dry rub. Rinse & dry pork loin. Press about half the dry rub all over the pork loin. Let it set about 10 min. (Save the other half of the rub in a ziplock bag.) You can either bake the pork loin or grill it. For baking, bake at 325 for 1 1/2 hours or until internal temperature reaches 155. Cover & let stand 15 minutes. To grill, grill over a medium hot grill 5 minutes per side to sear. Then cover & grill for 15 to 20 minutes until internal temperature is 160. This is a recipe I have had for a long time that I have always liked. I SSed it & it turned out really great. And, it is pretty easy. Posted by weesers.

### Pork Loin

I buy a whole pork loin, season it with salt, pepper & garlic powder. Put it on a rack in a 325 oven for about an hour (I use a meat thermometer & when it reaches an internal temp of 155 it is done). I wrap in foil for about 15 minutes & it is juicy, never dry, every time. Just cut into thick slices. You can thicken the juices in the pan with a little sour cream. Posted by beebie1.

### Rocky Mountain Pork

3/4 c fresh lemon juice  
 1/2 c soya sauce  
 5 Tbls Splenda  
 2 small shallots, peeled and halved  
 2 large garlic cloves, peeled and halved  
 2 bay leaves crumbled  
 1/2 tsp salt  
 2 tsp pepper  
 1 tsp dry mustard  
 1 Tbls ginger root, minced  
 1 tsp fresh parsley, chopped  
 3 lbs pork tenderloin

In a food processor with a metal blade combine all the marinade ingredients. Puree and pour over tenderloin. Turn to coat. Cover and marinate in fridge overnight. Grill over med low heat on barbeque turning every 5 minutes to sear each side, for a total cooking time of 20 minutes. Let stand 5 minutes to reabsorb juices, then slice into medallions. Meanwhile, place the reserved marinade in a saucepan and heat until boiling. Boil until slightly reduced, about 5 minutes. Serve alongside tenderloin. Serves 8, prep time: 20 minutes. We've made this several times and just love it. This is from the cook book that came with our new B-B-Q. Posted by TL.

### Pork Steak with Mushroom Gravy

2 pork steaks  
 sliced mushrooms (fresh or canned)  
 Chopped onion, to taste  
 salt & pepper to taste  
 1 c water (more or less)  
 1/2 to 1 c sour cream

Heat skillet on medium heat, brown steaks. Remove from pan, drain off excess grease. Add chopped onion & sauté until clear. Add mushrooms & steaks. Add water. Turn heat to low & simmer for about 30 minutes (could be longer if steaks are thick.) When steaks are tender, remove from pan & turn up heat to medium. Add sour cream & stir until liquid is reduced to thickness of gravy. Great over mashed cauliflower. This is pretty broad as it depends on the size of the meat & the amount of water to keep it simmering until tender. Once the steaks are done it will depend on how much liquid there is to be reduced for the gravy. I add sour cream until it is the consistency I like. Posted by beebie1.

### Pork Piccata

thin sliced boneless pork chops	capers
chicken broth	tablespoon butter
juice of 2 lemons	olive oil

Put olive oil in a skillet. On fairly high heat fry the pork chops until browned. Remove from pan. Add chicken broth, cook until broth reduces and pulls all of the little bits of browned bits off the bottom of the pan. Add lemon juice and capers. Take off the heat and add butter to thicken. Pour the sauce over the pork. I like to serve this with steamed broccoli and make enough sauce to pour over. Posted by coulter.

## Pork Roast in Milk

2-3 pound pork roast, boned and trimmed.

Sage

Thyme

Rosemary

Salt

Pepper

Parsley

Garlic

Onion

Heavy cream

Cut several small slits in roast and place a whole clove of crushed garlic in each. Rub the roast with salt and pepper then brown the roast over high heat in extra virgin olive oil on all sides. You want a pot which snugles the roast with a little side room for the rest of the ingredients. Turn down heat and add cream to cover 3/4 of the roast (reason for the smaller pot). Add thyme, sage (to taste). Place two sprigs fresh rosemary on top of the roast. Quarter an onion and place in cream. Bring cream to simmer over low-med heat, cover. Check every so often to baste. After 2 1/2-3 hours remove roast to rest and scrape all of the goodies off the bottom of the pan. Add parsley, season w/ salt/pepper to taste, and add more cream if necessary to equal at least 1 1/2 cups and/or water if you'd like the 'gravy' a bit thinner. For some reason I just remembered this dish which I haven't made in at least 25 years and did so this weekend, somersizing it slightly of course. I believe it is of Italian origin. It cooks for 2-1/2 to 3 hours, so once your prep work is done you can take a nap or turn on the football game. By RoinMD.

## Pork Roast

Use a boneless loin end cut, butterfly it open, spread uncooked sausage evenly over meat, top that with sliced mushrooms, grated cheese (your favorite) and sprinkle with herbs of your choice. Roll up tightly and tie with butcher's twine. Sprinkle outside with whatever you would use for your favorite roast. Roast at 375 degrees until it reaches a temperature of 180 degrees when thermometer is inserted on thickest part of roast. This can be served with a light marinara sauce or a somersized brown gravy. Everyone loves this roast. I make two, cook one and freeze one to be cooked at another time. Posted by Grandmajudi.

## Cedar Plank Pork Roast

1 UNTREATED cedar plank (14 x 7 x 1 in)

1/2 cup no sugar BBQ sauce

1/4 cup no sugar teriyaki sauce

grated peel of 1 orange

1 Tbsp. vegetable oil

1 boneless pork loin 92 to 21/2 lbs)

Mix BBQ and teriyaki sauces and orange peel until well blended. Remove 1/2 of the BBQ sauce mixture; set aside for serving with cooked meat. Barbeque 1 hour or until meat thermometer inserted into the thickest part of the meat registers 150 F, turning and brushing BBQ sauce mixture during the last 20 min. of barbequing time. Discard any remaining sauce used for brushing. Remove meat from barbeque; cover loosely with foil. Let stand 10 min. until internal temp reaches 160 F. Discard cedar plank. Cut meat into thin slices and serve with the reserved BBQ sauce mixture. Plank Info: buy untreated cedar planks at your local grocery, specialty food or hardware store. It should be about 14 x 7 x 1 in. Be sure to buy untreated planks to avoid chemical contamination of food. You can also use untreated oak, maple, cherry or apple wood planks for different flavours. Getting your plank ready: Immerse plank in water and soak for at least 4 hours or overnight. You may have to weigh the plank down with a soup can. Preheat barbeque to medium heat. Using a brush, brush one side of the plank with vegetable oil. This will help prevent food from sticking to the wood. Top plank with meat; place on centre of barbeque grate. Close lid. Posted by TL.



## Elegant Pork Roast

Take a pork loin roast. Tie it with string to keep the shape tight. Roll it in a couple of beaten eggs, then roll it in fresh grated Parmesan cheese with a tbl of McCormick's chicken seasoning, or your choice. Heat a large fry pan adding 1-2 TBL of butter and olive oil. Carefully brown roast in pan and set pan aside but don't rinse out. Cook roast in 350 oven, I use a cookie sheet, lined with alum. foil and set a cookie cooling rack inside, until internal temp is 138-140 degrees. Take out of oven and cover with foil and let sit for 20 min. It will continue cooking and cheese will harden a little. While this is setting make your sauce. Heat your pan. Add 2-3 chopped shallots, cook quickly and raise heat to med-high. Add 1/2 cup of white wine, or chicken broth, plus 2 tbl of white balsamic vinegar. Stir pan until it reduces to 1/2, the vinegar will be strong but don't worry it turns sweet as it cooks. Turn off stove and stir in 1-2 tbl butter with a fork until it melts. Pour over sliced roast. I make roasted potatoes with this for non-SSers, it is fabulous, and beautiful served on a platter! Almost level one with wine. Posted by KathyJG.

## Ways to Cook a Ham

- I glaze my hams now with Suzanne's maple syrup mixed with some stone ground mustard, everyone loves it or some of the others use diet rite cola over the ham to glaze it – Syndarella72
- I put my ham in the crockpot on low for several hours, even if it is pre-cooked. I mix sugar free pineapple syrup and Joseph's syrup together, pour over the top of it and let it get hot all the way through. I usually leave it in about 4 hours. – dodie71291

## "Turn it Up" Scalloped Potatoes and Ham

1 small to med turnip thinly sliced  
1/2 cup of cubed ham  
1 Tb spoon sour cream

1/4 –1/2 cup of cheddar cheese  
1 tsp of dried chives  
Salt and pepper to taste

Mix well bake in a buttered baking dish at 350 covered until bubbly, then remove cover and bake until slightly brown. Tips: buy turnips that are small, they are not as bitter. Make sure they are firm, soft ones indicate they are not as fresh. I make these in ramekin dishes and freeze for individual servings. You will never know it's not potatoes. Makes 1 – 2 servings. By Scrapbooker46.

## Pork Ribs in Garlic Sauce

1 1/2 lbs Baby Back Ribs ( I usually use just a regular slab of ribs)  
3 or 4 T olive oil  
2 Cups chicken stock  
2 bay leaves  
5 or 6 cloves of garlic  
1/4 Cup minced parsley  
Coarse salt  
Ground pepper

Brown ribs in oil in large stock pot. (I use a roaster pan on top of the stove.) Add stock and bay leaves. Cover and simmer 45 minutes. Mash garlic, salt, pepper and parsley into a paste. Uncover ribs. Skim off about 3 T of sauce. Boil away stock. Stir in garlic mixture, coating the ribs. Cook on high another 5 minutes, turning ribs and let them get crispy. Serve on platter and drizzle with pan sauce. These get really crunchy and so good. These are the best ribs I have ever eaten. By keepingitoff.

## Pull Apart So Tender Pork Ribs

When I make my ribs - either full or baby back - to make them sooo tender you can pull them apart: Preheat oven to 225 (yes 225), pull membrane off the back of the ribs. Sprinkle and rub both sides with your favorite rub (I use a mix of chili, onion, garlic powders, s&p, whey low brown). Place on foil lined cookie sheet in rib racks (they let you stand ribs on side-if you don't have- place on pan). Bake for 4 - 6 hours (4 for baby back - 6 for full ribs). You can mist them with water if they appear to be dry. The last hour, baste with SS bar-b-q sauce - I mix in SF honey for honey-bar-b-q. These are soooo tender they can be pulled apart. Posted by Medicmom.

## Honey Glazed Baby Backribs and Sauce

1T oil  
 2 sm onions minced  
 2 cloves garlic minced  
 1 2/3 C sf ketchup  
 1 C cider vinegar  
 2/3 C sf honey  
 4 T soy sauce  
 2 T lemon juice  
 1 t ginger  
 3 t hot sauce  
 3 slabs BB ribs

Sauté onions and garlic in oil until soft, combine the rest of ingredients and bring to a boil, reduce heat and simmer for 20 mins. Remove membrane from ribs. Lay each slab on double thickness of foil, brush some sauce on and wrap tightly, bake for 1 hour at 300, remove and cool. Remove from foil and place in a large baking pan bake for 1 hr and 20 mins at 375, the last 20 mins brushing sauce on the ribs. When done, cut into individual ribs and serve with sauce on the side. Yum yum!!!! this sauce is sooooo good, you'll want to drink it. Posted by dmc.

## Chinese Spareribs #5 with Teriyaki Glaze

2 racks pork spareribs, 4 pounds each, trimmed of excess fat  
 1/2 cup Chinese five-spice powder  
 Sea salt and freshly ground black pepper  
 2 tablespoons sesame seeds, for garnish  
 Chopped fresh cilantro leaves and green onion, for garnish  
 Teriyaki Glaze:  
 1 cup low-sodium soy sauce  
 1 cup grapefruit juice  
 1/4 cup hoisin sauce  
 1/4 cup ketchup  
 3 tablespoons rice vinegar  
 1/4 cup brown sugar  
 1 fresh red chile  
 2 garlic cloves, smashed  
 2-inch piece fresh ginger, whacked open with the flat side of a knife

Preheat the oven to 300 degrees F. Rub the ribs all over with the five-spice powder; season generously with salt and pepper. Arrange the ribs in a single layer in a roasting pan and slow-roast for 2 1/2 hours. To prepare the teriyaki glaze: Meanwhile, in a pot, combine the soy sauce, grapefruit juice, hoisin sauce, ketchup, rice wine vinegar, brown sugar, chile, garlic, and ginger over medium heat. Bring to a slow simmer and cook, stirring, until thickened, about 20 minutes. In the last 30 minutes of cooking, baste the ribs with the teriyaki sauce. When they are done, the pork will pull away from the bone and you will see about 1/2-inch of bone showing. Just before you're ready to eat, baste the ribs with the teriyaki sauce again and stick them under the broiler for 5 to 8 minutes to make the spareribs a nice crusty brown. (Keep a close eye on these guys - ribs go from perfectly crisp to perfectly burnt seconds.) Separate the ribs with a cleaver or sharp knife, pile them on a platter, and pour on the remaining sauce. Sprinkle with sesame seeds, chopped cilantro, and green onion before serving. Here's a recipe from FoodTV.com -I've not tried it yet, but it sounded perfect to me, as I'm not too fond of regular barbeque sauce either- I'm going to use "Steels" brand sugar-free hoisin sauce in this recipe ( if you can't find it locally, they have a website). Everything else I think is ok, oh the catsup of course needs to be sugar-free and substitute whatever sweetener you use for the sugar, too. oops, the grapefruit juice, I'm going to use lemon juice but not as much. Recipe courtesy Tyler Florence. Recipe Summary: Prep Time: 20 minutes; Cook Time: 2 hours 30 minutes; Yield: 8 to 10 servings (1 1/2 cups glaze).

## Sausage Stuffed Squash

4 small squash  
 1 lb bulk breakfast sausage  
 1 tbsp. butter  
 1/2 tsp. pepper  
 1/4 cup diced red bell pepper  
 1/4 tsp salt  
 1 green onion thinly sliced  
 1/2 cup sugar free maple syrup (I used Log Cabin Pancake Syrup w/splenda)

Preheat oven to 400 degrees. Cut both ends off the squash and then cut each squash in half. Scoop out the seeds and fibers and discard. Arrange squash in large baking pan or dish. Melt butter in non stick skillet over medium heat. Add bell pepper and green onion; sauté until tender, about 3 min. Transfer to large bowl, cool. Mix in the sausage, pepper and salt. Divide mixture into 8 portions and mound in center of squash. Brush sausage and squash with half of the syrup. Bake 15 minutes. Then brush again with remaining syrup and bake until squash is tender and the sausage is cooked through, approximately 1 1/2 hours. Serve with your favorite side dishes. Or you can use this as a side dish. Posted by LilLooLoo.

## Homemade Pepperoni

7 pounds pre-frozen or certified pork butt, cubed, fat included  
 3 pounds lean beef chuck, round or shank, cubed  
 5 tablespoons salt  
 1 tablespoon sugar  
 2 tablespoons cayenne pepper  
 3 tablespoons sweet paprika  
 1 tablespoons crushed anise seed  
 1 teaspoon garlic, very finely minced  
 1 cup dry red wine  
 1/2 teaspoon ascorbic acid  
 1 teaspoon saltpeter  
 6 feet small (1/2-inch diameter) hog casings

Sausage Mix: Grind the pork and beef through the coarse disk separately. Mix the meats together with the remaining ingredients. Spread the mixture out in a large pan, cover loosely with waxed paper, and cure in the refrigerator for twenty-four hours. I found this old handwritten recipe for pepperoni in my Italian boyfriend's mother's recipe box. I am sure that you can substitute the sugar with Somersweet or Splenda or whichever non-sugar you are using these days.

Prepare the casings (see instructions below). Stuff the sausage into the casings and twist off into ten-inch links. Using cotton twine, tie two separate knots between every other link, and one knot at the beginning and another at the end of the stuffed casing. Cut between the double knots. This results in pairs of ten-inch links. The pepperoni are hung by a string tied to the center of each pair. Hang the pepperoni to dry for six to eight weeks. Once dried, the pepperoni will keep, wrapped, in the refrigerator for several months.

Preparing the Casing: Snip off about four feet of casing. (Better too much than too little because any extra can be repacked in salt and used later.) Rinse the casing under cool running water to remove any salt clinging to it. Place it in a bowl of cool water and let it soak for about half an hour. While you're waiting for the casing to soak, you can begin preparing the meat as detailed below. After soaking, rinse the casing under cool running water. Slip one end of the casing over the faucet nozzle. Hold the casing firmly on the nozzle, and then turn on the cold water, gently at first, and then more forcefully. This procedure will flush out any salt in the casing and pinpoint any breaks. Should you find a break, simply snip out a small section of the casing. Place the casing in a bowl of water and add a splash of white vinegar. A tablespoon of vinegar per cup of water is sufficient. The vinegar softens the casing a bit more and makes it more transparent, which in turn makes your sausage more pleasing to the eye. Leave the casing in the water/vinegar solution until you are ready to use it. Rinse it well and drain before stuffing. Yield: 10 pounds. Posted by RozWolf.

## LAMB

### Gyros

For 1 1/2 lbs. meat:

3/4 lb. Lean, finely ground chuck.

3/4 lb. Lean, finely ground lamb.

4 tsp. Dried oregano, crumbled.

2 3/4 tsp. Onion powder.

1 3/4 tsp. Garlic powder.

1 3/4 tsp. Freshly ground black pepper.

5/8 tsp. Thyme, crumbled.

1/2 tsp Salt or to taste.

Use a 10x3-1/2x3 inch pan for the 1-1/2 pound column; and a 9 1/2x 5 1/4 x2 3/4 inch pan for the 2-1/2 pound column. You may use all ground lamb, or a combination of half lamb and half ground chuck. I prefer the combo. Pre-heat oven to 350°F. Be sure your meats are ground very fine. The gyro mixture needs to be very dense in texture. Get out a mixing bowl or pot large enough to hold all of the meat and dump all your ingredients in. Using your hands, mix the ingredients together to thoroughly incorporate the two meats, flavoring herbs and spices. If the mixture feels a bit too stiff, add a tablespoon or two of ice water to help lubricate it. The completed mixture needs to be stiff and dense; so, don't be concerned about over mixing. Place meat mixture in meatloaf pan; firmly packing it down. Smooth-out the top surface. Drizzle a wee bit of cooking oil over the top and place in pre-heated oven. The 1 1/2 pound loaf should bake in about 45 to 60 minutes. NOTES: Let gyro loaf rest for at least 15 minutes before attempting to slice. Posted by Connsailor.

### Gyros

1 lb. ground lamb

1/2 C. very finely chopped (or shredded) onion

2 tsp. fresh minced garlic

3/4 tsp. salt (preferably sea salt)

1/2 tsp. dried ground marjoram

1/2 tsp. dried ground rosemary

1/4 tsp. black pepper

Mix everything together and let sit in the fridge for 1-2 hours. Blend in a food processor for about 1 minute. (When cooked, this will help give it a more traditional gyro feel on your palate. Otherwise, it just tastes like cooked minced meat.) Form into an oblong around a spit, and slow cook over a grill for around 30-45 minutes, cooking far from the coals, and rotating slowly. Alternatively, bake in the oven in a meatloaf shape for about 45 minutes to 1 hour, at 325°F. It should be a bit dry.

Tzaziki sauce:

2 c strained yogurt (I use sour cream for SS)

1 med. cucumber

4 cloves garlic, mashed to a paste

2 tbl. olive oil

salt & pepper

dash vinegar

fresh dill

Grate the peeled cucumber and press out all of the liquid. Mix with remaining ingredients. Posted by Connsailor.

## VEGETARIAN

### Marinated Squash & Peppers Grilling Medley

1 medium onion, cut into 1/2-3/4 inch slices, (whole, no rings)  
 1 lg. Zucchini, cut into 3/4 inch slices  
 1 yellow summer squash (optional), cut into 3/4 inch slices  
 1 each: green, yellow, & red peppers, cut into 3/4 inch slices (whole, no rings)  
 3 tomatoes, quartered  
 8 cubes of provolone chunk cheese  
 1 quarter cup chopped pecans (optional)

MARINADE PREPARATION: In glass bowl combine the following:

1 tablespoon water  
 2 teaspoons Dijon-style mustard  
 1/4 cup white vinegar  
 2/3 cup vegetable cooking oil  
 1 teaspoon minced chives  
 2 packets Splenda  
 3/4 teaspoon basil  
 1/2 teaspoon garlic powder  
 1/2 teaspoon salt  
 1/4 teaspoon cracked pepper

To Assemble: Arrange sliced vegetables in shallow baking dish or pan. Stir marinade and then pour over vegetables. Sprinkle with chopped pecans. Let stand in marinade for 15 minutes before grilling. Grilling: Put ingredients in ungreased baking dish on grill. Put about 3/8 inch of water in pan. It takes about 30 to 40 minutes. at indirect/medium heat (325/350 degrees). Turn pan once during cooking from front to back. Put provolone cheese cubes on top of medley to melt 5 minutes before removing from grill. This is delicious!! The marinade makes it!! By erma.

### Quick Veggie Black Bean Chili

28 oz can of tomatoes (undrained)  
 16 oz. jar any legal brand of chunky salsa  
 1 15 oz can black beans (rinsed and drained)  
 1/2 cup chopped bell pepper  
 1/2 teaspoon chili powder  
 Salt, pepper and garlic salt to taste

Mix tomatoes, salsa, beans, bell pepper and chili powder in saucepan. Bring to boil on medium high heat. Reduce heat to low and simmer 10 minutes. Season to taste with salt, pepper, and garlic salt. For Level two top with a little sour cream or grated cheddar cheese. (Just a little). I made this last night and it was delicious. I altered the recipe a little to make it legal. Enjoy!!!! By Michellem.

### Carbs Chili

Drain a can of kidney beans. Fry onions in a nonstick pan until browned. Add kidney beans, 1 cup brown rice, a can of chopped tomatoes, 1 chopped green bell pepper, 1 chopped red bell pepper. Season with chili powder, iodized sea salt, pepper, and sweet basil. Simmer for at least 1/2 hour to let the flavours blend. By Twiggy88.

### Carb Burrito

It's just WW rice (I used the instant) cooked according to directions. Then top with Black Beans (use some of the juices that come out of the can too). Then pour salsa over it, a little NF sour cream, some shredded lettuce & then fill up your WW tortillas & make burritos out of it! It's good just eating it out of the bowl too!! Posted by jgravitt.

**Turbo Lentils**

1 lb. dried brown lentils  
 6 c. vegetable broth  
 2 t. salt  
 1 1/2 c. chopped onion  
 2 T curry powder  
 2 t. garlic powder

Rinse lentils. Cook all ingredients 60 or so minutes, or until lentils are soft, adding more water if necessary. Top with cucumber dressing:

1 lg. peeled and chopped cucumber  
 8 oz fat free sour cream  
 1 t. dill (dried)  
 salt and pepper to taste

By nocarb@ss site, posted by DebB.

**Carb Pizza**

Dough:

1 1/2 cups whole wheat flour  
 1/2 cup lukewarm water  
 1 packet dry yeast  
 1/2 tsp salt

Mix water and yeast together in a mixing bowl. Let stand for 5 minutes. Add flour and salt to the water and yeast. Knead into a ball. Cover with a dish towel. Take a peek after 30 minutes. It should be rising nicely. When it's soft and puffy, put in a plastic bag and store in the fridge. (Tip: lightly spray the bag or throw some flour in it. It's ok if the dough is a little sticky.)

Sauce:

10 oz. crushed tomatoes  
 3 tbs oregano  
 1 tbsp pepper  
 sprinkle of salt  
 1 clove finely chopped garlic  
 1 tbsp of splenda

fat free mozzarella  
 fresh basil leaves

Stretch dough out with a rolling pin. Top with sauce, cheese, and basil. Cook on 550 degrees. It takes only 10-12 minutes. It's really delicious. Posted by - fakeblonde16.

**Easy Pasta Sauce - carbs**

1 can tomatoes  
 1 can tomato paste  
 1 can can kidney beans, drained  
 1 red bell pepper  
 1 green bell pepper  
 mushrooms  
 salt, pepper, garlic, sweet basil

Clean & chop peppers & mushrooms. Put all ingredients in a pan and heat until peppers are tender. By Twiggy88.

### Vegetable Quesadillas

2 egg crepes  
 1 slice diced onion  
 1 radish (diced)  
 3 mushroom caps (diced)  
 1 pat butter

Melt butter in skillet pan - when butter is all melted and coats bottom of pan, add vegetables - cook until brown - scoop and fill each crepe and fold like tacos - lay on one side until slightly brown - flip and slightly brown the other side. Serve warm. Yield 2. On my recent trip to Mexico, I discovered this entree in a small restaurant in southern Mexico and decided to try to recreate it in my kitchen. (Alternatively, use whole wheat tortillas instead of egg crepes, and cook vegetables in a little vegetable stock for a carb version.) Posted by Jody Renee.

### Eggplant Manicotti

1 Eggplant  
 Cooked spinach (squeeze out liquid)  
 Ricotta Cheese  
 Pasta Sauce  
 Parmesan or Mozzarella cheese

Slice the eggplant lengthwise and leave the skin on. Brush the slices with olive oil & season with salt and pepper. Bake at 350, aF for about 15-20 min, until they are soft. Once they have cooled, mix ricotta cheese (drained of all liquid) with the thawed & drained spinach, some parmesan and season it with a bit of Italian Seasoning & salt & pepper. Roll them up and bake them for about another 15-20 minutes. I then top it with Pasta sauce. Serve with WW pasta. Posted by kd lite.

### Eggplant Parmigiana Caponata

1 C olive oil  
 1 eggplant sliced into 1/2" rounds  
 2 red bell peppers chopped  
 8 slices mozzarella cheese  
 1 small onion chopped  
 2 cloves garlic minced  
 1 can stewed tomatoes with juice  
 1 Tb chopped fresh basil  
 1 Tb chopped fresh oregano  
 1/4 C balsamic vinegar  
 1/2 C red wine vinegar  
 1/2 C sugar sub. ( recipe called for Brown Sugar)  
 8 Tb tomato paste  
 8 anchovy fillets, chopped  
 3 Tb capers, chopped  
 1 Tsp salt  
 1 tsp pepper  
 1 C Parmesan cheese

Preheat oven 350 degrees. Heat 1/2 c olive oil in a heavy skillet, sauté eggplant until each piece becomes saturated with the oil. Use eggplant to line the bottom of a 3 qt. casserole dish. Sauté the red pepper until tender and layer over eggplant in casserole dish. Top with mozzarella. Heat remaining olive oil and cook onions and garlic until lightly browned and caramelized. Stir in stewed tomatoes, basil and oregano and simmer 5 minutes. Add Balsamic vinegar red wine sugar substitute and tomato paste. Simmer for 10 minutes. Add anchovy fillets and capers. Season with salt and pepper. Pour over the mozzarella cheese in the casserole dish. Sprinkle with Parmesan cheese on top. Bake in preheated oven for 20 to 25 minutes or until cheese is melted. By phoffer.

## Eggplant Rollatini

2 eggplants-cut in rounds left to dry out in a roasting pan (water will drip off the rack into the bottom of the pan)  
Vegetable oil as needed

After the eggplant dries out (about 6 hours), fry each slice in vegetable oil. This takes about 3-6 minutes per side. Allow to cool.

The Family Sauce:

1 can crushed tomatoes  
1/4 cup extra virgin olive oil  
3 cloves garlic, chopped  
1/2 tsp crushed red pepper flakes  
8 basil leaves chopped  
1/2 tsp oregano  
salt and pepper to taste

Get oil and garlic heated in a pot. Remove from heat. Add the red pepper flakes and basil. They will fry up and release their oils (little trick, makes the sauce amazing!), add the tomatoes. Put pot back on the heat and add seasonings. Allow to heat through and simmer about 30 minutes. Allow to cool.

Filling:

2 lb ricotta  
4 oz. of chopped frozen spinach (well drained)  
8 basil leaves  
2 handfuls grated pecorino romano cheese  
1 lb. shredded mozzarella  
salt and pepper

Simply combine all ingredients and store in the fridge until ready to use. Assembly: note: all components must be cool. Place a tablespoon of ricotta mixture in the center of the eggplant slice. Roll up and place in baking dish-lasagna pan. Repeat with all eggplant. Top with sauce and grated cheese. Bake (you are really only heating) for 30 minutes at 350. I thought I would share my favorite dish of all time. All portions of this dish can be done a day in advance. So incredibly delicious! I come from a long line of great Italian cooks and this makes me feel like a chef lol. By fakeblonde16.

## Grilled Tomato Eggplant Mozzarella Stack-Ups

3 Tbsp balsamic vinegar (45 ml)  
3 Tbsp olive oil (45 ml)  
1 tsp Dijon mustard (5 ml)  
1/4 tsp Splenda (1 ml)  
1 clove garlic  
6 (1/2 inch) thick slices of firm, ripe tomato (12mm) (3 inch diameter 7.5cm)  
6 (1/2 inch) thick slices of eggplant (12mm)  
(3 inches diameter 7.5cm)  
6 oz mozzarella cut in 12 thin slices (175g)  
12 fresh basil leaves

Combine vinegar, oil, mustard, sweetener, garlic in a screw top jar. Cover and shake well. Add salt & pepper to taste. Divide vinaigrette dressing in half; reserve one half. Brush tomato and eggplant slices with 1/2 of the vinaigrette dressing and place on preheated grill. Cook with lid open, over medium heat until tomatoes develop grill marks but are still firm (about 3 min per side) and eggplant is golden and cooked (about 4 min per side) Remove from grill and sprinkle with salt & pepper. For each serving, layer 1 slice of eggplant, 1 basil leaf, 1 slice mozzarella, another basil leaf, 1 slice tomato, and top with 2nd slice of mozzarella. Drizzle each stack with reserved vinaigrette. Makes 6 servings. Variation: replace tomatoes with grilled zucchini and eggplant with grilled onion slices. Posted by Twiggy88.



## Eggplant Sandwich

1 medium eggplant

1/2 - 1 cup grated parmesan cheese

1 egg

lots of your favorite fresh veggies

(The best to use for this sandwich are: red, yellow, or orange peppers, vidalia onion, zucchini, yellow squash, asparagus, portabella mushrooms - slice all veggies that can be sliced lengthwise to fit in a 'sandwich'.)

slice of provolone or mozzarella cheese

If you cannot grill your veggies, then put the sliced vegetables in a bowl and coat with olive oil, then roast in a preheated 450 degree oven for 25-30 minutes. For the eggplant: Slice lengthwise in 1/2 inch thick slices (I use my mandoline to do this). Dip slices in the beaten egg and then coat with grated parmesan cheese. Bake eggplant slices on a greased cookie sheet for 20-25 minutes at 350 degrees. (Put a slice of mozzarella cheese on the eggplant slices for the last 2-3 minutes of cooking). Assemble your 'sandwich' with all your roasted (or grilled) veggies in between 2 slices of your parmesan eggplant slices. Posted by CANMOM.

## Vegetable Lasagna

Sauce: Tomatoes, tomato paste, vegetable oil, salt, celery, romano cheese, fresh garlic, oregano, black pepper. (blenderize)

Vegetables: Diced tomatoes, red kidney beans, carrots, onions, cauliflower, celery, broccoli, spinach, red peppers, fresh garlic.

Noodles: whole grain noodles of your choice

Topping: fatfree Mozzarella cheese, fatfree cheddar cheese.

Layer noodle, sauce, vegetables then top with cheeses. Bake 350F for 45min. This lasagna is so good. By Twiggy88.

## Easy Veggie Pasta

8 ounces whole wheat pasta

1 medium onion, coarsely chopped

8 oz. Sliced fresh mushrooms

2 small zucchini, sliced

1 clove garlic, minced

2 cans (14 oz) diced tomatoes

1 Tbsp balsamic vinegar

2 Tbsp chopped fresh basil (see note)

2 Tbsp chopped fresh Italian parsley

Freshly ground black pepper

Cook pasta in boiling salted water according to package directions. While water is coming to a boil and pasta is cooking, prepare sauce. In large, nonstick skillet, cook onion, stirring frequently, until onion softens, 5-10 minutes. (here is where the original had used oil. A little PAM spray, veggie broth or water will work to sauté onions). Add mushrooms and zucchini; cook, stirring frequently, until mushrooms release their liquid and vegetables begin to brown. Add garlic; cook, stirring, for 30 seconds. Add 1 can tomatoes with their liquid to skillet. Drain other can of tomatoes, reserving juice; add tomatoes to skillet. Stir in vinegar. Bring to a boil, then let simmer until pasta is almost done. If mixture becomes too dry, add reserved tomato juice. When pasta is done, transfer with a slotted spoon from the pot to the skillet of sauce. If the mixture seems dry, add a few tablespoons of the pasta cooking water. Stir in fresh basil, parsley and pepper to taste. Serve immediately. NOTE: You can substitute 2 tsps dried basil leaves for the fresh, adding dried herb to the sauce with the tomatoes. Variation: Vary the vegetables (green beans are especially good with the combination of onions, tomatoes and balsamic vinegar). Posted by suzysun55.

**"Mock" Fettuccini Primavera**

1/2 medium spaghetti squash  
Primavera Sauce, recipe follows

\*Cook's Note: This recipe is for half of the squash. You may double the recipe to use all of it, or top the other half of the squash with butter, sour cream, cheese, and bacon to make "mock" baked stuffed potatoes. Slice squash in half lengthwise. Scoop out the seeds with a spoon as you would a pumpkin. Then completely submerge both halves in boiling water and cook for about 20 to 25 minutes, or until the inside is tender to a fork and pulls apart in strands. (It is better to undercook if you are not sure). Remove, drain, and cool with cold water or an ice bath to stop the cooking. Then use a fork to scrape the cooked squash out of its skin, and at the same time, fluff and separate the squash into spaghetti-like strands. Discard the skin. Reheat the squash strands by dipping with a strainer in boiling water just before serving. Top with Primavera Sauce.

**Primavera Sauce**

4 tablespoons unsalted butter (1/2 stick)  
1/2 cup small broccoli florets, lightly blanched  
1 cup heavy cream  
1 egg yolk  
1 clove garlic, crushed  
1 1/2 cups freshly grated Parmesan  
1/4 cup chopped fresh parsley leaves  
Salt and pepper  
Fresh basil leaves, for garnish  
Grape tomatoes, sliced in half, for garnish

Melt 2 tablespoons butter in a medium saucepan over medium high-heat. Add broccoli and sauté for about 1 minute. Then whisk in cream and egg yolk and cook for only 1 to 2 minutes. Next, add garlic and cheese and whisk quickly just to heat through. Remove from heat and stir in the rest of the butter and the parsley. Pour over or toss with the hot spaghetti squash. Season with salt and pepper, if desired. Garnish with fresh basil leaves and grape tomatoes. This recipe is from the new program "Low Carb and Lovin' It". Recipe courtesy George Stella. Prep Time: 20 minutes. Cook Time: 30 minutes. Yield: 4 servings. Posted by - pammyjoy1

**Zucchini alla Romana**

2 cloves garlic  
2 tsp olive oil  
4 cups sliced zucchini  
1 tsp dried mint or basil crushed  
1/4 tsp salt  
1/8 tsp pepper  
2 TB finely shredded Parmesan cheese

In large skillet cook the whole garlic cloves in hot oil until slightly browned. Discard garlic. Add zucchini, dried mint or basil, salt and pepper to the oil in skillet. Cook uncovered over med heat about 5 minutes or until the zucchini is crisp tender; stirring occasionally. To serve, sprinkle with parmesan cheese and fresh mint or basil. By phoffer.

**Zucchini Italiano**

Sauté zucchini rounds about 1/2" thick in Extra Virgin Olive Oil, about 2 TB. Season with a lot of salt and pepper. Sauté until however soft you like it, I like it very crisp and firm, almost keeping it raw. Then put it in a bowl, top with tomato sauce, top with Parmesan Cheese. Posted by phoffer.

### Oven-Roasted Vegetables

1 med zucchini, cut into bite-size pieces  
 1 med summer squash, cut into bite-size pieces  
 1 med red bell pepper, cut into bite-size pieces  
 1 med yellow bell pepper, cut into bite-size pieces  
 1 lb fresh asparagus, cut into bite-size pieces  
 small eggplant  
 mushrooms  
 1 red onion, chopped  
 3 Tbsp extra virgin olive oil  
 1 tsp salt  
 1/2 tsp basil  
 1/2 tsp oregano  
 garlic to taste  
 1/2 tsp black pepper

Preheat the oven to 450°F. Place the zucchini, squash, bell peppers, asparagus, and onion in a large roasting pan, and toss with the oil, salt, and black pepper. Spread in a single layer. Roast for 30 minutes, stirring occasionally, until the vegetables are lightly browned and tender. Makes 4 servings. By mrsjackspratt.

### Roasted Vegetables

1 medium of each (chopped into bite size pieces):  
 red pepper  
 yellow pepper  
 zucchini  
 summer squash  
 red onion  
 1 lb. of asparagus  
 2 Tbsp. olive oil  
 salt and pepper

Arrange a single layer in a roasting pan. Drizzle olive oil over them and toss to coat. Bake at 450 for 20-30 min. This is a great recipe and easy! By MarineWife.

### Oven Roasted Veggies

1 red bell pepper  
 1 yellow bell pepper  
 1 red onion  
 2 Portobello mushrooms  
 1 bunch of asparagus  
 3 zucchini

Cut all the above into chunks, for portabellas, thinly slice first about 1/4 inch thick, then into chunks. Spread onto ungreased cookie sheet, drizzle with 3-4 tablespoons extra virgin olive oil, sprinkle with kosher salt & freshly ground pepper to taste & put into 400 F oven for 45 mins, stirring every 15 mins. The veggies will caramelize & taste amazing. Use the leftover veggies in omelettes for breakfast. This is so easy & DELISH! Posted by showgirl.

### Spaghetti Squash with Tomato Sauce

Use one yellow spaghetti squash. Poke holes in squash, place on a plate OR saw squash in half, place 1/2 squash on a plate (cut side down), add 1/4 " water. Microwave on high for 15 to 20 minutes until tender. Transfer squash to another plate. Fluff up the squash with a fork (it will look like spaghetti strands). Blend one 5.5oz can tomato paste with 5.5oz. of water, salt, pepper, sweet basil, oregano. Pour over the squash. Shred some mozzarella cheese and sprinkle over squash. Return to microwave on high until cheese melts. By Twiggy88.

## Tomato and Leek Frittata

Preheat oven to 350. Heat 2tsp Olive oil in 10" ovenproof nonstick skillet over med. Add 2c.sliced leeks (white parts); season with coarse salt and ground pepper. Cover; cook 5mins. Stir in 1c. grape tomatoes. Cover; cook 2 mins. Transfer to bowl. In another bowl, beat 6 egg whites with salt and pepper to stiff peaks. Whisk in 4 egg yolks. Brush skillet with 1 tsp. olive oil. Add eggs; sprinkle with veggies and 4 oz. crumbled goat cheese. pushing slightly under surface. Cook over med. until sides are dry,3mins. Transfer to oven, bake 15-20 mins. Another one from Martha Stewart, I didn't change a thing-perfectly somersized!!!! Posted by Secondtimer.

## Spicy Rice

1 TBSP canola oil	-pinch of hot pepper flakes-
1 cup onions, chopped	-fresh ground pepper-
1 cup celery, chopped	1 cup brown rice
1 cup red pepper, chopped	1.5 cup vegetable stock
2 cloves garlic, minced	1 can red kidney beans, drained
1 tsp dried basil	(19 oz / 540 ml)
1/2 tsp each dried rosemary, oregano,	1 can tomatoes, crushed
ground cumin	(28 oz / 796 ml)
-salt to taste-	

In large heavy saucepan over medium heat, heat oil. Add onions, celery, red pepper and garlic; cook, stirring, until onions are softened. Add basil, rosemary, oregano, cumin, salt, hot pepper flakes and a few grindings of pepper. Add rice, stock, beans and tomatoes. Bring to a boil. Transfer to 10 cup (2.5 L) casserole. Bake, covered, in 350 F (180 C) oven for 45 to 60 minutes or until rice is tender; stir once halfway through baking. Serves 6. Posted by Twiggy88. (Copied with permission from [www.peakmarket.com](http://www.peakmarket.com).)

## Yummy Rice and Peas

Heat the stove top and in a pot, combine:

Diced white onions  
green peas (a cup or more)  
salt & pepper, to taste  
ground tomatoes (or tomato paste and water)

Cook until the onions become see through, and the peas are soft. Cook a cup of brown rice, in a separate pot and add some salt and pepper, to taste. Serve rice on plate, then put the peas on top of the rice. I make this as a level one carbs meal. You can add a tablespoon of oil to the peas, if you are on level 2. I don't have the exact recipe, I just got used to making it without measuring. Posted by Rolorocks.

## Portabella Pepperoni Pizzas

4 large portabella mushroom caps, stems removed	1 Tbsp. olive oil
4 oz pepperoni, sliced	1 Tbsp chopped garlic
1 yellow or red onion, sliced	1 tsp. dried oregano
1/2 lb. smoked mozzarella, grated	1/4 tsp. salt and pepper
8 oz crushed tomatoes	

Preheat oven to 375 F. Heat olive oil, add garlic, & onion & sauté until golden brown. Add crushed tomatoes & oregano. Simmer 10 minutes on medium heat. Add salt & pepper to taste. Quickly rinse mushroom caps & place gill-side up on baking sheet. Top with tomato sauce, pepperoni & cheese. Bake 15-20 minutes. Quarter & serve as an appetizer or an individual pizzas. Makes 4 pizzas. Tina's note: When I made this I just used Somersized marinara sauce. I sautéed onion, & red peppers together. Then layered the pizza together. Posted by tmmares.

## POTPOURRI

### Blueberry Jam

1 pint frozen or fresh blueberries  
 1/4 cup white wine  
 1/4 teaspoon allspice  
 1/4 teaspoon cloves  
 1 cinnamon stick  
 sugar substitute to taste

Put all ingredients except sugar in heavy pan. Boil slowly for about 1/2 hour or until thick. Remove from heat add sugar sub. Store in fridge. It is really fresh tasting and thick, great on ice cream or stuffed into DebB buns with cream cheese on top of the bun. If you don't have the cinnamon stick, use 1/4 teaspoon of ground or to taste. Enjoy also can use water instead of the wine or rhubarb instead of blueberries. By Sunnyfour.

### Rhubarb Preserves

1 frozen bag of rhubarb (this a legal veg. for carb, and pro/fat.  
 1 cup water  
 1/2 cup fructose or 8-9 pack. of Splenda (I use about 15 packs of splenda)  
 I added 8 squirts of raspberry DV syrup - next time I'll try strawberry

Cook in nonstick skillet until soft, mush with fork until pieces break down into sauce. You can add Strawberry extract or any SF flavored strawberry syrup to this for Strawberry-rhubarb preserves. (Maybe you have an idea of how to make jelly, or refrig. jelly) Let me know! So good on toast. Merrilee Wagner @ SS site.

### Preserved Lemons

10 unwaxed organic lemons, washed and drained [US comment: if you can't get good organic lemons, be sure to clean your lemons thoroughly with something like Fit to remove all residues of waxes and pesticides. You'll be eating the lemons pretty much whole so you want them to be the best and cleanest they can be.]  
 1 kilo (2.2 lbs.) coarse sea salt  
 3 cinnamon sticks, broken up roughly  
 1 Tb. whole coriander seed  
 1 Tb. whole cumin seed  
 1 tsp. whole black peppercorns  
 1 tsp. whole cloves  
 5 small dried red chilies  
 5 bay leaves  
 juice of 3 extra lemons

Quarter top of each lemon & continue to cut until 2/3 the way down. Open out, pushing some salt inside each one & press together again. In one or two large sterilized preserving jars or plastic container with a lid, alternate salt with the spices & the lemons, so everything is more or less evenly packed in the jar. Press down on the lemons to help extrude some of the juice. Pour on the extra lemon juice. Close the jar & leave at room temperature for 2-3 months or until the skins are soft all the way through. When you are ready to use them, remove a lemon from the jar, rinse under cold water to remove any excess salt, pull out the pulp & discard & chop the skin as desired. Preserve lemons are deceptive in their strength, so only the smallest amount will be necessary although it may seem like nothing, so beware! When the lemons are ready, you can wash off all the salt keeping the spices & pack them back in the jar & fill with olive oil. They should keep for up to a year." Sam Clark, the chef/owner of Moro, in London, gave me this recipe. I haven't actually tried it yet, but I have had the results of his & they're wonderful. "Preserved lemons are a great feature in North African cooking, especially in Morocco. Preserved in salt & spices, their strong, distinctive flavor is used to season & give character to stews (tagines)...as well as sauces, fish dishes & salads. In Morocco they use a special variety of lemon for preserved lemons, but because this variety is almost impossible to find over here, we at Moro use unwaxed organic lemons instead. I'm going to try this, but I'm going to start with just 3 or 4 lemons to see how it goes. FYI. fposki @ SS site.

### Overnight Sun-Dried Tomatoes

Just before bedtime, halve all of the tomatoes in a container of cherry tomatoes. In a large bowl, drizzle them with olive oil and sprinkle them with salt and pepper. Place them on a baking sheet and put them in the oven at 175 degrees F. They will be ready in the morning. If you want to keep them dry, you can store them in a plastic bag. If you want oiled tomatoes, store them in a jar covered with olive oil. They will keep indefinitely in the refrigerator. Posted by dklutz.

### Sun Dried Tomatoes

Wash and stem ripened tomatoes. Slice horizontally, about 1/4 inch thick. Salt on both sides and let sit for 30 minutes. Rinse. Lay on foil covered baking sheets. Cover lightly with cheesecloth. Place in sun for several hours, turning occasionally until desired dryness is achieved. Store in jars in a cool pantry. Or make marinated sun dried tomatoes by placing tomatoes in jars with olive oil, garlic and basil and 3 tablespoons vinegar per quart. Intensely flavorful, dried tomatoes add snap to salads and breads. Also can be moistened to make sandwiches. Posted by dklutz.

### Marinated Sun Dried Tomatoes

3 oz. sun dried tomatoes  
 3/4 c. white wine vinegar  
 7 cloves garlic, sliced  
 2/3 c. olive oil  
 2 tbsp. Parmesan cheese, grated  
 1 tbsp. white wine  
 6 black pepper corns, whole  
 1 tsp. dried basil  
 1/2 tsp. dried oregano  
 1/4 tsp. dried tarragon  
 1/4 tsp. dried thyme  
 1/4 tsp. marjoram  
 1/4 tsp. dried parsley

Place tomatoes in shallow bowl. Pour vinegar over and let stand 1 hour, stir occasionally. Drain tomatoes, discard vinegar. Combine remaining ingredients, add tomatoes. Cover and let stand at room temperature for 24 hours. Will keep in refrigerator 2 weeks, bring to room temperature before serving. Posted by dklutz.

### Bread & Butter Pickles

12 Cups Cucumbers (Approx 3 lbs.)  
 1 1/2 cups onions (I used red)  
 Pickling Salt  
 3 cups White vinegar  
 3 cups Splenda  
 1 1/2 tbsp. celery seed  
 1 1/2 tbsp. mustard seed  
 1/2 tsp. turmeric

Thoroughly wash cucumbers and slice unpeeled into 1/8" thick slices. Slice onions the same thickness. In a large bowl, layer cucumbers and onions lightly sprinkling each layer with pickling salt. Cover and let stand at least 3 hours. Rinse well in colander with cold water and drain thoroughly. In large stainless steel pot combine remaining ingredients and bring to a boil. Stir in well drained vegetables and return to a full boil. Remove from heat. Pack vegetables into hot sterilized canning jars (500 ml) almost to the top then pour liquid over to cover vegetables. Apply 2 piece canning lids. Cool and store in cool, dark location. I am unable to buy the sugar free bread & butter pickles so I wanted to share this recipe with anyone else who might be interested in making their own. They are so easy to make and delicious. Posted by slowdon.

### Flavored Syrup (Like Davinci)

1 cup water  
1/2 tsp extract

1 tbsp liquid splenda, or 24 pkts  
1/2 tsp guar gum

Boil water with extract and sweetener. Remove from heat and add guar gum, 1/4 tsp at a time and stir WELL. This will thicken upon cooling. Makes 1 cup syrup. dyanc @ LCF site

### Davinci-Type Syrups

Make a simple syrup (heat 1 cup sugar sub & 1/2 cup water to a low simmer & sugar dissolves, then allow to cool) then add flavor extracts like those from McCormick's to the strength you want. Doing it yourself costs about a quarter what is charged for Torani & it's the exact same thing. Posted by DebB.

### Batter for Deep Frying

For basic batter:

3/4 c whey protein powder ( I totally hate the taste of protein powder so I use vanilla)  
1 t baking powder  
1/4 t salt  
1/4 c heavy cream  
1 T oil  
1 egg beaten

Chicken: add garlic powder - onion powder & paprika to taste - I use tons to cover up the protein powder taste. Just dip chicken pieces in and deep fry comes out really crispy and doesn't fall off

For Shrimp or Fish: garlic powder, onion powder, a little paprika, old bay seasoning & a little parsley. For coconut shrimp - Same as for shrimp but add some coconut extract - like Loran Oil. I really liked this with the vanilla, tastes sweet & crispy. The recipe credit for this goes to whoever posted Moms Doughnuts - I think it was gruntle - thank you for the great start! I made the doughnuts but found they were dry but good - tried them for deep fried chicken - fish & shrimp - really great!!! I loved having a legal piece of crunchy shrimp!!!! Can also use it for tempura batter for vegetables - thin it out a little. Posted by lovessing.

### Super Fast Breading Mix to Fry With!

1 part Parmesan Cheese  
1 part McCormick California Style Onion Powder  
Salt to taste

Roll your fish, chicken, veggies, etc. in beaten eggs, then dredge in this breading mix. Fry in olive or peanut oil. (Yum! Peanut oil adds w-o-n-d-e-r-f-u-l flavor!) Posted by PrairieTrish.

### Magic Pizza Crust

8 ounces grated parmesan cheese -- use grated parmesan, in the green can, not shredded. The green can is the perfect consistency.  
2 tablespoons olive oil  
3 extra large eggs  
2 tablespoons shredded mozzarella cheese  
italian seasonings as you like them

Preheat oven to 450. Combine all ingredients together in bowl thoroughly. Consistency will be about that of cornmeal mush. Spread mixture thinly and evenly in nonstick pizza pan or cookie sheet, such as Baker's Secret. One recipe will cover most of a 10x15 sheet. Bake crust for 12 minutes, until golden brown. If necessary, loosen crust from pan. Top with desired toppings, but put mozzarella cheese down over the crust first, then other toppings, then sauce last. Bake just until cheese is melted and bubbly. Serve hot. Serves 3. Posted by karima1.

### Whole Wheat Pizza Crust

3 cups whole wheat flour	1 teaspoon salt
1 cup water	1 teaspoon Italian seasoning
2 tablespoons butter (level 2)	1/2 teaspoon garlic powder
1 packet fast-rising yeast	

Warm oven on lowest setting & lightly spray a 14-inch pizza pan with Pam. Mix flour, yeast, salt, Italian seasoning and garlic powder in a bowl. Warm water (and butter, level 2) in a pan to 125 degrees. Pour warm liquid into flour mixture and stir. Knead dough four minutes, shape into a crust that covers the pan, and place in preheated oven for 15 minutes. While you're waiting for the dough to rise, prepare your toppings. Remove dough from oven and increase temperature to 400 degrees. Spread sauce and add toppings. Bake for 30 minutes. This dough tastes fine without the butter and also works well using brown rice flour instead of whole wheat. Mary @ SS site. Well, naturally I've tweaked this recipe. I now use whole grain spelt flour instead of whole wheat and use vegetable broth instead of the water. I do give the pizza a light sprinkle of parmesan cheese sometimes. Mary.

### Focaccia or Pizza Dough

3 cups unbleached all-purpose flour	1/2 teaspoon salt
2 tbsp. chopped fresh basil (or 2 tsp. dry)	1 teaspoon sugar (substitute)
1-1/2 teaspoons active dry yeast	1 cup lukewarm water (115-120 degrees)
2 teaspoons minced garlic	

Mix together flour, yeast, salt and sugar in a large bowl. Make a well in the center. Mix together the basil, garlic, and warm water and pour into the well. With your hands, start pulling the flour into the liquid until all the flour is absorbed. Then turn the dough out onto a floured work surface and knead for about 10 minutes, until a soft, smooth dough is formed. Place the dough in a greased bowl, cover with a damp kitchen towel and place in a warm, draft-free location for about 1 hour. Punch down dough and knead out air bubbles. Shape into a 10-inch to 12-inch round, depending on what you are going to do with it. NOTE: If you have a baking stone at least 13" round or rectangular, this works great. Don't forget to sprinkle a bit of cornmeal on the stone before pressing out the dough. NOTE: If you are going to use it as a Focaccia to serve with a meal, make it 10-inches. If you are going to use it as a pizza-type dough, it should be about 12-inches. FOR PIZZA: Leave a fatter "lip" of dough around the outside. Cover with that dampened kitchen cloth again and let the dough rise in a warm, draft-free location for 30 to 40 minutes. FOR FOCACCIA: After dough has risen the second time, press garlic and/or other seasonings such as basil or rosemary, for example, into the dough lightly with your finger tips. This will form small indentations in the dough. Bake in preheated 400o oven for 25 to 30 minutes. FOR PIZZA: Top the crust with your favorite toppings and bake at 400 degrees for 12 - 15 minutes, or until crust is light golden brown. Okay, having gone through all that - I now make my dough in the Food Processor. Put all the dry ingredients in the processor, including the basil and garlic and yeast, then slowly add the water through the feed tube. The dough will start to form a ball; process for maybe a minute or two. Remove it from the processor bowl and put it into the lightly greased bowl, cover and let rise - following above instructions. This really is good! Those of you who know me well know I don't do gardens, I don't do pleadings, and I don't do bread! However, this is evidently so easy that even a person who fears the word "yeast" can make it. It's truly wonderful. This is my favorite. I use this recipe to make Focaccia Bread and pizza dough. Just roll them out differently. Posted by MsTified.

### Whole Wheat Tortillas

2 cups whole wheat flour (in Canada I use Robin Hood brand)  
 1 tsp salt  
 1 cup warm water

Mix the dry ingredients and then add the water. Mix and knead till soft and elastic. Cut into desired size and roll thinly. Use flour to avoid stickiness. Cook on a non-stick griddle on medium heat. Remember no oil allowed. When cooked it will have dark brown speckles. These are soooo good. I double the recipe. I don't eat carbs very often so I don't make these as often as I'd like to. This one really reminds me of East Indian bread so I would eat it with lots of vegetables and curry sauce. Or I'd make grilled vegetable rolls with salsa & fat free yogurt. Teresa from Canada. \*\*This is off Rondaren's Ths Somersizer recipe boards.. I have tried it and liked it:) JCNmyheart



### Pro/Fat Multipurpose Bread

4 teaspoons warm water  
 1 tablespoon dry instant yeast  
 8 ounces cream cheese, softened  
 1/2 cup sour cream  
 6 large eggs  
 1 1/2 cups whey protein powder  
 2 tablespoons fructose, or sweetener of choice  
 2 teaspoons baking powder  
 1 teaspoon salt

Pre-heat oven to 350 degrees. Add warm water to a small bowl or cup. Sprinkle yeast on top. Let sit a while, then stir to dissolve. Place remaining ingredients into the bowl of a food processor, or mixing bowl. I use the food processor. Add yeast/water mixture. Process until mixture is smooth and creamy. The batter will be thin. Scrape the bowl down and process until everything is incorporated.

Muffin top bread:

Spray pam in muffin top tins. Pour 1/4 cup of mixture into each tin. Place into oven and bake until golden brown on top. Do not overcook. That would dry them out. I used two pans which made 12 little buns which I use as biscuits. They are great to hold sausage and Poached eggs.

Corn Bread Muffins:

Add 1/4 cup pork rind flour into remaining mixture in food processor. Pulse to mix in. Spray 1 (6 hole) regular muffin pan with pam. Fill each hole 3/4 full. Bake until brown on top. Again, don't over cook. The remainder of the batter I pour into a small antique iron skillet I inherited from my mother-in-law. I sprinkle colby cheese over the top and bake until brown on top. I use this cheese bread to serve with chile.

Other ways to use batter:

The obvious one is to make pancakes.

I sometimes use a large flat baking pan and pour batter in to 1/4 inch thick. Sprinkle colby cheese over top. This is good topped with chile or pizza toppings.

Thanks to those who have come before me to give us so many wonderful recipes. The idea for this recipe was developed from CuznVin's pancake recipe. Delight

### Sherrie's Buttermilk Corn Bread

1 8oz Pkg cream cheese  
 3 eggs  
 3 tbsp Splenda  
 1/3 cup Atkins Bake Mix \*see below for making your own  
 1/2 tsp baking powder  
 1/2 cup Soy Grits (Bob's Red Mills Brand)  
 1/4 cup buttermilk  
 2 tbsp Bacon Grease melted\*\* see below how to do this

Preheat oven to 400 degrees. Beat cream cheese with mixer until blended smooth, add the remaining ingredients (see below for bacon grease) and let sit for 5 minutes before using. Cast Iron Skillet: Preparing the pan, this is a southern thing, so if you have never done this don't despair...it's easy! Preheat the oven with the cast iron skillet inside for 5 to 10 minutes. Remove to stove top and add 2 tbsp bacon grease, return to oven. Once melted remove the pan and turn to coat the sides of the pan, pour the remaining grease in your batter and mix well. Pour the batter into greased pan and return to oven, cook until golden brown on top! If you don't have a cast iron skillet...just grease a 9X 12 pan and pour in mixture, don't forget to add the grease to your batter! Slice and serve with a big ole pat of butter! This recipe nearly brought tears to my eyes, I'm delighted to share such a winner with everyone! Makes 10 large Slices @ 3.3 carbs per slice. \*\*\*Looks and tastes like the real thing, you won't know the difference, and no soy taste!! You can order Grits and the other Flours needed for this recipe here! <http://www.bobsredmill.com>. Posted on SS site by DebB. Level 2.

### Faux Atkins Bake Mix

1 cup soy flour	1 teaspoon salt
2 cups soy protein isolate	2 tablespoons Splenda
2 tablespoon baking soda	

Sift together, then store and use as you would Dr. A's. It's much cheaper and things come out about the same. Level 2. Posted on SS site by DebB.

### Fluffy Buns

6 egg whites	Reynolds non-stick aluminum foil
4 egg yolks	2 or 3 cookie-sheets
2 pkgs. splenda	1&1/8 tsp. xanthan gum ( don't add this until you whip the egg-whites a bit)
1/4 tsp. cream of tartar	
pinch of salt	

Beat the egg whites & cream of tartar, when the egg whites start getting white & fluffy, sprinkle the 1&1/8 Tsp.'s xanthan gum. Beat until very stiff. Turn bowl upside-down & if the whites don't slide, they are stiff enough. In a small bowl, mix the egg yolks. To the basic recipe, I add 1 tsp. of granulated onion powder, & I add the splenda to the egg-yolks, not the whites. Whip them up, for approx. 3 min. before adding the other ingredients. Gently fold the yolk mixture into the whites, with a rubber spatula. Place them in bun-type mounds on the non-stick aluminum foil cookie sheets. I usually get 6 buns per cookie sheet, makes approx 15 buns. You pre-heat the oven, to 300 degrees, bake for approx. 20-30 min. or until golden brown & done. You can add the dehydrated onions sprinkled on top before you bake them. Hope this works for someone else out there that doesn't have the crown muffin pans! Posted by tmmcco.

### Cheese Bread/Buns

8 ounces cream cheese, soften to room temperature	1/2 cup grated parmesan cheese (green can)
4 eggs, room temperature	2 cups shredded cheese, your choice
1/2 cup dried minced onions	1 teaspoon baking powder

Using a spoon or whisk, blend together softened cream cheese and one egg. It will take awhile to get a smooth batter. Then add the rest of the eggs. Stirring or whisking until smooth. Put dried onions and parmesan cheese into a food processor or blender, make a flour. Then add to cream cheese mixture. Add in shredded cheese and stir in. Add in baking powder and stir in. Immediately pour into greased muffin tin, muffin top tin, 9 inch round cake pan or loaf pan. Bake in a preheated 425\* oven for 15 to 25 minutes. It depends on the tin your using. Muffin's 15 minutes, loaf pan (will sink in the middle after cooled) 25 minutes. Using a mini muffin tin makes great dinner rolls. This bread is best cold or room temperature. I've been enjoying this bread for several weeks now and wanted to share the recipe. I wanted something with no whey protein or pork rinds. Use a different shredded cheese for different sandwiches. I used swiss for reuben's (not grilled). Pepper jack makes a really good roast beef sandwich. Hope this will help those looking for a pro/fat bread. Posted by mjlibbey.

### Whole Wheat Biscuits

2 1/2 cups whole wheat pastry flour
1 tablespoon baking powder
1/4 teaspoon baking soda
1 teaspoon salt
1 cup non-fat plain yogurt or pureed fat free cottage cheese
1/4 cup skim milk

Combine dry ingredients, add in wet ingredients. Mix well and knead on a floured board for a few minutes. Pat or roll to 1/2-inch thick. Cut into biscuits using a drinking glass or biscuit cutter. Bake for 10 minutes in a preheated 450\* oven. VARIATION: Also good made with whole grain spelt flour.

### Whole Wheat Bread

3 1/2 cups whole wheat flour	1/2 cup skim milk powder
1 1/2 tsp. salt	1/2 cup plain nonfat yogurt
1 1/2 cups water	2 tsp. active dry yeast

Setting: Whole wheat. Medium crust 1 1/2 lb loaf. I often use real skim milk in place of the water & powder & it comes out fine. Posted by littleme. Marie172's notes: This is written for any bread machine, but if you double it & make it using the conventional method, you can eat a loaf, freeze one for later. I take the dough out of the machine, form it, & place in bread pan. Bake in oven for 30-40 mins or until done. You may need to add more flour if dough seems too wet after it's been kneading for a while. If you want rye bread, sub 1/2c rye flour for 1/2c ww flour. I rolled this dough out, sprayed with "I Can't Believe It's Not Butter" & spread with sugar substitute & cinnamon; rolled jelly roll style, placed in greased loaf pan & rose & baked it according to regular directions. My craving for cinnamon rolls has finally been appeased!

### Legal WW Bread

1-1/8 cups of water	1 T. vital wheat gluten (optional)
3 cups of whole wheat flour	1-1/2 t. salt
1-1/2 T. sugar (Use Splenda)	2 t. dry yeast

This is for 3 cups flour equivalent. Use Whole Wheat cycle. (About 1-1/2 lb. loaf) I found this recipe somewhere, and noticed it was somersized. It is for a bread machine. Posted by babycakes32.

### Oatmeal Bread for Breadmaker

3/4 cup rolled oats  
 1 1/4 cup skim milk  
 3 cups whole wheat or winter wheat flour  
 Sweetener of choice to equal 3 Tbsp of molasses or honey (which recipe calls for)  
 1 1/2 tsp salt  
 1 1/2 tsp bread machine yeast

Place ingredients in pan of bread machine according to manufacturer's instructions. Choose light crust setting and begin. Should come out moist and slightly chewy. \*\*May need to add extra to make up for not using molasses or honey as sweetener. I made this and liked it. Posted by Sapphire24.

### Cloverleaf or Parkerhouse Rolls

1 cup of skim milk  
 sweetener to equal 1 1/2 teaspoons of sugar  
 1 tablespoon or packet of active dry yeast  
 2 1/2 to 3 cups any whole grain flour  
 1 1/2 teaspoons salt  
 vital wheat gluten or dough enhancer (optional, follow package instructions)

Put ingredients into a 1 1/2 to 2 pound bread machine according to your machine's directions. Use dough cycle. Cloverleaf rolls(level one); using a non-stick muffin tin or one lightly sprayed with oil then wiped with a paper towel, make large, marble sized pieces of dough into balls. Place three in each cup. Parkerhouse rolls(level two); roll dough out to 1/4 inch thick and cut into 2 1/2 inch circles. Brush with butter, crease just off center with the back of a knife. Fold the larger half over the smaller half and place in a non-stick or lightly greased muffin tin. Cover rolls with a tea towel and let rise for one hour in a warm place. Fifteen minutes before baking, preheat oven to 400 degrees. Bake for 15 to 20 minutes. I like to use whole spelt or brown rice flour. Remember, these rolls will be dense, not like white flour rolls. Posted by mjlibbey.

### Whole Rye Biscuits

2 cups rye flour (unsifted)	1 teaspoon cream of tartar
1 cup skim milk	½ teaspoon baking soda
3 tablespoons melted butter (can use yogurt)	whole wheat flour for board
1 teaspoon salt	

Preheat oven to 475\* and put a little wheat flour on a bread board. Mix and sift dry ingredients. Sift again. Stir in melted butter (or yogurt) and one cup of skim milk. Just enough to make a biscuit dough. Turn onto a floured bread board, knead for a few minutes and roll or pat out to ½-inch thickness. Cut with a biscuit cutter or drinking glass. Place rounds on a cookie sheet. Bake in center of the oven for 12 minutes or until nicely browned. Serve hot or warm. NOTE: Legal level one using yogurt. Almost level one using butter. FROM: The Whole Grain Cookbook. Posted by mjlibbey.

### Making Bagels

Use whatever bread recipe you usually use. If its one of Suzanne's bread mixes you can use that, if you have a favorite you use that. It's like regular bread, just made differently. I am sorry I don't know the person who posted this originally 2 yrs ago, but these are awesome: For those of you with bread makers no problem, just use your dough cycle, then after punching dough down, divide dough into 12 equal portions. Roll each portion into a 10 inch rope. Cover remaining portions with a damp tea towel while rolling & shaping each rope. Bring the ends of the rope together, overlapping slightly. Pinch end to firmly seal. Place on floured baking sheet. Cover with tea towel. Let stand in oven with light on for 15 mins. Meanwhile prepare your poaching liquid. Poaching liquid: 4 quarts of water. 2tbsp of salt. Bring liquid to a boil, reduce heat to medium to keep water at a slow boil. Slip bagels into water 3 or 4 at a time. Poach for 1 min. Turn. Poach for 1 min. Remove bagels to baking sheet lined with silpat or parchment. Bake at 400°F for 20 to 25 mins or until golden brown. Place on racks to cool. Makes 12 bagels. For those with no bread maker, just place 1/2 the amount of flour, the salt & yeast in a bowl. Add combined wet ingredients (water, skim milk powder etc). Beat with electric mixer on low for 1 min, then on high for 3 min. Add enough remaining flour to make a soft dough. Knead for 8 to 10 mins until smooth & elastic. Let rise in bowl lined with parchment, covered with a tea towel in oven with light on for 1 to 1 1/2 hours until doubled in bulk. Punch dough down. Follow procedure as stated above. P.S. if you are making multi grain bagels don't add wheat germ, oatmeal until it is time to knead the dough. Re-posted by Rozwolf.

### Dumplings for Vegetable Stew

1 1/3 cups white whole wheat, whole wheat or whole spelt flour  
 2 1/2 tsp. double-acting baking powder  
 1 tsp. chopped parsley or 1/8 tsp. thyme  
 1/2 tsp. salt  
 2/3 cup skim milk, may need a pinch more

Combine dry ingredients. When ready to put on simmering stew, add the milk to combine (stir as little as possible). Drop dough by heaping tablespoonfuls into stew. Cook 10 minutes uncovered, then cover and cook 10 minutes more. Can add chopped chives, also. Carb-level one. Posted by mjlibbey.

### Pot Pie Crust/Perogie and Ravioli Dough

2 cups whole wheat or whole spelt flour  
 1/2 teaspoon salt  
 1/4 cup egg substitute  
 1/3 cup cold water

Place flour and salt in a bowl. Make a well in the center. Add the egg substitute and pinch together with fingers. Add enough water to make a dough. Knead on a board for a few minutes, until it is smooth ball. Roll out and use as desired. Carb-almost level one. Posted by mjlibbey.

### Pot Pie Dough

1/4 cup egg substitute  
 1 1/4 cup whole wheat or whole spelt flour  
 4 to 5 tablespoons fat free plain yogurt

Place flour in a bowl. Make a well in the center and add egg substitute. Pinch together with fingers. Add enough yogurt to make a nice dough. Knead on a floured board until a smooth ball, then use as desired. Carb - almost level one. Posted by mjlibbey.

### Protein Bars

7 scoops of chocolate Protein Powder(GNC)  
 1/2 cup melted butter  
 4 oz. cream cheese  
 1/2 cup walnuts (Almost 1)  
 1/4 cup Splenda (or whatever amount you like according to your taste)

I have used chocolate, vanilla & strawberry protein powder. With strawberry I like to add a little unsweetened coconut. Soften butter & cream cheese together & mix. Add in the protein powder, and Splenda. Stir in your nuts, coconut, (leave out for Level 1) or whatever else you're using. The batter will be pretty stiff. Spread a pan (I use a bread pan), press in mixture. If necessary spray your hands. Chill in the fridge and then cut into bars. I sometimes store them individually frozen in a zip-loc bag, and then I can just grab one to take to work. Posted by orville.

### Chocolate Peanut Butter Protein Bars

3 tbsp sugarfree peanut butter	1/2 cup splenda
2 tbsp butter	1 tsp vanilla extract
4 oz cream cheese	2.5 scoops chocolate protein powder
2 tbsp cocoa powder	

Soften cream cheese, butter and peanut butter in microwave. Mix in splenda and vanilla, add protein powder 1/2 scoop at a time, mixing with hands at end. Press into small pan and refrigerate. I usually make two layers, one with chocolate powder and one with vanilla (no cocoa). Sometimes I make the top layer with vanilla powder, omit the peanut butter & cocoa, and add 1/2 cup coconut and 1/2 cup pecans. The variations are endless 1 layer = 6 bars 2 layers =12 bars; approx. 3g carbs. or leave out illegal stuff. Posted by orville.

### Egg Noodles

3 egg yolks	1 tsp cream of tarter
3 egg whites	1/2 tsp salt

Beat egg whites with cream of tarter until stiff. Fold in egg yolks and salt. Place mixture in a greased baking sheet with sides. Spread out evenly into a thin coat. Bake @ 350 degrees for 10 to 12 minutes or until lightly brown. Allow to cook slightly. Remove by running a knife under baked mixture to loosen. Slice into noodles. I found this on lowcarbuxury.com. Posted by Grace Barse.

### Egg Crepes

6 eggs  
 3 tbs cream  
 3 tsp oil  
 1/4 cup whey powder  
 salt and pepper

It is really close to the real crepe I used to make in texture and they hold pretty good. Posted by SSalafrench.

## Egg Crepes

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

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

## Grid's Sour Cream

1 cup legal milk free cream  
 2 tbs lemon juice

Combine and leave on counter in cool area overnight, drain and refrigerate. Its like crème fraiche and legal profat. By Gridmama.

## Crème Fraiche

Mix 2 TB. of sour cream with 2 cups of heavy cream. Let it sit at room temperature for 8 hours or overnight. Then refrigerate until it thickens. Our newspaper ran this recipe on how to make your own crème fraiche. Haven't tried it yet - but intend to. Having just recently tried to find creme fraiche in Amarillo, TX - thought this might help a few. Posted by Janella.

## Mascarpone Cheese

If you are making a recipe that calls for Mascarpone Cheese and have none on hand (or you can't find it locally), here's the substitution: Mix together 3/4 pound softened cream cheese, 6 tablespoons whipping cream and 1/4 cup sour cream. It works great! Posted by DebB.

## Sugar Free Condensed Milk

1 cup cream  
 2 egg yolks  
 1/3 cup Splenda  
 1 teaspoon vanilla

Prepare condensed milk, below. Mix all ingredients together and chill at least 3 hours in the refrigerator before serving. CONDENSED MILK: Bring cream to a boil, but watch so it does not burn. In a small bowl, beat egg yolks, add Splenda and vanilla. Stir in some of the hot cream to temper the eggs. Slowly pour this egg mixture into the hot cream. Cook on medium low heat until thick, stirring constantly. NOTE.....cook only until it coats the back of a spoon. Cooking longer makes it curdle and unusable. Another method of cooking would be to use the double boiler. Allow to cool before using in cold recipes. Submitted by: Sandy Olson. Posted by DebB - Got this from another website.

### Sugar Free Condensed Milk

2 1/2 cups heavy cream  
6 egg yolks  
1 cup Splenda

Place cream, yolks, and splenda in a sauce pan and stir over low heat until thickened. Cool completely and store in a non-metal container refrigerated. Use within a week. Posted by Jennylaw.

### Egg substitute using gelatin

1 egg = 1 tsp gelatin, 3 Tbs cold water and 7 tsp boiling water  
2 eggs= 2 tsp gelatin, 1/3 C. cold water and 1/2 C boiling Water  
3 eggs= 1 Tbs gelatin, 1/2 C. cold water and 1/2 C Boiling water

Before Baking: Place cold water in bowl. Sprinkle gelatin to soften. Mix thoroughly with spoon. Add boiling water until dissolved. Place in freezer to thicken while mixing cake or cookies or refrigerate (refrigeration takes a little longer). When time to add eggs, take thickened gelatin from freezer or refrigerator and beat until it's frothy. Add to recipe instead of eggs. Posted by DebB.

### Substitute for Oil, Fat and Eggs in a Mix or Recipe

I just:

\*use 1 T. gelatin/agar/chickpea flour + 2 T. warm water per egg for egg substitute (or use the egg gelatin recipe above)

\*use fat-free evaporated or skim milk

\*use fat-free ricotta or yogurt for the oil (on level 2, unsweetened applesauce works great for the oil)

Standard procedure for muffins & quickbreads: sift all dry, mix all wet, & then add wet to dry as quickly as possible without overworking batter. Taste for sweetness. You may have to play a little with adding extra liquid to get the right batter texture for muffins or tea bread, but it should make great drop cookies/scones with no extra liquid. Just let the batter sit in the fridge for about 15 min. to cool & rest before making cookies. Posted by DebB.

### "Brown Sugar"

1 cup SPLENDA® No Calorie Sweetener, Granular  
1/4 cup Sugar-Free Maple Syrup (made with SPLENDA® Brand Sweetener)

Pour ingredients into a small mixing bowl and mix well. Use as brown sugar in your favorite baked recipes where brown sugar is required. Makes 1/4 cup (enough to replace 1 cup of standard brown sugar). This recipe is designed to help you replace brown sugar in your dessert recipes. Makes enough to replace 1 cup standard brown sugar.

### Jamaican Jerk Seasoning Rub

2 tsps dried minced onions  
1 tsp dried thyme  
1 tsp garlic powder  
1 tsp crushed red pepper flakes  
1/4 tsp cinnamon  
1/4 tsp powdered ginger  
1/4 tsp allspice  
1/8 tsp cloves

Good for 1 pound of meat. (I especially love this on pork and chicken, but you can use it on cuts of beef also. It is very flavorful with a definite kick!) CANMOM

**BBQ Rub**

1 1/2 tsp. garlic salt  
 1 1/2 tsp. sugar substitute  
 1 1/2 tsp. brown sugar substitute  
 1 1/2 tsp. cumin seed  
 1 1/2 tsp. chili powder  
 1 1/2 tsp. black pepper  
 3/4 tsp. cayenne pepper  
 1 Tbs. paprika

Here is a BBQ Rub I found. I haven't tried it yet. Combine all ingredients & stir until well blended. Use on beef, pork, or chicken. This could be easily doubled if needed. Posted by Edibleportrait.

**Spicy BBQ Rub**

1T. paprika  
 1 1/2 tsp. chili powder  
 1 1/2 tsp. cumin  
 1 1/2 coriander  
 1 1/2 tsp. sugar substitute  
 1 1/2 tsp. salt  
 3/4 tsp. dry mustard  
 3/4 tsp. black pepper  
 3/4 tsp. dried thyme  
 3/4 tsp. curry powder  
 3/4 tsp. cayenne pepper

Combine all ingredients until well blended. Rub on meat of choice.

**Ranch Style Dressing and Dip Mix**

1 1/2 T. dried parsley  
 1t. salt  
 1/2 T. dried chives  
 1/4 T. dried oregano  
 1/4 T. dried tarragon  
 1/2 T. garlic powder  
 1/2 T. lemon pepper

In a medium bowl, combine all the ingredients. Store in an airtight container.

**Ranch Dressing (Not SS)**

1/2 c. mayo  
 1/2 c. buttermilk  
 1 T. Ranch style Dressing and Dip Mix

In a large bowl, whisk together the mayo, buttermilk, and the mix. Refrigerate for one hour before serving.

**Ranch Dip (SS legal)**

2 T. Ranch Mix  
 1 c. mayo  
 1 c. sour cream

Combine the Mix with the mayo and sour cream. Refrigerate for 2 hours before serving. This recipe and the Mexican Fiesta Dip Mix recipe are 2 of my favorite mixes that are SS legal. I package them in small cello bags with a cardstock label on them giving mixing instructions. Posted by usedtobeslim.



**Mexican Fiesta Dip Mix**

1/2 c. dried parsley	1/3 c. chili powder
1/3 c. dried minced onion	1/4 c. ground cumin
1/4 c. dried chives	1/4 c. salt (maybe a little less)

In a large bowl combine the spices and store in an airtight container.

**Mexican Fiesta Dip Mix**

3 T. Mix  
1 c. mayo  
1 c. sour cream

In a medium mixing bowl, combine the Dip Mix with the mayo and sour cream. Whisk until smooth. Refrigerate for 2-4 hours. Serve with veggies or pork rinds. Posted by usedtobeslim.

**Chilies Rellenos**

12 firm, long green chilies (can used canned whole)	3/4 cup whey flour (experiment with no flour)
1 pound cheese	4 eggs, separated
2 cups pure lard	

Roast & peel chilies. Cut cheese into 12 strips about 3 or 4 inches long & 1/2 inch thick. Make a slit about an inch long near the top of each chili & insert a cheese strip. Roll chili in flour & set aside. Melt lard in a large skillet to medium hot. (If your skillet has no thermostat, try no hotter than 350 F.) Beat egg whites until they form peaks. Beat egg yolks & mix them into whites (fold gently until mixed), dip floured chilies into egg until well coated then fry in lard until golden brown. If the lard is too hot, the egg will burn so be careful! Drain well & serve warm. I got this recipe quite a while ago & don't remember from whom, but it was good, just like the real thing. Posted by jdt.

**Quesadillas**

Sliced sf Deli Meats	Finely chopped Green Peppers
Grated Mozzarella and Cheddar Cheese	(Any other veggie you want to put in)
Finely chopped Onions	Your favourite sf Salsa

Preheat non stick frying pan (med heat). Put one slice of deli meat in hot frying pan. Add cheeses and veggies on top of the frying deli meat. Place another piece of deli meat on top. Fry until cheese melts a little, then flip to melt the rest of the cheese (warning, mine was a 2 spatula flip!). Transfer to plate, and top with salsa. By Snaqueb.

**Chili's Restaurant Fajita Marinade**

1/4 cup lime juice	2 Tbls. water
2 Tbls. olive oil	1 tsp. soy sauce
4 cloves garlic - crushed	1/2 tsp. lime juice
2 tsp. soy sauce	1 dash salt
1 tsp. salt	1 dash black pepper
1/2 tsp. liquid smoke	1 Tbls. olive oil
1/2 tsp. cayenne pepper	1 lrg. Spanish onion - sliced thin
1/4 tsp. black pepper	1/2 med. green bell pepper - seeded, sliced thin
1 lb. boned, skinned chicken breasts OR sirloin steak	1/2 med. red bell pepper - seeded, sliced thin

Combine 1/4 cup lime juice, 2 Tbls. oil, garlic, 2 tsp. soy sauce, 1 tsp. salt, liquid smoke, cayenne pepper, 1/4 tsp. black pepper, and either sirloin OR chicken in a sealable plastic container, cover, & refrigerate for at least 2 hours, or overnight. Combine water, 1 tsp. soy sauce, 1/2 tsp. lime juice, salt, and 1 dash black pepper; set aside. Grill meat over a medium-high flame 4-5 mins on each side. Cut meat into thin strips; set aside and keep warm. Cook onion and bell peppers in oil until brown; remove from heat. Pour reserved liquid mixture over onions and bell peppers. Combine meat, onions, and bell peppers. Serves: 2-4. Prep. Time: 2:40. Posted by 1goodfriend.

## Cranberry-Raspberry Jell

One Lemon, medium-sized or larger  
 1 packet plain gelatin  
 1/2 c. boiling water (Pyrex cup or mug-in-a-microwave works great!)  
 2 Cranberry herbal tea bags (I used Celestial brand)  
 1 pkg \*unsweetened\* Roarin' Raspberry-Cranberry Kool-Aid  
 Sweetener equal to 1 c. sugar (I used 1/3 c. fructose & 1/2 c. Splenda)  
 2 c. diced onion (half "sweet" & half "red/purple" [for color!] would be best, but use whatever you have!)  
 1/2 t. ground cinnamon  
 1/4 t. ground cloves

Pressing firmly with palm of hand, roll lemon around on (clean!) countertop to help release juices. "Juice" ZeeLemon, reserving all of the rind for your Candied Citrus Peel (see "PT's Candied Citrus Peel" recipe, posted under POTPOURRI forum). Goal: 1/2 c. lemon juice, or juice plus enough water to total 1/2 cup. Place juice (or juice/water-combo) in medium saucepan. Sprinkle gelatin over lemon juice, stir gently, and allow to soften 5 minutes. Place tea bags in boiling water & allow to steep. When gelatin has softened, cook over medium heat, stirring until dissolved. Add Kool-Aid powder & sweetener, stirring until dissolved. Add tea to saucepan (be sure to squeeze all moisture out of tea bags, so you get all ZeeGoodStuff!). Add cinnamon & cloves. Add diced onion pieces. Cook (uncovered) over low heat for 10-15 minutes, stirring occasionally (This will allow a lot of the "oniony" aroma to dissipate). Place cover on pan and continue to cook until onion pieces are tender, stirring now & then (time varies, but plan on at least 10 minutes). If you desire a sauce that's smooth rather than "whole-berry" consistency, cook until onions are \*mushy\*, haha! Once the onions are quite soft, it's time for your \*taste\*-test—you may add sweetener/spices, if you so desire. (Optional) If you want a completely smooth sauce, and have cooked to the "mush" state, it's time to use your hand blender (electric—not your actual \*hand\*, haha!) or food processor. Allow mixture to cool for 1 hour. Refrigerate for at least several hours or overnight—this \*will\* set up, but it takes awhile, and is well worth the wait! Sprinkle Candied Citrus Peel over sauce...you may choose to stir it through, or just let your guests "spoon"-in whatever pieces they'd like...just be sure to save some separately for your own nibbling!

## PT's Candied Citrus Peel

1/4 c. pure crystalline fructose (Note: Other sweeteners may give the right flavor, but most won't create the "syrup" that fructose provides, I didn't want to "spend" my Somersweet \*allowance\* on this recipe, being concerned that it might caramelize before the peels were tender-to-taste.)  
 3/4 c. water

Rind from 1 lemon, scraped free of all membrane, and cut into long, narrow slivers (you may also cut slivers into shorter pieces, if you like)

Additional slivered rind from 1 more fruit (tangerine, small orange, another lemon, or from c. 1/4 grapefruit)

Place fructose & water in small saucepan or sauté pan. Cook over medium heat until fructose is completely dissolved. Add rind slivers and stir to "coat". Cook (covered) over low heat, stirring occasionally, until rind slivers are tender. This may take a half hour or so, so don't plan on an outdoor tap-dancing spree for awhile, haha! When slivers are tender-to-taste, remove lid and continue to simmer until less than one Tablespoon of liquid remains (if you cook too long, the syrup will caramelize, altering the flavor of ZeePeels!). Remove from heat (turn off ZeeBurner!), and place candied peels on waxed/parchment paper or aluminum foil, spreading out to separate. (Optional) If you prefer a "dry" peel, you may place the sheet of foil/paper on a cookie sheet and bake at around 150-200 degrees Fahrenheit until peel slivers are dried to your liking. They may be sprinkled atop my "Raspberry-Cranberry" Jell (stirred thru, if you desire), or nibbled as a lovely sweet-'n-tangy treat! PS: this may also work with ginger slices.

### Pimento Cheese

1 pound cheddar cheese, shredded (or other favorite cheese)  
 1 jar 4 oz. pimientos drained( usually canned in water)  
 1/2 cup mayonnaise ( or more to taste)

Mix all together and put in fridge for 30 min. to mix flavors. Serve on celery sticks. You can also add one or more of the following:

cayenne pepper to taste  
 garlic to taste  
 jalapeno peppers chopped and/or juice to taste.

I personally love it with Jalapeno peppers. Posted by FrozH2O.

### Yummy Pimento Cheese

16oz grated cheddar cheese	1 jar chopped pimento (partially drained)
8oz grated swiss cheese	1 cup mayo

Mix together & enjoy. I like to put this on celery or roll it up in romaine & it is good on parmesan chips. Posted by grouchojll.

### Mac & Cheese

Boil 3/4 c. of whole wheat pasta (elbows, etc) according to directions. Drain and mix in bowl with 1/4 c. finely diced onion, 2 Tbsp chopped fresh parsley and 1 cup fat free shredded cheddar cheese. In food processor blend 1 cup fat free cottage cheese, 1/4 cup skim milk (or evaporated skim milk, but I didn't want to open a whole can!), 1/2 tsp Dijon mustard, and salt and pepper. Whirl until smooth. Pour cottage cheese mixture over pasta mix and stir together. Pour pasta/cheese mixture into casserole dish. Top with 1 piece of whole grain bread that you have blitzed into breadcrumbs. I spritzed it with I Can't Believe It's Not Butter spray and then bake at 350 for about 30 minutes until hot. Level 1 Carb. It's not bad but needs a little something to perk it up. By suzysun55.

### Spanish Rice

3 slices bacon  
 1/2 c chopped onion  
 3 c raw cauliflower rice (just shred raw cal in food proc)  
 1 pint stewed tomatoes OR 2 c canned tom +green and red pepper chopped  
 1 t Paprika  
 garlic salt + pepper to taste

Brown bacon till crisp and leave in pan - add onions cook till trans- add "rice" and cook about 2 min. add stewed tomatoes and spices - put in 350 deg. oven - UNCOVERED for 2 hrs -you totally cannot tell the difference from real rice!!! I was very surprised to see how scrumptious this came out - just trying to SS and old recipe was really worth it - let me know if you liked it-very flavorful!!!! By lovessing.

### Ricotta Meat Pie

2 lbs. Ricotta  
 5 eggs  
 16 oz. shredded mozzarella cheese  
 1/4 lb. any or all of the following, pepperoni, proscietta, sausage, ham or salami, cut into small pieces  
 grated romano cheese  
 black pepper

Mix together above ingredients. Pour into casserole dish. Bake at 350F 1 hr or until golden brown. By Pat Polito.

### SisterPat's Italian Meatballs

1lb. ground Beef	1 clove of garlic, pressed
1lb. ground pork	1 small onion finely chopped or grated
1lb. ground veal	olive oil for frying
2 Tablespoons parsley	grated parmesan for breading
1/2 cup grated romano cheese	any legal 1 pasta sauce ( about 2 jars)
2 eggs	

To large mixing bowl, add ground meats, eggs, parsley, romano cheese, garlic & onion. Mix well. Take a handful of mixture into your hands & form into individual meatballs. Roll in grated parmesan. Add olive oil to bottom of frying pan. Heat till hot. Add meatballs & fry till cooked through. In large stock pot, or slow cooker, pour pasta sauce. As you remove the cooked meatballs from the frying pan, place them into the pot of pasta sauce. Once all the cooked meatballs are in the sauce, cover pot & simmer on low. Cook till heated through. By Pat Polito.

### Cabbage Spaghetti

make your own sauce	bell peppers
1 head of cabbage	cheese {any kind}
mushrooms	onion

What ever it is that you put in your spaghetti, put in a roasting pan and mix good with cabbage cut up real good and place in oven on 350. Cook for about 45 mins till cabbage is done. Sometimes I cook it all than last 20 mins I place lots of cheese in it!! By Sherrie69.

### Broccoli Red Wine Simmer

1 pkg.Frozen broccoli	expensive)
3 cups Sliced or diced Ham or Turkey	1 Sliced Sweet Onion
1 cup Cheddar & Mozzarella Cheese	Garlic & Onion Powder, Salt and Pepper
1/4 Red Wine - Your favorite (it doesn't need to be	

In a skillet, layer broccoli, turkey or ham, & onion. Sprinkle cheese to cover the top and sprinkle on your seasonings. Sprinkle 1/4 cup of wine over the top , turn heat to medium, cover and simmer until broccoli is cooked and cheese is melted - usually 20 minutes. Do not add any additional water - the frozen broccoli will supply that. These are approx. amounts. I usually just do this by look because this recipe has been in my family for years and year and is the most requested dish at dinners. This takes literally 5 minutes to prepare & the flavors are incredible. And a great use for left over holiday turkeys and hams! Posted by AngelPie.

### Fabulous Stuffed Green Peppers

1 to 2 Tb butter	5 roma tomatoes
4 green bell peppers	2 ts crushed garlic or 1/2 ts garlic powder
1 1/2 lbs ground sirloin	6 oz. fresh feta cheese crumbled
1/2 lb ground sausage (hot, mild, your choice)	1/2 c grated Parmesan cheese
1 small white onion, diced fine	1/2 C shredded mozzarella cheese, opt.
Oregano, seasoned pepper, fennel seed to taste	

Grease casserole dish. Cook all meats at low to med. Heat, stirring often. Drain. Add butter, onions, garlic, oregano, seasoned pepper fennel seed and 3/4 of tomatoes. Simmer over low heat for 20 minutes. Cut tops off peppers, remove all seeds and membranes: wash and dry thoroughly. Fill all peppers with meat mixture, alternate with a layer of feta and parmesan cheeses. Place peppers into casserole dish, side by side, adding the remaining tomatoes to the dish (around and under the peppers so they cook up and into the peppers) Alternatively you can cut peppers in half vertically and stuff each half, making serving them easier and speeding baking time, its up to you. Add any remaining mixture around the peppers and sprinkle all remaining feta and parmesan cheeses on top, Add shredded mozzarella cheese if desired for a hint of extra flavor. Bake 350 for approx 30 minutes or until browned and bubbly as desired. By phoffer.

### Switcheroo Squash Casserole

3 med yellow squash	1/4 roll cooked Jimmy Dean sausage
2 C shredded cheddar	1 T onion flakes (can use fresh)
1/4 C parmesan cheese	1 T dried parsley flakes
1/2 C Hellmans mayo	season with:
1 T cream	garlic powder
1/2 C diced or chunked pieces red and green bell pepper	onion powder
1/4 C green chilis (diced)	sea salt
	pepper

Cut squash in 1 inch pieces then in halves; steam in micro \* covered for about 10 min with 2 T water. Drain well. Stir to combine and top with crushed port rinds. Bake 350 for 30min. Here's the Switcheroo - Another time, try the same ingred with cauliflower instead of the squash and / or cooked bacon in place of the sausage. Great as a side dish or an entree. Easy prep too! By SinginSOMERSong.

### Spaghetti Squash Casserole

Sauce:

1 28oz can crushed tomatoes  
 1/2 cup ricotta cheese  
 1/2 cup green onions, chopped  
 Italian herb mix  
 meat  
 1/2 lb ground beef (or whichever meat you choose)  
 1 sausage pattie or a small sausage ( cut in pieces )  
 SS Tuscan sea salt, salt, pepper

Vegetables:

1 red bell pepper, chopped  
 frozen vegetable mix, thawed  
 spaghetti squash, cooked  
 cheese  
 mozzarella cheese, slice it

Boil the ground beef, sausage, sea salt. Drain. In a separate bowl, mix crushed tomatoes, ricotta cheese, and green onions, spices. Layer (twice) in a 9 x 12 pan sauce, meat, vegetables, cheese. Top with more sauce. Bake 400F for 15 minutes. By Twiggy88.

### Weresome's Pizza Casserole using Spaghetti Squash

1 pkg. sliced pepperoni (4 oz)  
 1/3 c. melted butter  
 1 cup grated Swiss chesse  
 1 pound mozzarella cheese, sliced  
 1/2 t. oregano  
 1 med. onion, chopped  
 1 spaghetti squash, (pierced several times and microwave whole, nuke 5 mins per pound, cool, take out seeds, then shred spaghetti squash out in strands like real spaghetti)  
 2 8oz. cans tomato sauce  
 1 4oz. can mushroom stems, drained  
 1/2 tsp. basil

Boil pepperoni for 5 mins in water to cover, & then drain. Saute onion in 1 T. butter. Preheat oven to 350 degrees. Pour remaining butter into a 11x7x2 baking dish. Toss cooked spaghetti squash in butter. Cover spahgetti squash with 1 can tomato sauce. Add in order listed, 1/2 of grated Swiss cheese, 1/2 of pepperoni, 1/2 of mozzarella cheese, all of mushrooms & onions, then sprinkle with oregano & basil. Top with remainder swiss cheese, pepperoni, 1 can tomato sauce & finally mozzarella cheese. Bake 25-30 mins until bubbly. Posted by Twinkle.

## Thin Crust Pizza

3/4 cup pork rind flour **	1 pinch of pepper
1/4 cup grated, cheddar cheese ***	1/4 cup sugar-free, tomato sauce ( I use Hunt's brand)
1/4 cup grated, mozzarella cheese ***	An additional few tablespoons of tomato sauce for topping
2 eggs	Your favourite toppings, eg different meats & cheeses
1/2 of an 8 oz package of full fat cream cheese ****	
1/4 teaspoon dried, oregano leaves	
1/4 teaspoon dried, basil leaves	
1/4 teaspoon dried, cilantro leaves	

\*\* One 80 gram bag of pork rinds yields about 1 cup of pork rind flour. Using a blender, food processor, or heavy rolling pin & plastic bag, grind or crush pork rinds, ONE at a time (ensure pork rinds are ground as fine as possible), into a fine powder resembling brown sugar. \*\* You can use whatever cheeses you like in the crust. Just be sure the total amount of cheese used in the crust is 1/2 cup, as the cheese helps firm up the crust & give it extra flavour. \*\*\*\* To soften cream cheese, allow to sit at room temperature for 2 hours. Or, place in a bowl & microwave on high for 20 secs. \*\*\*\* Preheat oven to 350 F. In a medium bowl, mix pork rind flour & cheeses together. In a small bowl, beat eggs until well blended & a bit frothy. Add cream cheese & mix until thoroughly blended. Add cream cheese/egg mixture, spices, & tomato sauce to pork rind/cheese mixture Stir until you have achieved a uniform mixture & cream cheese is completely blended & there are no bits of it remaining. With a spatula or your hands, spread onto an ungreased baking sheet, about half an inch thick. No matter if you are making one larger pizza or several smaller ones, place the baking sheet in the oven & bake for 22 mins. Take out of oven, spread a few tablespoons of tomato sauce over the surface of the crust & place your favourite toppings & cheese on the pizza. Return to oven & bake 15 mins, until cheese is bubbling. Remove from oven. Allow to cool 5 mins, then serve. Though this flourless pizza is not identical to traditional pizza, this does produce a crust which is tender & holds its shape when picked up. There is even one advantage to this pizza over other ones, preparation time! There's no kneading dough or waiting for dough to rise. You can make smaller pizzas for a perfect appetizer? Delicious hot or cold. Prep Time: 35 mins. Serving: One 10 inch pizza, or 4 appetizer sized pizzas. By PNeuman.

## Low Carb Pizza

Crust:	seasoning for dried herbs)
1 1/2 cups soy flour (whey protein???)	1/8 teaspoon salt
3 eggs	1/8 teaspoon freshly ground black pepper
3/4 cup heavy cream	Toppings:
1/3 cup club soda	24 ounces shredded mozzarella cheese
1 teaspoon salt	8 ounces pepperoni slices
Sauce:	1/2 cup crumbled Italian sausage, cooked
1 tablespoon olive oil	1/2 cup diced Parma ham
1/8 cup diced red onion	1/3 cup julienned red bell peppers
1 teaspoon chopped garlic	1/3 cup julienned green bell peppers
3 large Roma tomatoes, diced	1/3 cup julienned red onion
8 ounces no sugar added tomato sauce	2 portobello mushroom caps, sliced
1/4 teaspoon garlic powder	2 tablespoons extra-virgin olive oil
1/2 teaspoon dried basil	Pinch dried oregano
1/2 teaspoon dried oregano (may substitute Italian	

Preheat oven to 375 F. Generously spray 2 (12- inch) pizza pans with nonstick vegetable oil cooking spray. In a medium bowl, stir together all of crust ingredients to make a smooth, thick, pancake-like batter. Using a rubber spatula, spread batter as thin & evenly as possible over the 2 pans. Place crusts on center racks of oven & bake about 12 to 15 mins, or until lightly golden brown & firm to touch. Remove crusts from oven & increase oven temp. to 400 F. Meanwhile, make the sauce: In a saucepan over medium heat, heat olive oil & then sweat onions & garlic in oil, cooking just until softened & translucent. Add diced tomatoes & remaining ingredients & simmer for about 2 mins. Spread tomato sauce & then mozzarella cheese evenly over both crusts. Top 1 pizza with ham, pepperoni & sausage, & the other with bell peppers, onions, & mushrooms. Lightly sprinkle 1 tablespoon olive oil over each pizza, & sprinkle each with a dash of dried oregano. Place pizzas back in the oven to bake for another 10 to 12 mins, or until cheese melts & starts to brown. Cut each pizza into 8 slices. This recipe is from "Low Carb & Lovin' It". Recipe courtesy George Stella. Prep Time: 35 mins. Cook Time: 30 mins. Posted by pammyjoy1

### Sundried Tomato Pizza Fondue

2 Tb extra virgin olive oil  
 1 med onion, chopped  
 1/2 Cup finely chopped sun dried tomatoes (not oil packed)  
 1 garlic clove, minced  
 1/2 tsp dried basil  
 1/2 tsp dried oregano  
 1/4 tsp crushed hot red pepper flakes  
 1 cup dry white wine  
 3 Cups Mozzarella cheese

1/2 Cup Sharp Provolone Cheese  
 1 Tb cornstarch - OMIT or use something in place of this ingredient as cornstarch is funky.  
 For dipping use:  
 salami cubes  
 pepperoni wedges  
 baby artichoke hearts  
 Raw red bell pepper slices  
 Raw Zucchini wedges

In med heavy bottomed saucepan, heat oil over med heat. Add onion & cook. Stir often, until translucent about 4 mins. Add tomatoes, garlic, basil, oregano, & hot pepper flakes, Stir until garlic is fragrant about a minute. Add wine & bring to a simmer. Note: You are supposed to toss the cheeses with the cornstarch but omit. Stir in the cheeses a handful at a time into the sauce, stirring until the first addition is melted before adding another, Let the fondue come to a bare simmer, but do not boil. Transfer cheese to a fondue pot & keep warm over a fondue burner, Serve immediately with the dipping ingredients of your choice. By phoffer.

### Feta and Ricotta Cheese Fondue

3 TB butter  
 4 oz. feta cheese cut into 1/2 inch cubes  
 1/8 tsp black pepper

1 lemon, juiced only  
 1 TB parsley, minced- opt.  
 1 Cup Full Fat Ricotta cheese

Melt butter in a heavy 9 inch skillet or a 1 qt. saucepan over low-heat. Add feta and ricotta cheese, & pepper. Cook stirring constantly, & mashing the cheeses slightly until they soften and begin to bubble, about 5 mins. Stir in lemon juice, and garnish with parsley if desired. Serve at once, as the fondue cools it loses flavor. By phoffer.

### Low-Fat Egg Rolls

Spray pam in a wok and using high heat. Add:

4 garlic cloves, crushed  
 1 tablespoon grated ginger or 1 teaspoon ground  
 1/4 cup water (may use liquid from mushrooms)  
 3 celery stalks, sliced thin  
 3 carrots, sliced like match sticks (use thin slices of red or orange bell pepper)  
 8 dried shitake mushrooms, reconstituted and sliced  
 2 cups bean sprouts  
 1 cup snow peas

Saute 3 to 5 minutes. Keep stirring and add:

1/2 cup scallions, chopped  
 1 cup cooked chopped chicken or shrimp (meat can be omitted)

Move sautéed veggies (and meat) to the side, tip wok and add:

1/3 cup soy sauce  
 1 tablespoon cornstarch (use water chestnut flour or omit and use less soy sauce)

Mix to combine, then stir together with veggies (and meat).

1 package egg roll wrappers (preferred whole wheat)

Make an egg wash with one egg & small amount of water. Fill & roll up egg rolls using egg wash to seal edges. Preheat oven to 450\*. Spray baking sheet with Pam & place egg rolls seam side down & spray them with Pam. Bake 15 to 20 mins, turn over & spray other side with Pam half way thru baking time. Serve with dipping sauce or chinese mustard. I use this recipe with parboiled small cabbage leaves or romaine lettuce leaves. Spray with peanut oil & bake until heated through. Wish we could find whole wheat wonton wrappers. Posted by mjlibbey

### Green Bean Delight

4 C frozen green beans ( any style)	1/4 C mayo
1/2 C water	1/2 tsp. garlic powder
1/4 C chopped peppered beef or dried chipped beef	1/2 tsp. onion powder
1/2 C sour cream	1/2 tsp salt

Put beans & water in Microwave safe dish and nuke, covered 6-7 min. Drain and toss with rest of ingredients. Adjust salt to type of beef used. Serve or reheat slightly before serving, if needed. \* Note: Dried chipped beef (in Kraft jars), can be soaked in water 20 min. to remove some of the salt. if desired. Drain on paper towels and shred, dice, or snip with kitchen shears. By SinginSOMERSong.

### Italian Grill

On a small platter layer the food as stated:

1st layer:

Baby spinach and chopped tomatoes, raw.

2nd layer:

Oven roasted veggies:-

Red bell pepper sliced,

Green bell pepper sliced

Onion, sliced

Japanese Eggplant, sliced lengthwise, and cut into half moon slices

Yellow squash, cut into half moon slices

Coat raw sliced veggies with olive oil, salt and pepper. Spread out on a cookie sheet and bake in oven at 450 until desired texture. Nice served with some crunch still in them.

3rd layer:

1/2 chicken breast pounded until about 1/2 inch thick. Cut in half and grilled.

1 Italian sausage (remove casings and flatten out to 1/2 inch thick. Cook on grill or in grill pan. It was long, and looked like a grilled strip steak.

4 medium shrimp, skewered and grilled.

Season all meats and grill. Layer meats over the veggies with Shrimp skewer on top. Serve with chunky Italian red sauce in small container (about 1/4 cup). Top with freshly grated parmesan cheese. Posted by Delight36.

### Jambalaya

1/4 cup cooking oil	1 1/2 cups stock or water	1 tsp. salt
1/2 lb. smoked sausage, sliced		1 cup chopped green onions
1 tsp. thyme		1 cup riced cauliflower
1 cup chopped onion		2 cloves garlic, minced
1/4 tsp. cayenne pepper		1 1/2 tbsp. soy sauce
1 cup chopped bell pepper		1 16 oz can tomatoes, drained, reserving liquid
1/2 tsp. black pepper		2 lbs. peeled shrimp
1 cup chopped celery		1/2 lb. boneless cooked chicken, cubed

In heavy Dutch oven, sauté sausage until lightly browned. Remove from pot. Sauté onions, bell pepper, green onions, celery and garlic in meat drippings until tender. Add tomatoes, thyme, pepper and salt. Cook 5 minutes. Mix together liquid from tomatoes, stock and soy sauce to equal 2 1/2 cups. Bring to a boil, reduce to a simmer. Add raw shrimp, chicken and sausage and cook uncovered, stirring occasionally for about 30 mins until shrimp are done. Stir in riced cauliflower and serve. (Note: riced cauliflower is cauliflower that has been chopped finely to look like rice) Posted by twiggy88.



## Squash & Sausage Bake

- (1) 3-4 medium yellow crookneck squash
- (2) 2 T water
- (3) 1/3 roll cooked Jimmy Dean sage sausage ( silver roll)
- (4) 1/2 med yellow onion (diced)
- (5) 1/4 C each:  
red & green bell pepper (diced)
- (6) 1/4 C green chilis ( diced)
- (7) 1/2 C parmesan
- (8) 2 C cheddar cheese shreds
- (9) 1/2 C sour cream
- (10) 1/4 C Hellman's mayo
- (11) 1/4 tsp onion powder
- (12) 1/4 tsp. garlic powder
- (13) Salt / pepper
- (14) slightly crushed pork rinds

Remove ends & cut (1) lengthwise, then in 1 " pieces. Place in dish with (2) & microwave, covered, 3 min. Drain well. Add (3)-(13) and stir well. Add (14) as topping and bake @350 for 30 min. YUM! YUM!( great side or main dish) By SinginSOMERSong.

## PT's Traditional Herbed "Bread" Stuffing

- 4 eggs, slightly beaten
- 4 T. olive oil
- 1 T. cream
- 4 T. chicken stock, or reduce 1/2 c. broth by half (by boiling down) to intensify flavor.
- 1 t. soda
- 1/2 t. salt
- 1 t. ground black pepper
- 1 t. onion powder
- 1 t. garlic powder
- 1 T. poultry seasoning
- 1 T. Splenda
- 2/3 c. grated MILD cheese (Monterey Jack is great!)
- 1 & 1/4 c. whey protein powder

Beat eggs with olive oil, cream, and chicken stock until well combined. Gradually beat in next 8 ingredients. Pour in the protein powder, gently & slowly hand-stirring just until the batter is somewhat smooth. Bake in electric sandwich maker for around 2 minutes, or until surfaces are lightly browned. Once all ZeeLeedleBreadlets are baked, leave them out to cool and air-dry for at least an hour or so. Then crumble them into small bite-sized pieces (if you have li'l -- or \*BIG\*-- helpers, this would be a watch-TV-type job!). Sauté 1 cup each of diced onions and celery in 2-3 T. butter...when they're just tender-crisp, stir in:

- 1 & 1/2 cups chicken broth (or 1 cup stock & 1/2 cup water),
- 1 T. poultry seasoning,
- 1/2 t. salt, and
- 1/2 t. ground black pepper.

Mix together with your "bread" pieces. Add one beaten egg to help "bind" the ingredients together. Place in a well-buttered baking dish and bake covered for 20 minutes at 350° (or microwave on high for around 7 minutes). Remove cover and OVEN-bake for another 15 minutes, or until most liquid has evaporated. YOU'RE \*DONE\*!! This can be prepared in advance and then warmed/crisped according to \*your\* discretion—'hope it works for you! (Pro-Fats, Level One). By Princess Tudy. PS--To anyone who wants to try this...if you have discovered bouillon cubes whose "legality" works for you, you could easily make the concentrated broth ("stock") by just dissolving a few cubes in hot water. Remember that this is a "to-taste" recipe, so work out what \*YOU\* prefer!

## Sausage Stuffing

1 pound sausage -- seasoned  
 2 large onions -- finely chopped  
 3 stalks celery -- finely chopped (3 to 4)  
 2 tablespoons butter -- (2 to 4)  
 1 head cabbage -- finely chopped  
 15 ounces chicken broth -- canned  
 3 eggs -- beaten  
 Seasonings

Saute your onion and celery in the butter. Add sausage, brown, crumbling the sausage finely. Let the oils and butter brown on the bottom of the pan to get that great carbonation flavor. Add seasonings you like such as thyme, oregano, pepper, salt, to taste. My sausage was preseasoned, so I just added pepper. Add cabbage and continue cooking. Add chicken broth to moisten as dish starts to get dry. I ended up using a whole can. Cook until cabbage is cooked and tender. Put in a 3-4 qt baking dish and add the eggs. Bake in 350 degree oven for 20-30 minutes. You may need to adjust some things to get it the way you like dressing. Posted by Sunflower03. This has all the taste of real stuffing, without the bread. You won't miss the bread and can "stuff" yourself as much as you like.

## Mark's Marinara

2 quarts tomatoes  
 1 15oz tomatoes sauce  
 1/4 CUP olive oil  
 3 CUPS chopped sweet onion  
 2 CUPS chopped sweet red pepper  
 2 4oz cans mushrooms with juice  
 2 TBL dried basil  
 1 TBL dried parsley  
 1 TBL marjoram  
 4 TBL Emeril's original Essence  
 1/2 TSP sweet and low brown  
 Salt and Pepper to taste

In a sauce pan sauté garlic in olive oil, then add onion and peppers and sauté 5 minutes. Add all other ingredients and cook over low heat for 1/2 hour. Simmer for several hours, the longer you simmer the better it gets...enjoy! I love lots of spice and flavor...use this to make chicken parmesan, sausage and peppers, Lasagna....this is a great recipe for canning. Mark

## Marinara Sauce

1/2 C Olive Oil  
 3 cloves minced garlic  
 3 cans diced tomatoes  
 2 tbs dried oregano  
 1 tbs. basil  
 3 bay leaves.  
 Pinch of sugar (subs. 2 packets splenda)  
 Sea Salt, Pepper.

Heat olive oil and sauté onions until clear, add garlic, cook for 1-2 minutes more. Add tomatoes, stir to combine. Add remaining ingredients and combine. Cover, and simmer on med high heat for 30 minutes. (to make this really fast - cover and turn up to high for about 10 minutes, stirring often) Remove bay leaves. Puree sauce with a fork, blender or food processor - depending on how fast and chunky you want the sauce. While the sauce is cooking, I usually brown chicken breasts, dipped in egg (formally egg, flour, and bread crumbs). Then cover with sauce, top with slices of Mozzarella cheese and bake until cheese is melted. This is my family's sauce, always made the same way. This is quick sauce to serve with chicken, fried cheese, fried vegetables. By AngelPie.

### Marinara Sauce

1 15 oz can diced tomatoes with juice	1 large onion chopped finely
2 16 oz cans of tomato sauce, no sugar added (Like Hunts)	2 small cans mushroom stems and pieces, drained
6 cloves garlic, minced	2 tsp. basil
about 1/4 c. Splenda	1 tsp oregano

Sauté onion in 1 T. water until translucent. Add the rest of the ingredients and bring to a boil while stirring. Simmer for about 10 minutes. I was tweaking a recipe I found and came up with this. My husband said it was the best yet. Serve over whole wheat pasta. Posted by janland.

### Basic Marinara Sauce

3-5 large onions, cut up	1 bay leaf
1 green pepper, seeded & cut up	½ t. dry thyme
2 T. oil	½ t. marjoram
4 15-oz. cans tomato sauce	3 whole cloves
3 6-oz. cans tomato paste	2 t. sugar substitute
2-1/2 cups water	½ t. salt
1/4 t. rosemary	½ t. pepper
1/4 t. oregano	½ cup burgundy wine

In chop-o-matic, chop onions medium fine. In large Dutch oven heat oil over medium high heat. Add onions and saute 1 to 2 minutes. In chop-o-matic, chop green pepper medium fine. Add to onions and continue cooking until onions are soft. Stir in tomato sauce, tomato paste, water, rosemary, oregano, bay leaf, thyme, marjoram, cloves and sugar. Simmer, covered for 1-1/2 to 2 hours. Stir in salt and pepper. Pour in burgundy and simmer 5 to 10 minutes. Take out what you need to make your pasta dish for tonight. Let the remaining sauce cool then freeze the remaining sauce in 2-cup containers. NOTE: This can be cooked in a slow-cooker for about 4 hours instead of on the stove, if preferred. Makes: 14 cups. Posted by MsTified.

### Blessed's Italian Sauce

1lb Ground Beef	14 oz can Diced Tomatoes
1lb Italian Sausage *	12 oz can Tomato Sauce
Salt to taste	12 oz can Tomato Paste + 1 can water
2 Yellow Squash, diced **	12 oz can Spicy-Hot V-8 Juice
2 Zucchini, diced	2 tsp. Italian Seasoning***
1 # Mushrooms, quartered	1 tsp. Rosemary
1 large Onion, diced	1 tsp. Oregano
1 stalk Celery, diced	1 tsp. Basil
7 cloves Garlic, minced	1/4 to 1/3 cup Splenda or equivalent****
28 oz can Tomato Puree	

In a large stock pot, brown ground beef & Italian sausage until no longer pink (I do not drain the fat). Salt to taste. Meanwhile, chop all veggies & throw into the pot, add remaining ingredients. Don't worry if it looks like there's not enough 'juice', the veggies will cook down & produce it. Mix well & bring to a boil. Once it boils, cover & reduce heat to a simmer for about an hour, stir occasionally. If you like a thinner sauce, keep the lid on & continue simmering until veggies are tender. If you like a thick sauce remove lid & continue simmering until veggies are tender. (I normally slow-simmer mine about 3-4 hours. I think it has a better flavor that way.) To serve, I like to sprinkle it with parmesan & eat it like a stew, but you could serve it over spaghetti squash. I also use it in any recipe that calls for a jar sauce. \* You can use link or bulk Italian sausage. If you use link, cut it into bite-sized pieces. \*\* With the exception of celery, I chop all the veggies large (about the size of the end of your thumb) because I like it chunky. Cut to your liking. \*\*\* All spice measurements are for dried spices; if you're using fresh, adjust as necessary. \*\*\*\* I use 1/3 cup because I like the extra sweetness. I suggest using at least 1/4 cup to counteract the acidity of the tomato products. This takes a while to prepare, however, it makes a large pot so you will have left-overs for the week. It also freezes well. By blessedbygod.

### Fresh Pizza Sauce

1 tab. olive oil  
 1 green pepper chopped (op)  
 1 cup mushrooms chopped  
 1 29 oz tomato sauce  
 1 6 oz can tomato paste  
 2 cloves garlic peeled and chopped  
 1/2 tea. dried sweet basil  
 1/2 tea. dried oregano  
 1 bay leaf  
 1/3 tea. hot pepper sauce

Heat oil in a large skillet. Add onions and sauté 1 minute. Add green pepper and sauté 3 minutes. Add mushrooms and cook for additional 2 minutes or until tender. Add sauce, paste, herbs, hot pepper sauce and garlic and simmer for 30 minutes. Stir occasionally. Remove the bay leaf prior to spreading sauce on the pizza. This will make enough sauce for 2 12" pizzas. I do not like tomato paste so I leave it out and put in a pint of chopped tomatoes that I canned. I haven't tried it on a legal pizza but it makes the best spaghetti sauce I've ever made. I use spaghetti noodles and add hamburger to the sauce. I have even eaten the sauce with no noodles. Posted by blueladybug.

### Best Ever Pizza Sauce

3 T. olive oil  
 1 onion, chopped  
 2 garlic cloves, minced  
 1 28 oz. can diced tomatoes  
 1 6 oz. can tomato paste  
 1-1/2 t. dried basil  
 1 T. oregano  
 2 t. sugar (substitute)  
 t. each. salt and pepper  
 1 bay leaf, whole  
 1/2 t. crushed red pepper flakes or cayenne

In a Dutch oven, heat oil over medium-high heat. Add onions and garlic and sauté. In a blender or food processor, add tomatoes with liquid, tomato paste, basil, oregano, sugar, salt and pepper. Process until smooth. Pour into Dutch oven. Add bay leaf and stir in red pepper. Cover and simmer 1-1/2 hours. Note. You can add an 8-oz. can of tomato sauce and use this as a spaghetti sauce, too. It's so much better than the store bought stuff and very easy to make. Make up a large quantity and freeze in ready-to-use portions. Yield: 2-1/2 cups. Posted by MsTified.

### Stir-Fry Sauce

Sweetener to equal 3 to 4 tablespoons sugar  
 3 to 4 tablespoons cider vinegar  
 2 to 3 tablespoons soy sauce

Seasons four servings. May add: 1 tablespoon fresh chopped ginger, 1 to 2 garlic cloves, minced and crushed red pepper to taste. Posted by mjlibbey.

## SOUPS AND STEWS

### Vegetable Beef Soup

1&1/2 lb ground beef  
 3 cups tomato juice  
 2 cans (14oz ea) or 1large 32oz Chicken broth  
 1/2 tsp garlic powder  
 1 tsp oregano  
 1/4 tsp pepper  
 Onion salt to taste or fresh chopped onions  
 Chopped Celery  
 Chopped Mushrooms  
 1 can diced tomatoes  
 1 Tab Worcestershire (makes the flavor)  
 1 Tab A-1 steak sauce (omit for L1)  
 salt

Brown ground beef with celery and mushrooms (if using fresh onions add now otherwise add powder later) until celery is soft. Drain if needed. Add the rest of the ingredients and reduce. This is a family test and approved recipe. Never a drop left (even picky teenagers). It does include some items that may cause a slight imbalance. I eat this a lot and I am losing. By bee4real.

### Beef Broth Soup

In a bowl, put some beef broth, chopped leek, chopped red bell peppers, chopped cooked sausage, salt, pepper, dash of soy sauce. Microwave on high 5 minutes. By Twiggy88.

### Beefy Cabbage Soup

1-2lbs ground beef browned and drained  
 1 large can tomato juice  
 4 C water  
 2t lemon juice  
 1 packet Somersweet  
 1 large onion diced  
 1 Medium cabbage diced  
 5-6 stalks of celery sliced.  
 Chili Powder to taste

Place all ingredients into a crock pot, cook until cabbage is tender. Posted by coulter.

### Hamburger or Whatever Meat You Like Soup

1lb Hamburger or whatever meat you like	1 med-lge onion
2-14.5 cans diced tomatoes	celery
2-4oz cans of tomato sauce	olive oil
2 cups water	oregano
2tbls of SS beef bouillon or whatever flavor	bay leaf
frozen green beans	salt & pepper

First I brown the meat, then drain, next I heat up the olive oil & put the celery & onions in & cook about 5 minutes. Then add the tomatoes, sauce, meat, & water. Bring to a boil & then add the bouillon & mix, then add the seasonings to taste & cook on low for about an hour & a half. You can cook it faster if you like but I like it better when it simmers for awhile. This is a soup I made last night, it was really good. Posted by mistydpclark.

### **Oriental Meatball Soup**

6 cups chicken broth  
 1 pound ground turkey, rolled in 1/2 in balls  
 2 stalks celery, chopped or sliced  
 5 thin slices - fresh ginger, chopped  
 2 TBS soy sauce  
 1/4 - 1/2tsp. hot chili oil  
 1 lg head Bok choy, cut in edible size pieces

Bring the broth to a boil and add the turkey meatballs, celery, ginger, soy sauce, and chili oil. Reduce the heat and simmer for 30 min. Add the bok choy and simmer for an additional 3-5 min. Adjust the flavor with additional soy sauce and chili oil. Serve immediately. I don't know who invented the recipe but it is really good. I added an 8 oz can of sliced mushrooms with the juice at the same time the celery was added. This recipe can be made in different ways... Next time I'm going to try some pea pods and maybe top it with some sliced green onion. I also thought it could be great using ground pork or beef or left over meats. You could even use beef broth in place of the chicken. Posted by Kay-B.

### **Italian Wedding Soup**

1 chicken cut into pieces  
 1 onion whole  
 tips and leaves of 1 stalk of celery

Place in a pot and cover with cold water. Add salt & pepper to taste. Bring to a boil. Reduce heat and simmer for 2 hours. Add water as needed to keep chicken covered. Remove chicken to a plate and cool. Remove and discard the veggies.

Add 1 bunch of chopped cilantro to the broth.

1/2 # ground beef  
 1/3 cup Parmesan cheese

Mix together and form itsy bitsy meatballs. I use a teaspoon for this. Bring the broth back to a boil. Add the meatballs and cook for 10 minutes. Remove the meatballs to a bowl. Skim the broth of excess fat. Add 1 package of frozen chopped spinach to the broth. Remove the chicken from the bones and return the meat to the pot along with the meatballs. Bring to a simmer. Beat together 2 eggs and 1/4 cup Parmesan. Stir this into the soup. (sorta like egg drop soup) Simmer another 5-7 minutes. Serve sprinkled with Parmesan. This is a traditional Italian dish from my son in laws family. Because it has two kinds of meat (a scarcity in ancient times) it was reserved for one in a lifetime events like weddings. This is not an instant gratification project but well worth the trouble.

### **Chickarina/Italian Wedding Soup**

1 medium package of chicken wings and a leg or two (you can use a chicken carcass but I find that bones slip in the soup)  
 6 cups of water  
 2 tbs poultry seasoning or salt and pepper  
 1 onion

Boil in a stock pot for 2 hours (make sure all of your components are in the colander insert). You should have a beautiful golden yellow color. In the meantime, fry up little meatballs made out of ground beef only. They take about 3-4 minutes each. When the stock is ready, pick the chicken off the bones and add it to your soup. Add chopped celery, escarole, and the meatballs. Simmer on the stove for 1/2 an hour. Store, serve, whatever. Top with grated cheese when serving for extra yumminess. Posted by fakeblonde16.

### Italian Chicken Soup

2 cups chicken broth  
 1t. Italian seasoning  
 1 16oz. jar mild Pace Picante Sauce (chunky preferable)  
 1/2 - 1 cup diced cooked chicken  
 1 T. splenda (heaping)  
 1/4 t. garlic salt  
 1/4 cup sour cream (optional)  
 Parmesan (optional)

In a 2qt sauce pan place broth and Italian seasoning and simmer for 5 minutes. Add picante sauce, chicken, Splenda and garlic salt. Stir and heat through. Just before ready to serve, whisk in sour cream. Sprinkle with parmesan cheese if desired. Serve. Posted by FrozH2O.

### Morocco Lentil Soup

1 cup lentils  
 1 large ripe tomato peeled and chopped (or 1/2 cup canned)  
 1 cup chopped onion  
 4 scallions chopped  
 2 stalks celery, chopped  
 3 cloved garlic, chopped  
 1 bay leaf  
 4 Tbl. chopped fresh parsley  
 4 Tbl. chopped fresh cilantro  
 2 tsp. ground ginger  
 2 tsp. turmeric  
 2 tsp. sweet paprika  
 1 tsp. ground black pepper  
 salt to taste  
 5 cups water (or use vegetable stock)  
 1 Tbl. ground cumin

Combine all the ingredients in a large saucepan. Bring to a boil and simmer on low, covered, for 1.5 hours. Discard the bay leaf. For a thicker soup, remove one cup of the soup and puree in a blender. Return to the pan, heat through, and serve hot. This is my favorite Lentil soup! This recipe would be a level 1 carbo meal. By ybac.

### French Onion Soup

2 onions very finely sliced  
 2 T. butter  
 4 cans beef broth  
 1/2 t. thyme  
 1 t. black pepper  
 1 t. salt (check saltiness of broth first)  
 2 C. Gruyere cheese, shredded

Heat stock pot over med heat; melt butter and sauté onions until soft, about 15 minutes. Add 1/2 can of beef broth and continue to cook until the onions have absorbed the broth. The onions should now look almost clear and brownish in color. Stir in the remaining broth and all seasonings. Simmer for 20 minutes. Ladle soup in oven-proof soup bowls and sprinkle on shredded Gruyere cheese (I use ALOT of cheese but use to your taste). Place oven-proof soup bowls under the broiler and broil until cheese is totally melted but not browned. Very simple recipe yet the best soup I've ever had! RBT @ SS site. I make this soup all the time - we absolutely love it. We simply stir in shredded cheese and let the heat of the soup melt it. We've tried floating a sliced portabello mushroom, etc. to hold up the cheese and just prefer to stir in some cheese and call it good. I always use sweet onions too. I use Swanson's beef broth. DebB. \*U\*

## French Onion Soup with Mini Garlic Flans

Mini garlic flans:

1 cup heavy cream

4 cloves crushed garlic

4 egg yolks

dash salt

1/4 cup shredded parmesan cheese

Combine cream & crushed garlic in small saucepan & bring just to a simmer over low heat. Set aside to cool for 5 min. Meanwhile, whisk together yolks, salt, & parmesan cheese in medium sized bowl. Strain cream mixture into yolk mixture, whisking constantly until well blended. Pour into greased mini muffin tins & place in a shallow pan slightly bigger than the tins. Pour HOT water into pan so that it reaches half way up sides of muffin tin. Bake at 325 for 20 min or until set & lightly golden. Remove from water bath & let cool completely before unmolding. To serve, place 1-3 mini flans in bottom of soup bowl. Top with hot French onion soup, a slice of provolone or swiss cheese & place under broiler until cheese is bubbly & brown. I found this recipe in a catering book & used the flans in Suzanne's french onion soup from "Get Skinny." It was delicious!!! Posted by debsdesserts.

## Onion Soup

2 cups of water or chicken broth

2-3 onions chopped

1 T butter

1-2 cups of heavy cream

Cook the onions in water or broth until soft. Add butter and slowly add cream. I use my hand held braun to make it creamy. Add salt and pepper to taste. For anyone that likes onion soup I make this all the time. By mzladyt.

## Chicken Broth Soup

Put some chicken broth in a bowl, add chopped leeks, chopped red bell pepper, shredded crab meat, 1/2 tsp lemon juice, salt, pepper. Microwave on high 5 minutes. By Twiggy88.

## Chicken Queso Soup

1/2 large onion, chopped

3 T butter

2 sm cans chopped green chiles

2 cans diced tomatoes

1 8 oz package of cream cheese

1 can chicken broth

1 1/2 cups of cream (recipe calls for half and half, but cream works fine. Or use 1 cup cream and 1/2 c. water.

4 t lemon juice

Garlic powder, cumin, cayenne pepper and salt to taste (start with 2 teaspoons and adjust accordingly)

1-2 cups chopped, cooked chicken. (I usually use however much I have left over. Also, it's good without chicken)

1 bunch chopped green onions (white part)

1 bunch chopped cilantro

Melt butter over med. high heat. Saute onion in butter until translucent. Add green chiles & tomatoes (do not drain either one) & cook, stirring constantly, until about half of the liquid is evaporated. Add cream cheese & cook until melted, stirring constantly. Add broth, cream, lemon juice & seasonings. (At this point, I usually puree the soup with my immersion blender, but that's optional--it's good either way). Add chopped chicken & heat until warmed through. Do not boil. Serve, garnishing each portion with chopped green onions & chopped cilantro. In my opinion, the garnish is a must for this soup. All the fresh ingredients give it a "crunchy kick". Non-Somersizers can also garnish with either cut-up & fried tortilla strips OR crushed Nacho Cheese Doritos. Even my non-soup lover husband & step-son adore this! A skinny friend of mine gave this to me & it's fantastic! Just so happens it's Somersized already!



### Thick & Hearty Turkey Soup

1 turkey carcass	several stalks of celery
1 head of cauliflower	garlic- crushed
1 onion	

Chop onion, celery and garlic and sauté in olive oil- add salt and pepper to taste. When tender, place carcass in pot, cover with water, bring to a boil. Simmer at least 4 - 5 hours. Remove carcass, leave till cool enough to handle. Remove meat and add meat back to soup, bring back to boil. Add cauliflower in large florets to pot, simmer until tender. Place cauliflower and some broth in blender, blend till smooth. Add back to pot and you have a thick turkey soup. My DH loves this and he wouldn't touch cauliflower (I haven't told him it's in there). You can add any legal veggies you like. Posted by medicmom.

### Creamy Chicken & Broccoli Chowder with Bacon & Cheddar

8 slices bacon, chopped	4 oz. cream cheese (cut up into 1" cubes)
1 cup minced onion	1 cup grated sharp cheddar cheese
1 cup sliced celery	1/2-1 tsp. salt (to your taste)
1 clove garlic, crushed in garlic press	1 quart chicken stock OR 2 cans chicken broth
2 Tbsp. parsley	3 cups cooked chicken, cubed
1 quart cream	2-3 cups steamed broccoli florets (fresh or frozen)

If cooking chicken and using your own stock, place four breasts of chicken in stock pot and cover with 1 quart of water. Bring to boil, then turn heat down to low and cover and simmer a minimum of two hours. (If you have the time and start it early in the day, 4-6 hours makes a rich stock) Or you can simply use "legal" canned broth. Meanwhile, in a 5 qt. dutch oven cook bacon until brown and crispy. Remove all but 2-3 Tbsp. of the bacon drippings. Add onions and celery and sauté over low heat until tender. (not necessary to remove the bacon) May add a small amount of broth if desired towards the end to help the celery along. Add garlic and parsley and continue to sauté for one minute longer. Add cream, cream cheese, cheddar cheese and salt and stir until cream cheese and cheddar is completely melted. Add the chicken stock and stir to blend completely. Add chicken and broccoli. Cover and simmer gently for 30 minutes, stirring frequently. Serves 6-8. \*Note: If cooking your own stock: I used 4 chicken breasts with ribs attached and skinned three of the breasts leaving one with skin for flavor, then de-boned the meat from the ribs. The stock is much better when chicken is cooked with the bones. You could use any type of chicken. My favorite things to create are soups. You can do this fast and easy by using canned broth and frozen broccoli, or you can make your own stock. Either way it's GREAT! Posted by tracey k.

### Chicken Tender & Chorizo Sausage Soup/Stew

Package of Chicken Tenders, cut in bite size pieces	one can 14 oz or more of tomatoes finely diced or stewed. Or use a can of fire roasted tomatoes if you can find them
Chorizo Sausage quartered and chopped bite size pieces	salt and pepper
Kielbasa Sausage quartered and chopped in bite size pieces	Red Tabasco Sauce
1 large chopped yellow onion	Chives
half or whole head cauliflower chopped	fresh cilantro
chopped garlic	sour cream
1 red pepper chopped	cheese
chicken stock	

Put some extra virgin olive oil in pot and add chicken tenders, brown nicely then add rest of meat. Add chopped yellow onion, cauliflower, garlic and red pepper. Let all of the above sauté for a few minutes, then add chicken stock, however much juice you want. Then add tomatoes and salt and pepper. Add Tabasco Sauce, just a few drops. Let simmer, then put in soup bowls and top with chives cilantro, sour cream and cheese, it is awesome. NOTE: in the original recipe it called for potatoes and red kidney beans BUT since we can't have that, I think the soup was great without it. Probably could add some heavy cream to make a stew type consistency. But this is really good. Posted by phoffer.

**Straciatella**

6 Cups Chicken Broth or Stock  
3 Eggs  
2 tbs. Fresh Grated Parmesan Cheese

2 tsb. Fresh Grated Asagio Cheese  
Minced Fresh Parsley  
Dash of Pepper and Salt.

Bring broth to a boil - med. heat. In separate bowl beat eggs, cheeses, pepper, & parsley together. Turn heat to low and drizzle egg mixture into the broth while lightly stirring. Continue to stir and simmer for 3 mins. Serve. This makes 4 servings. By AngelPie.

**Sausage Kale Soup**

6 ounces turkey kielbasa sliced. (I used more)  
1 large chopped onion  
1 large chopped  
1tsp olive oil  
1 lb kale washed & chopped or 1 (10)oz frozen

2 cans chicken broth  
4 cups water  
1 tsp crumbled dried leaf marjoram  
1/2 tsp salt  
1/8 tsp pepper

Sauté kielbasa, onion & garlic in oil in large pot over medium low heat until tender. If using fresh kale cut off stem and set aside. Coarsely chop fresh leaves. To the pot, add the chicken broth, water, marjoram, salt & pepper and the sliced kale stems. Bring to boil, cover and lower the heat and cook for 15 minutes. At this point add the chopped kale and bring to boil again. Cover, lower heat and simmer for another 15 minutes or till tender. I saw this on Food TV, but it was from Family Circle magazine. Posted by Grace Barse.

**Zuppa Toscana Soup**

2 3/4 c. chicken broth  
1/4 c. cream  
2 large turnips, sliced as thin as you can get them  
1/2 lb. sausage

2 TBL bacon bits  
1/2 bundle of kale, leaves cut off the stems and chopped  
garlic salt and pepper to taste

Brown sausage and throw in bacon bits to mix the flavors. Drain sausage. Put all ingredients in stockpot and cook on med/high until turnips are soft. Top with fresh grated parmesan cheese and enjoy! You can also make this in a slow cooker/crockpot and cook it on high for 4-6 hours. I found the illegal version of this awesome soup and somersized it. It is a family favorite! (I double all the ingredients and add 1 chopped onion and 1/2 pound of bacon to the sausage while cooking. I drain and add to the pot. I then cut up 1/4 head of cabbage and add that to the soup. This makes a heartier stew-like soup.) Posted by jenmike.

**Sausage and Spinach Soup**

1 pound of sausage cut into 3/4 inch pieces (Italian Sweet Sausage or my favorite - Chicken Sausage with Fresh Spinach and Feta Cheese - see note below)  
6 cups of chicken broth  
1 medium onion, chopped

1 tsp. dried oregano  
1 10 oz. package of spinach (thawed and drained thoroughly)  
Grated parmesan cheese  
Salt and Pepper to taste  
Butter

Melt butter in saucepan. Add sausage and cook until browned. Add chicken stock, onion and oregano. Heat to a boil. Cover and cook over low heat for 10-12 minutes (until onions are tender). Stir in spinach and cook for another minute. Top each bowl with fresh ground pepper, a few shakes of salt, and a tablespoon of fresh grated parmesan cheese sprinkled on top. DELICIOUS! \*NOTE: I have found a wonderful brand of chicken sausage that has fresh spinach and feta cheese in it. It is called "Hans' All Natural Chicken Sausage with Fresh Spinach and Feta Cheese". Costco carries it in their frozen foods section. It comes in a 2 pd. 8 oz. package of 12 sausages. I use half of them at a time for this recipe, unless I decide to double it. Look for them if you have a Costco near you - they are excellent for this soup. LOVE this soup. I have made it several times this winter, and it has kept me warm inside. Posted by CANMOM.

### "Potato" and Sausage Soup

4 8oz cans Water Chestnuts	1 quart heavy whipping cream
4 cups chicken stock	3 or 4 tblsp balsamic vinegar (white)
2 pounds hot sausage, out of the casing	1 tblsp vanilla
1 1/2 cups diced onion	4 tblsp finely chopped flat-leaf parsley
1 3/4 cups finely diced celery	Salt and pepper, to taste
4 ounces butter	

To a large stock pot, add water chestnuts and chicken stock. Bring to a simmer and cook until "potatoes" are fork tender, about 20 minutes. To a sauté pan over medium heat, add sausage and chopped onion in pan and sauté until completely cooked. Drain sausage mixture, add celery, and sauté a few additional minutes. Add sausage mixture to stockpot with butter. Add cream and extra broth if needed. Add vinegar, vanilla, and parsley at end of cooking. Season, to taste, with salt and pepper. Posted by grouchojll.

### Hot Italian Sausage, Vegetable and Egg Noodle Soup

1lb Hot Italian Sausage  
 1/2 Cabbage chopped coarsely  
 4 cloves Garlic minced  
 1 medium Onion chopped  
 2 qts Chicken Broth heated in large soup pot  
 1 bag of frozen Italian Green Beans thawed  
 2 cups of your favorite Italian Tomato Sauce  
 4 tsp of Italian Seasonings  
 4 eggs lightly beaten  
 Salt and Pepper  
 Grated Parmesan Cheese

While broth is heating in large soup pot, begin cooking crumbled sausage in large sauté pan. Meanwhile, place chopped cabbage in micro-wave safe bowl with 1/4 cup of water and cook on high power for 8 minutes or until tender. Drain. When sausage is almost done add to it, minced garlic and chopped onion and sauté until tender. Add 2 cups of favorite tomato sauce and Italian seasonings. Add cooked cabbage and sauté for 7 minutes. Into soup pot with broth, add thawed Italian green beans. Continue simmering. Once broth with beans has simmered for 5 minutes, slowly add and stir a little at a time, the beaten eggs. This will form thin egg strands. Stir for 1 minute to make sure strands are cooked. Carefully add all ingredients from the sausage pan to the broth/green bean and egg pot. Stir well and heat for 5 minutes until flavors blend. The soup turns a rose color resembling a creamed soup! Serve with grated parmesan cheese and salt and pepper if desired. With 12 inches of snow on the ground here in CT, this soup is the best fix for the winter blues! It takes under a half hour to complete and makes enough to feed four generously. Posted by justkdeno.

### Italian Vegetable Thick Hearty Soup or Stew

package boneless, skinless chicken breast  
 15 oz. can diced tomatoes  
 28 oz. can crushed tomatoes  
 seasonings... whatever you like.. I used dried basil, oregano, but seriously, whatever you prefer for Italian dishes.  
 3 zucchini quartered and cut into 1/2 in. pieces.  
 2 med. onions chopped  
 1 yellow and 1 orange bell pepper diced (whatever peppers you like, actually)  
 4-5 cloves of garlic (to taste) minced

Throw everything in the crockpot, cook on low 7-9 hours or till the chicken is cooked through. Shred a little mozzarella cheese into bowls before spooning the hot stew into it. stir to melt cheese. Yum. By christine6165.

### Celery Root Mushroom Soup

3 TBSP. butter  
 2 large portabello mushrooms  
 1 leek, chopped  
 1 celery stalk, chopped  
 1/2 tsp. tarragon  
 4 cups cubed celery root(make sure to get all the brown off)  
 4 cups chicken stock  
 1 cup heavy cream  
 salt and pepper  
 1/4 cup chopped celery leaves

Melt 2 TBSP. butter in saucepan and sauté mushrooms (about 8 minutes). Remove from pan; add 1 TBSP. butter, leek and celery to pan and sauté until wilted. Add tarragon, celery root and chicken stock. Bring to a boil. Cover loosely and simmer 20 minutes. Until celery root is tender. Put into food processor in small batches and puree'. Return to pan, stir in cream and add sautéed mushrooms. Reheat, gently. Add salt and pepper to taste. Serve in bowls with a sprinkle of chopped celery leaves on top. By mjlibbey.

### Hungarian Mushroom Soup

4 tablespoons butter	1 cup heavy cream (whipping)
2 cups chopped onions	1 teaspoon salt
1 lb sliced fresh mushroom	1 dash fresh ground pepper
2 cups chicken broth	2 teaspoons lemon juice
1 tablespoon paprika	1/3 cup sour cream
1 tablespoon soy sauce	chopped fresh parsley (to garnish)
1 teaspoon dried dill weed	

Melt butter over medium heat, using a large pot. Add onions and sauté for 5 minutes. Add mushrooms and sauté for 5 more minutes. Stir in the chicken broth, paprika, soy sauce and dill weed. Reduce to low, cover and simmer 15 minutes. Pour heavy cream into soup and blend well. Simmer, covered, for 10 more minutes. Stir in salt, pepper, lemon juice and sour cream. Heat through for 4 or 5 minutes. Serve garnished with fresh parsley. Although this recipe is easy to make, it has a great, complex taste-and it's low carb too. My family loves it, and I hope you do too. Janis @ recipezaar. DebB: I found this recipe on [www.recipezaar.com](http://www.recipezaar.com) (then typed in "low carb") last week and this is THE most delicious mushroom soup! Here it is in its entirety, the only deviation from the recipe when I made it, was that I didn't add the garnish.

### Monterey's Fabulous Mushroom Soup

6 stalks celery	1 t fresh minced oregano
2 carrots (would omit)	1/8 t chilli flakes
2 small yellow onions	1 qt vegetable stock (if funky will use chicken broth or homemade celery/onion broth)
3 cloves garlic	2 cups heavy cream
8 oz Monterey Brown mushrooms	salt & pepper to taste
4 diced Monterey portabella mushrooms	Optional: White mushrooms can be added or substituted.
5 T olive oil	
1 t minced thyme	

In a food processor, finely chop celery, onion, garlic and brown mushrooms. Heat 3 T of olive oil in medium stockpot. Combine the chopped mixture, thyme, oregano, chilli flakes and sauté for 10 minutes. Allow this to slightly caramelize, and add stock and cream. Simmer for 15 minutes. In sauté pan add remaining 2 T olive oil and diced portabellas. Sauté for about 4 minutes until moisture is gone. Add this to soup mix, adjust seasoning and serve hot. Garnish idea: dollop of sour cream and chives on top, serve with croutons - which of course we'd use our ss'd cheese crackers. Recipe found on the monterey mushrooms website, credit to Chef Todd Fisher of the Lodge at Pebble Beach, CA. Posted by cubbiegal.

### Almost Minestrone

2 cups finely chopped celery	2 cups diced zucchini (from about 2 medium)
1 cup finely chopped onion	1 package of mushrooms, sliced or chop a variety of your favorite (portobello, crimini, etc.)
3/4 cup finely chopped leek (white and pale green parts only)	3 cups (packed) coarsely chopped fresh spinach
1/2 cup dry white wine	1/3 cup thinly sliced fresh basil
9 cups canned low-salt chicken broth	Freshly grated Parmesan cheese for garnish
4 cups diced green cabbage (about 10 ounces)	

Combine celery, onion, leek and wine in heavy large pot over medium heat. Simmer until vegetables are tender but not brown, stirring frequently, about 12 minutes. Add broth and bring to boil. Add cabbage and zucchini and simmer 10 minutes. Add mushrooms; cover and simmer until mushrooms are tender, about 7 minutes. Add spinach and cook 5 minutes. Stir in sliced basil. Season to taste with salt and pepper. Ladle soup into bowls and serve. Put the grated Parmesan cheese in a bowl and allow guests to top their soup as desired. By missalula.

### Garden Minestrone

1 cup chopped onions  
 1 cup chopped green peppers  
 3 garlic cloves, crushed  
 1 cup chopped celery  
 1 cup chopped mushrooms (optional)  
 1 cup chopped zucchini  
 1 tablespoon Mrs. Dash original  
 1 dash cayenne pepper or to taste  
 1 teaspoon oregano  
 1 teaspoon basil  
 1 ½ cups cooked white beans or garbanzo beans (or one 15- oz. can)  
 ½ cup uncooked whole grain pasta  
 1 cup chopped tomatoes; including juice or 1 large can whole tomatoes with juice  
 4 cups water or vegetable broth  
 ¼ cup chopped fresh parsley for garnish  
 Parmesan cheese (for non SSer's)

Spray a large heavy pot with Pam and wipe with paper towel or use a nonstick pot. Sauté' onions, green peppers and garlic until wilted. Add celery, mushrooms, zucchini, and seasonings. Mix well. Cover and let steam for 10 minutes. Add beans, pasta, tomatoes and water or broth. Bring to a boil and simmer until vegetables are just tender. At serving time, sprinkle with parsley (and parmesan cheese for non SSer's). NOTE: Minestrone freezes very well. The soup can be prepared during the gardening season and frozen, omitting water or broth to save space. Or assemble it from frozen ingredients during the winter. It can be frozen for nine months. (From Paul James' Home Grown Cooking on HGTV) Posted by mjlibbey.

### Chicken Minestrone

chicken (whole or 8-10 thighs)	mushrooms
1 onion chopped	spinach
fresh garlic (1-3 cloves)	green beans
2-3 slices bacon	crushed tomatoes (the big can)
cauliflower	tomato sauce (the big can)
zucchini	

Sauté onion and garlic in bacon fat. When done, add tomato product, chicken and water or stock to cover. Cook for 15-20 min under pressure (longer if chicken is frozen), then add veggies. Simmer without lid till done. When I'm in a hurry, I use frozen veggies. Oh and salt and pepper to taste and Italian seasonings, I like 3-5 tbs. Sorry I don't really have exact measurements I'm a dump cook. Posted by elmojabr.

### Black Bean Soup

1 tsp cumin seeds	1 bottle beer
3 cloves garlic, minced	1 jalapeno, diced
3 can black beans	1/4 c cilantro
1 onion, diced	non fat sour cream

Sauté cumin seeds & garlic in a saucepan until brown. Add black beans, beer, onion & jalapeno. Bring to boil and reduce heat. Remove 1 to 1-1/2 cups of black beans from the pot and puree them. Add them back to the pot. This thickens the soup. You can also use a hand blender to thicken to desired consistency. Garnish with cilantro and sour cream. Serve warm. Maybe substitute the beer for veggie broth. I haven't tried it yet. Posted by Matantej.

### Chili's Southwestern Soup

1 sm. onion diced	1 med. can tomato sauce
a clove garlic minced	1 can refried beans
1/4 c water	1/2 C chopped cilantro
1 can kidney beans	1 C frozen green beans ( or 1 can green beans)
1 Lg Can diced tomatoes	1 med can vege broth
1Lg can enchilada sauce ( I like mild)	water ( fill chicken broth can)

Sauté onion & garlic in water until tender. Add to a large soup pot. Add rest of ingredients and stir after each addition. The refried beans serves as a thickener and will need the large pieces blended in well. Simmer until heated through. Add salt and pepper to taste. \*Traditionally a can of corn was added and corn tortillas were cut into thin strips and fried, drained and a few added to the bottom of the bowl, soup ladled over, then more strips & cheese shreds on top. Non-SSers will enjoy as well ! Simply adjust to fit your needs and theirs. NOTE: I SSed this recipe for a carb meal, but had corn, & tortilla strips & cheese ready to add to the family's bowls when theirs was served. ) \*\* ( My DH LOVED Chili's SW soup so I decided to try it through trial and error. Each attempt came closer. Now my family says it's better than theirs! \* Optional : 1/ 2 of a lime's juice. \*\* for Pro/Fats: omit both beans, sauté onion & garlic in a little olive oil & butter, and add crushed pork rinds & cheddar cheese shreds on top when serving. You may even enjoy adding fried bacon pieces. By singinSOMERSong.

### Vegetable Soup

1 large can Tomato Juice	broccoli
green cabbage	turnips
red cabbage	green beans
onion	basil
celery	oregano
mushrooms	salt and pepper
cauliflower	enough water to cover veggies

Put all ingredients in a large dutch oven saucepan. Cook over medium heat until broccoli and cauliflower are tender. This is a recipe that a friend of mine created many years ago and has been a family favorite since. The measurements for the veggies are however much you want. Posted by Dani1984.

### Vegetable Soup

I have a favorite soup that is delicious and easy to make. I just use a can of chicken broth, add a sliced summer squash, frozen green beans and frozen baby broccoli. Then when it's done I put butter, sea salt and fresh ground pepper on it. I love it. Sometimes I put shredded parmesan on it and sometimes I add roasted chicken that I get from the deli. By lindsay.

### Simple Vegetable Soup

1 cup vegetable bouillon  
 1 cup frozen oriental mix vegetables  
 1 pinch SS Cajun sea salt

Combine all ingredients, bring to a boil. Posted by Twiggy88.

### Protein Power Diet Soup

3 Tablespoons Olive Oil  
 3 cloves garlic  
 1 1/2 onions  
 3 Cups each Zucchini and Yellow Squash,  
 sliced, or, 3 cups mixed vegetables  
 3 Cups diced cooked Chicken, or,  
 3 (5oz. ea) cans chicken, drained  
 2 cans(14.5oz ea) Diced Tomatoes  
 3 cans(14.5oz ea) Chicken Broth  
 6 Cups fresh Baby Spinach - or-  
 3 Cups frozen chopped spinach,  
 thawed & squeezed dry

In large saucepan over medium heat, add oil, garlic and onion; cook until onions are transparent and beginning to become golden. Raise heat to medium high, add remaining vegetables except spinach and cook until tender. Add Chicken, tomatoes and broth; bring to a boil. Reduce heat and simmer for 10 minutes. Add spinach and cook until just wilted. Makes 6 servings. I found this recipe in the May 18, 2004 issue of Woman's World magazine. It's "perfectly" somersized Level 1, and it's delicious!! Posted by tiger.

### Cabbage Soup

1TB oil	1 ham hock
2 med onions diced	salt to taste
1 sm red cabbage, cored & shredded	pepper to taste
1 1/2 qt. chicken broth	sour cream
3TB wine vinegar	fresh dill

In large pot heat oil & cook onions, stir occasionally, until soft about 10 minutes. Add cabbage, continue cooking, stir occasionally about 20 minutes. Add chicken broth, vinegar, & ham hock. Cover and simmer soup for 1 hour. Remove from heat, add salt & pepper as desired. Remove meat from bone and add back into soup. Serve with sour cream and dill.

### Easy & Delicious Red Pepper Soup

6-9 red peppers (chopped into 1 inch square pieces)  
 1 onion, chopped  
 3-4 cans chicken broth  
 1/2 tsp. lemon juice  
 1/2 tsp. salt  
 2 dashes cayenne pepper

Sauté the peppers and onion with butter for about 20 minutes. Move to a pot and add chicken broth, lemon juice, salt, and cayenne. Simmer for an hour or so. Transfer to blender and puree. Pour into strainer to remove any leftover pulp. Enjoy! This is a family recipe and sooooo good and easy! By MarineWife.

### Jillybean's Sweet Bell Pepper Bisque

2 Tbsp. butter  
 4 Sweet bell peppers (red, orange, yellow or combo), chopped  
 1 onion, chopped  
 4 cloves garlic, minced  
 24 oz. chicken broth  
 1/2 cup heavy cream  
 salt to taste

Melt the butter in a large saucepan over medium heat. Saute the bell peppers, onion, and garlic until tender (about 10 minutes). Pour in the chicken broth, stirring well. Reduce heat to low and simmer for 30 minutes. Transfer hot liquid to a blender (in small batches as hot liquid will expand and blow the lid off!) and puree until smooth. Strain the soup and return the bisque to the saucepan over low heat. Stir in the heavy cream, add salt to taste. Allow to heat through. At this point, I did add 1 tsp. of ThickenThin/not Starch to thicken up the bisque a bit. The bisque was nice hot, but I enjoyed it even better the next day cold. It was nice and light! I had a bag of sweet bell peppers from Costco and wanted to try something different. I came up with this. Level One - pro/fats. Posted by Jillybean.

### Swiss and Cheddar Broccoli Soup

4 C chicken broth  
 2 packages (10oz) Frozen chopped broccoli  
 4 C cream  
 1/2 Tsp salt  
 1/4 Tsp pepper  
 1/8 Tsp ground nutmeg  
 1-1/4 C shredded swiss cheese  
 3/4 C shredded cheddar cheese

In a large pot combine broth and broccoli, cover and cook over medium heat until tender, about 8 minutes. Stir in cream, salt, pepper, and nutmeg. Cook over medium heat until heated through. Remove from heat. Add cheeses, stir until melted. By momtomgm.

### Mock Potato Cheese Soup

1 large head of Cauliflower  
 3/4 c celery diced  
 1/2 sweet white onion  
 1/2 tsp garlic salt  
 1/2 tsp pepper  
 1/2 tsp thyme  
 1 c heavy cream  
 1 c monterey jack cheese (or other mild cheese)  
 1/2 c cheddar  
 1/2 stick butter  
 1/2 c parsley to taste

Chop up the cauliflower and place in pot with celery, onion, garlic, pepper, thyme. Put enough water to cover. Cook until veggies are tender. Mash all ingredients with masher or processor. Return to pot and add cream, cheese and butter and parsley. I sometimes add crumbled bacon on top. This is a wonderful soup I used to make with potatoes. I changed it up for Somersizing. By momuftwo.



### Cauliflower Soup

2 heads of cauliflower, cut up	1 bay leaf
1 large onion, chopped	1 tsp. thyme
2 pieces of garlic, cut in half	1/8 tsp. pepper
2 Tbsp. olive oil	salt
2 cans chicken broth	1/4 cup heavy cream
1 1/2. cups water	

Heat oven to 400. In a large roasting pan combine onions, cauliflower, garlic, and olive oil. Toss to coat and bake for 30 minutes. (Toss again half way through). In a large pot add chicken broth, cauliflower, water, bay leaf, and thyme. Bring to a boil and simmer for 20 minutes. Get rid of the bay leaf and then blend the soup in a blender. Put back in pot and add the heavy cream. Add salt and pepper to taste. Heat on low so that the cream does not curdle. This soup is absolutely delicious. It is a recipe from my mother. By MarineWife.

### Legal Chicken and Dumplings

3 boneless skinless chicken breasts (fresh or frozen)	2 cups heavy cream
3/4 cup water	Salt and Pepper
4 egg crepes (cut into strips)	Pressure Cooker

Place chicken breasts and water into pressure cooker. Turn heat to high and lock lid into place (if cooker has settings, put it on highest setting). When cooker is up to pressure, turn heat down to medium and let cook 30 minutes. Release pressure, open cooker and flake the chicken in the pot. Add the sliced crepes and the cream to the chicken. Season liberally with salt and pepper. Keep heat at medium and cook for additional 5-10 mins under pressure or until cream thickens a little. Makes 3 servings. By alexwakurdadup.

### Lemon-Pepper Slow Cooker Chicken

2-4 frozen boneless skinless chicken breasts  
 1 whole lemon  
 Lemon Pepper seasoning  
 non stick cooking spray

Spray crock with non stick cooking spray. Lay 2-4 frozen chicken breasts in bottom of crock. Wash lemon and slice in half. Squeeze juice over chicken and set rest of lemon in crockpot. Sprinkle chicken with lemon pepper seasoning. Cover, cook on low for 8-10 hrs. Posted by twiggy88.

### Roast Sticky Chicken

4 tsp. salt  
 2 tsp. paprika  
 1 tsp. cayenne pepper  
 1 tsp. onion powder  
 1 tsp. thyme  
 1 tsp. white pepper  
 1/2 tsp. garlic powder  
 1/2 tsp. black pepper  
 1 large roasting chicken\* (I think it helps to remove some of the skin or it's too fatty.)  
 1 C chopped onion

In small bowl, thoroughly combine all the spices. Remove skin and giblets from the chicken; clean the cavity well and pat dry with paper towels. Rub the spice mixture into the chicken, both inside and out, making sure it is evenly distributed and rubbed deep down into the skin. Place in a re-sealable plastic bag; seal and refrigerate overnight. When ready to cook chicken, put it in a crock pot and do not add any liquid. As the cooking process goes on, it will produce its own juices. Cook on low, 8 to 10 hours, and it will be falling off the bone tender. \*Also good with chicken parts. From Mimi Hiller at [www.cyber-kitchen.com](http://www.cyber-kitchen.com)

### Chicken Enchilada Soup

1 Spanish onion, peeled  
 4 cloves garlic, peeled  
 1 4oz can diced green chilies  
 6 cups chicken broth (3 cans)  
 2 tbs olive oil  
 1 tsp red chili powder  
 2 tsp ground cumin  
 3 tbs. tomato paste (freeze the rest for later use in zip loc bag)  
 1 lb thinly sliced chicken breast (or 7-8 chicken tenders)  
 1 cup grated cheddar cheese  
 1 lime  
 salt and pepper to taste

Puree first 3 ingredients together in food processor. Heat stock pot with olive oil add the puree, chili powder, cumin and tomato paste, sauté stirring constantly about 1 minute. Add broth and let simmer for 15 minutes. (You can simmer longer to enhance flavors.) Add in thinly sliced chicken breast and simmer about 15 more minutes. Add in lime juice, salt and pepper (a few dashes of Tabasco are good too) to your liking. Before serving stir in a cup of cheddar cheese until melted. Ladle into serving bowls and garnish with full fat sour cream, more cheese, diced tomatoes and scallions. FOR LEVEL 2: After step 1 add 4 broken up corn tortillas (toasted in oven). Simmer for additional 10 minutes then puree with hand held blender. Continue on to step 2. This is a yummy recipe I recreated that a local restaurant makes. This tastes just like eating chicken enchiladas and easy to make too!! Posted by shannymarie on SS board. Deb's notes: I use the whole (4oz) can of tomato paste. I use sweet onion. I use 3 tsp of minced, jarred garlic. I also use 2 tsp chili powder. I haven't tried it with the lime juice - I just omit it. Finally - I throw everything together after step 1 and let it simmer for an hour or two. (I used white onions in this once and it was terrible).

### Better Than Campbell's Cream of Tomato Soup

1 can tomato sauce  
 1 can water  
 or 2 cups tomato juice  
 dash onion powder  
 dash garlic powder  
 few Tbsp or so of cream  
 1 pkt equal or sweetener to equal 2 tsp sugar

Heat tomato sauce and water or tomato juice in small saucepan. Add spices and sweetener. Add cream to your liking (I like about 2-3 Tbsp). Do not boil, just heat to your liking. YUMMY! By karma.

### September's Easiest Tomato Soup Ever

2 cans (28 ounces each) crushed tomatoes  
 3/4 teaspoon Somersweet  
 1 tablespoon chopped fresh basil (or 1 teaspoon dried basil)  
 1/2 teaspoon garlic powder  
 1 teaspoon salt  
 1 teaspoon black pepper  
 2 cups heavy whipping cream

In a large soup pot, combine the tomatoes, sugar, basil, garlic powder, salt, and pepper. Bring to a boil over medium-high heat, stirring occasionally. Reduce the heat to low and slowly stir in the cream. Simmer for 4 to 5 minutes, or until heated through; do not allow to boil. NOTE: This makes a HUGE batch. I often cut it in half. Level One Pro/Fats. I love this soup. It takes NO time to make and its fabulous! I make the Spinach Bread from Suzanne's book "Fast & Easy" to go with it. Yum! By September.

### Pat Polito's Tomato Soup

2 1/2 cups fresh tomatoes	2 Tbsp. butter
1 Tbsp. somersweet	1 tsp. salt
1 sliced onion	1/2 cup cream
1/8 tsp. pepper	1/4 cup water

Add cream to saucepan & set aside. Put rest of ingredients into blender & process until smooth. Add processed mixture to cream in saucepan & cook on low until heated through, stirring frequently with wooden spoon.

### Chunky Tomato Soup

1 T butter	pinch baking soda (to neutralize the acid in the tomatoes)
1 T minced onion	
1 14.5 oz can diced tomatoes	1 T splenda (optional - to taste)
1 c (8 oz) chicken or vegetable broth	1 c (8 oz) cream

Melt the butter in a saucepan over medium heat. Add onion, cook for just a minute or two. Add diced tomatoes, broth, baking soda, and sweetener (if desired). Simmer over low heat for an hour. Heat cream in a double boiler up to a simmer, but do not let boil. Add heated cream to tomato mixture. Season to taste with salt & pepper. The diced tomatoes do not cook down completely, hence the 'Chunky' in the name. If you like your soup smooth, use an immersion blender, or run thru a regular blender 1/2 at a time, before adding the cream. Serve with cheese crackers for a great fall meal. Makes 2 large bowls. (Could try adding a can of salmon.) Posted by dogsnpoy.

### Tomato Spinach Soup

2 large yellow onions, chopped	1/2 teaspoon dried basil
2 tablespoons olive oil	1/2 teaspoon salt
1 (28 ounce) can diced tomatoes	1/8 teaspoon black pepper
1 quart beef broth or 1 quart of water with 4 beef bouillon cubes	1 (10 ounce) package frozen chopped spinach or 4 cups loosely packed fresh
1 cup sliced mushrooms	Grated parmesan or shredded cheddar cheese for garnish
3/4 teaspoon Italian Seasoning	

Heat oil in 3 quart saucepan, sauté onions for 10 minutes. Add remaining ingredients (if using fresh spinach, add later). Bring to a boil, reduce heat to a simmer and cover. Simmer for 30 minutes. (Add fresh spinach and simmer 5 more minutes.) Garnish with cheese. Makes 2 1/2 quarts. TO MAKE CARB: Omit olive oil and sweat onions. Use vegetable broth instead of beef broth. Can add cooked brown rice. Leave off garnish. Posted by mjlibbey.

### Somersize Gazpacho

4 med. tomatoes, peeled, seeded & chopped	1 clove garlic, minced
1 red bell pepper, roasted, peeled & chopped	2 tsp. vinegar
1 orange bell pepper roasted, peeled, chopped	1 Tbsp. olive oil
1 large cucumber peeled, seeded & chopped	1 c. vegetable broth
4 scallions, minced	1 tsp. soy sauce
1 small vidalia onion, chopped	1 Tbsp. Parsley
2 celery stalks, chopped	1 Tbsp. basil

Place all ingredients in a food processor or blender. Process in short pulses to puree. About 10 pulses. Chill & serve. Posted by JamieDee.

## Great Gazpacho

2½ lbs. ripe tomatoes (about 5 medium)	1 small jalapeno pepper - stemmed, seeded, and minced
1½ teaspoon salt	2 medium garlic cloves, minced
1 small hothouse seedless cucumber - peeled and cut into 1/4" dice	2 tablespoons sherry vinegar
1 small yellow bell pepper - stemmed, seeded, and cut into 1/4" dice	2 tablespoons extra-virgin olive oil
1 small yellow or white onion - cut into small dice	2 tablespoons minced fresh parsley or cilantro

Peel tomatoes. Halve & seed. Squeeze juice from tomato skins into measuring cup; reserve juice & discard skins (if the tomatoes are juicy & ripe, you should have ¾ to 1 scant cup of accumulated juices). Coarsely chop tomatoes, sprinkle with salt, & place in a colander set over a medium bowl. Allow to drain, occasionally stirring & pressing on them lightly, until they release another ¾ to 1 cup juice, 30 to 45 mins. Mix cucumber, bell pepper, onion, jalapeno (if using), garlic, vinegar, & reserved tomato juice in a 13 x 9-inch Pyrex dish or shallow, non-reactive pan. Refrigerate until well chilled, about 45 mins. (The mixture can be refrigerated up to 3 hrs.) While Gazpacho chills, transfer half of drained tomatoes to a food processor. Add oil & pulse until reduced to a chunky puree, about four 1-second pulses. Transfer to a medium bowl. Cut remaining tomatoes into medium dice & add to bowl; set aside at room temperature. When ready to serve, stir tomatoes & parsley or cilantro into refrigerated soup & serve immediately. NOTE: If you don't want to go to all the trouble of doing the tomato thing, you could just use "legal" tomato juice & a can of diced tomatoes! Contributed by: Cooksmart: Perfect Recipes for Every Day. Level 1/ProFat. Posted by MsTified.

## Gazpacho

2 large tomatoes, peeled and seeded	1/3 cup red wine vinegar
1 large cucumber, peeled and seeded	1 tablespoon Marie Sharp's Hot Habanero Pepper Sauce
1 medium onion	1 teaspoon salt
1 medium green pepper	1/4 teaspoon coarsely ground pepper
1 jar pimiento (2 oz) diced	2 cloves garlic, split in half
24 ounces tomato juice	
1/3 cup olive oil	

In a food processor, combine 1 tomato, 1/2 cucumber, 1/2 onion, 1/4 green pepper, pimiento, and 1/2 cup tomato juice and puree (approx 30 seconds). Chop remaining vegetables and refrigerate. In a large bowl, mix pureed vegetables with remaining tomato juice, 1/4 cup olive oil (save remaining for croutons), vinegar, hot pepper sauce, salt and pepper. Refrigerate, covered, for 2 hours. For "crackers", microwave a slice of cheese on parchment paper until crispy. About 1 minute. Set aside. When serving, ladle soup into chilled soup bowls, adding a mound of chopped vegetables to the middle of each bowl and serve with cheese "crackers". Got this off the web. Looks good for a hot day. Recipe by The Dragon. Serves 6. Posted by inreno.

## September's Simple & Delicious Broccoli Cheese Soup

1/2 cup cooked broccoli, chopped coarsely	1 tablespoon butter
1 cup cream	salt & pepper
1/2 cup grated cheddar cheese	

Microwave instructions: Place the cream into a large microwave safe bowl. Heat for 2 minutes. Stir, return to microwave, and heat for 2 more minutes. Throw in rest of ingredients. Heat for another minute or two. The cream will thicken up and be very bubbly. The soup will be VERY hot.

Stovetop instructions: Place cream in a saucepan and heat over medium heat till reduces by 1/4. Add in broccoli and heat for 2 minutes or until broccoli is heated through. Whisk in cheese butter, salt and pepper. Heat through. Level 1 Pro/Fats. By September. This recipe is SO easy and absolutely delicious! I usually make just a bowl at a time, but you can adjust the ingredients to suit your needs. I've included directions for both stovetop and microwave as I've done it both ways. This is a very very thick and rich soup. I am not a real fan of cream soups, but this one I adore! I hope you enjoy it as well.

### Broccoli Cheese Soup

1 stick of butter  
3 cups chopped onion  
2 cups chopped celery

Melt butter & then sauté onion & celery. Then add:

4 10oz. bags of frozen broccoli, thawed & drained  
7 cups of chicken broth

Bring to a boil, reduce heat & then simmer until broccoli is very soft. Let cool slightly & then blend with immersion blender. Add:

1 lb. shredded cheddar cheese  
1 cup of cream  
Salt & pepper to taste.

Stir over very low heat until cheese is melted. This makes a very large pot of soup...but you can freeze it! Posted by clglen.

### Broccoli Cheese Soup

10 - 12 oz broccoli, thawed  
8 oz block of cream cheese  
1 can of chicken broth  
1 cup heavy whipping cream  
6 slices bacon, crumbled  
1 med. onion, diced  
2 Tbsp. butter  
2 cups shredded cheddar cheese  
Pepper and dash of garlic powder, to taste

Bring cream cheese to room temperature (I microwave it on 4 for 1-1.5 minutes). Pour broth and cream cheese into slow cooker, heat till smooth. Meanwhile, in a pot, sauté onion in 2T butter till almost transparent. Then add thawed broccoli and cook till tender. Add broccoli/onion mixture to slow cooker. Pour in cream and 2 cups of cheese. Heat through till cheese completely melts. Delicious!! Note: I use frozen broccoli and cut it up a little more for smaller pieces. Also you can garnish with green onion and additional bacon pieces - even a dollop of sour cream! I tweaked my Mom's recipe and came up with this - it is so good - a must try if you miss a truly delicious thick soup! This soup is even thicker the 2nd day. Posted by Ren.

### Chinese Shrimp Soup

8 cups Chicken Stock  
1 head Chinese Cabbage or Escarole  
1 can Bamboo Shoots (drained)  
1 can Water Chestnuts (sliced and drained)  
8 oz Bean Sprouts  
8 oz Mushrooms (halved)  
1/4 tsp Wasabi (or to taste)  
1 tbsp Garlic (minced)  
1 lb Shrimp (peeled and deveined)  
1/4 cup Oil (canola, olive or vegetable)

Chop cabbage. Bring chicken stock to boil. In a hot pan or wok add oil, mushrooms and shrimp. Stir fry for 2-3 minutes. Add cabbage, bean sprouts, bamboo shoots, garlic and water chestnuts and stir fry for another 1-2 minutes. Add all to the chicken stock. Add wasabi and YUM. Posted by grouchojll.

## Clam Chowder

Sauté 1/4 pound salt pork or bacon cut in small pieces. Remove meat & save - keep 2-3 TBSP fat. Sauté 2 chopped onions in fat. Add 1/2 tsp thyme, 2 tsp garlic chopped, 2-3 stalks chopped celery & 2 bay leaves. Cook 10 minutes. Add core of 2 heads cauliflower chopped to resemble potatoes & four cups of clam broth - fresh or bottled. Bring all this to hard boil for ten minutes. Mash some of the cauliflower against the side of the pan with fork...leaving rest in chunks...this helps thicken a bit. Add two TBSP butter. Turn off heat. Add 4 small cans of clams or the results of cooking 6-8 pounds fresh clams chopped, 1 1/2-2 cups pure cream, 1 tsp parsley, pepper to taste, Salt optional. Let rest 1 hour or refrigerate overnite for best flavor. Remove bay leaves reheat slowly & serve with bacon or salt pork bits. By giget53 @ SS board. \* \* BFoster: This recipe is FABULOUS!!! I used less clam juice -- 2 cups + 1 c water, & a whole head of cauliflower instead of the cores. And I left the bacon in the whole time. And I bet tomorrow it will taste even better! \* \* fposki: Actually, I bet it would be great with oysters in place of the clams; a perfect oyster stew! Also, if you have an immersion blender, that's perfect for mashing up some of the cauliflower really effectively. Just a second or two so you still have some chunks. \* \* giget: I have done a little tweaking to this recipe, since I first posted it. Before I add the clams, I take some of the hot cauliflower mixture, about 2 cups & put it in the blender. It becomes quite thick & frothy. I then add it back into the full mixture & add the clam. This thickens up the chowder. I prefer the recipe thicker, like the canned variety.

## Boston Clam Chowder

4 slices bacon, diced  
 1/2 medium onion, chopped  
 3 cups cauliflower florets or vegetable of your choice to replace potato  
 2 c. cream  
 salt and pepper to taste  
 4 oz. cream cheese  
 4 Tbsp. cold butter

Sauté bacon, till crisp. Add onion, cook till tender. Add vegetable and clams WITH juice and just enough water to barely cover vegetables. Bring to a boil then turn heat down and simmer until vegetables are tender. Take a little of the warm broth and combine that with the cream cheese in another pan and whisk and heat until melted and smooth. Add this mixture back to veg. and clams. Let this simmer and reduce a bit. (if necessary). Add cream and heat almost to boiling. Season with salt and pepper. Break up butter into pieces and stir into chowder just before serving. Serves 6. This is a modification of an old favorite! Posted by tracey k.

## Oyster Chowder

2 TB unsalted butter  
 4 slices bacon coarsely chopped  
 1 small yellow onion finely diced  
 1 rib celery thinly sliced  
 1/2 red bell pepper, seeded and finely diced  
 3 cups heavy cream  
 1 cup dry white wine  
 Salt and pepper to taste  
 36 small shucked oysters with their liquor  
 approx 2 cups of liquid  
 2 TB fine-chopped fresh flat leaf parsley  
 2 ts fine chopped fresh tarragon or chives

In a large non reactive pot over med heat melt butter. Add bacon & sauté 2 to 3 mins just until it begins to brown. Using a slotted spoon transfer to paper towels to drain, set aside. Pour off about half the fat from pot & return pot to med heat. Add onions, celery, bell peppers. Stir well, cover & reduce heat to low. Cook, stirring occasionally, about 12 mins or until the veggies are soft. Add the cream, wine, salt & pepper: raise the heat to med. Heat just until Bubbles appear around the edges of pot. Reduce heat to low & add oysters & their liquor & the reserved bacon. Simmer very slowly 1 to 2 mins or until the oysters are slightly firm to the touch & cooked through, do not boil. Stir in parsley & tarragon or chives. Ladle into warmed bowls & serve immediately. By phoffer.

## Seafood Stew

2 cups chopped onion  
 2 medium stalks celery, finely chopped  
 (1 cup)  
 2 cloves garlic, minced  
 1 can (28 oz) can DICED tomatoes, undrained  
 1 can (6 oz) tomato paste  
 1 bottle clam juice  
 1/2 cup water  
 1 Tbls red wine vinegar  
 1 Tbls olive oil  
 2 1/2 tsp dried italian seasoning  
 2 packets splenda or 1 packet somersweet  
 1/4 tsp crushed red pepper flakes  
 1 bay leaf  
 1 lb. firm-fleshed white fish cut into 1-inch pieces(halibut works well)  
 1 lb. shelled, deveined uncooked medium shrimp  
 1 can (6.5 oz) chopped clams with juice, undrained  
 1 can (6 oz) crabmeat, drained  
 1/4 cup chopped fresh parsley

In a 5-6 qt slow cooker, combine onions, celery, garlic, tomatoes, tomato paste, clam juice, water, vinegar, oil, italian seasoning, sweetener, pepper flakes and bay leaf; mix well. Cover; cook on High for 3 hours. About 45 minutes before serving, stir in gently, fish, shrimp, clams with juice and crabmeat into stew. Reduce heat setting to Low; cover and cook an additional 45 minutes or until fish flakes easily with fork. Remove and discard bay leaf. Stir in parsley.\*\*\* This stew is really impressive. Its a little zesty dish that's spiced just right. I serve it with a big dollop of full fat sour cream or some freshly shredded parmesan cheese, simply delicious. It is a recipe from a magazine that I somersized. YUMMY! By Twinkle.

## The Best Sausage Stew

1 - 2 Tablespoons of olive oil  
 1 lb. beef sausage or polish kielbasa

\*Brown in a medium saucepan until there are lots of brown/black bits on the bottom and it starts sticking. You WANT it to nearly burn to get the flavor out.

Then add:

1 med. onion, chopped  
 3 stalks celery, chopped  
 1/2 bell pepper, chopped  
 3 cloves garlic, minced  
 Chili powder, cayenne powder, thyme, paprika, garlic powder, cumin, salt, pepper

\*Let the veggies cook down until they are really soft and the mixture starts sticking again. For the spices I just sprinkled over the top. You could also use a Cajun mix like Emeril's, a homemade mix, or whatever variation you have. After this has cooked for maybe 15-20 minutes add:

1 can of chicken stock  
 1/2 can of crushed italian tomatoes (I needed the other half and this was a 28 oz can)  
 Bay leaf

Mix this all together and check for seasonings. Simmer for 30 minutes or longer. It will keep well in the fridge for leftovers too. I LOVE Cajun stews made with roux and you'd almost swear this has a roux in the base. It's wonderful and level 1. :) I just made this for lunch and had to stop myself from eating the whole pot! By lisa67114.

## Mexican Beef

5 1/2 pounds beef chuck roast	2 Tablespoons fresh oregano, chopped
1/4 cup salsa	1 1/2 teaspoons ground cumin
5 cloves garlic, minced	16 ounces canned tomatoes
2 1/2 Tablespoons chili powder	salt to taste

This recipe can be used for taco meat and works in the crockpot. It is a shredded meat. I really cook it for a long time (10-12 hours) until it falls apart. I have had no problem with traditional taco meat in the crockpot and I don't add additional liquid. Posted by Greybird2.

## Awesome Chilli Stew

6 dried ancho chilies, chopped, stemmed and seeded  
 1/2 cup boiling water  
 1/4 cup white wine vinegar

Break the dried chiles, pull out the stem and any veins, then dump the seeds. Tear the chiles into pieces and soak in the boiling water and vinegar for 30 minutes. After soaking, purée in a blender or food processor until VERY smooth, about 5 minutes. Set aside.

3 tablespoons vegetable oil  
 2 cloves garlic, minced  
 1 red onion, chopped large chunk  
 1 yellow onion, chopped large chunk  
 2 stalks celery, sliced  
 1 (7 ounce) can diced green chiles  
 1/2 pound mushrooms, sliced  
 1 pound boneless, skinless chicken breasts, cut into bite-sized pieces OR  
 1 pound steak, your choice, cut into bite-sized pieces OR  
 1 pound hot Italian sausage, casings removed AND  
 1 pound ground beef  
 1 tablespoons chili powder  
 1 teaspoon dried oregano  
 2 teaspoons ground cumin  
 1/2 teaspoon paprika  
 2 teaspoons cocoa powder (I use WonderCocoa)  
 1/2 teaspoon salt (or more to taste)  
 1/4 teaspoon black pepper  
 1/4 cup Worcestershire sauce  
 1 teaspoon hot pepper sauce (like Tabasco)  
 1 (6-ounce) can tomato paste  
 1 cup chicken broth (if using chicken) OR  
 1 cup beef broth (if using beef & pork)  
 2 (14.5 ounce) cans diced tomatoes with juice  
 1 (16 ounce) can kidney beans OR pinto beans, drained (can be left out for NO carbs dish) (ONLY FOR LEVEL 2)

In a large stock pot (soup pot), heat 1 tablespoon of oil over medium heat. Brown meat of choice. If you are using ground beef & ground pork, you will need to drain off all but 2 tablespoons of the excess grease before continuing. Remove meat from pot & set aside. Add 2 tablespoons oil (or meat drippings) to the pot over medium heat. Sauté garlic, onions, celery & mushrooms for 5 mins. Stir in diced green chiles. Add all seasonings to the pot -- chili powder through hot pepper sauce -- & stir to mix. Stir in tomato paste & allow to caramelize (liquid will be almost all gone). Stir almost constantly during this process. Pour in broth to deglaze the pot, scraping up any bits stuck to the bottom. Return meat to pot & add tomatoes with juice. Bring to a boil then stir in blended Ancho chile mixture. Turn down heat & - IF USING THEM - carefully mix in beans without breaking them. Cover & simmer (lowest heat on your cook top) for 3 hours. Stir & scrape the bottom every hour or so. Okay, so this looks long & complicated! Not complicated, just a little time-consuming, but I do enjoy really getting "into" a recipe! Posted by MsTified.



### Roast Beef Stew

Baste roast beef with Kikkoman naturally brewed soy sauce. Put 1" water in bottom of crockpot. Layer slices of turnip in the bottom of the crockpot. Add roast, asparagus, cooking onions, mushrooms. Slow cook on low 10 to 12 hours. By twiggy88.

### Chunky Beef & Pork Chilli Crockpot Style

1 lb. beef round steak  
 1 lb. pork shoulder steak or loin chops  
 1 large onion, chopped  
 2 cloves garlic finely chopped  
 15 oz. canned chunky tomato sauce  
 12 oz thick and chunky salsa  
 2 ts Mexican seasoning or chili powder  
 1 medium green bell pepper, chopped  
 Sour Cream -opt.  
 Cheddar cheese- opt.

Remove excess fat from beef and pork, cut in 3/4" pieces. Mix beef and pork and remaining ingredients except bell pepper, sour cream, cheese. Cover and cook on low heat for 8-10 hours or until pork is tender. Stir in bell pepper. Cover and cook on low for 15-30 minutes or until bell pepper is tender. Serve chili topped with sour cream and cheese if desired. By phoffer.

### Crockpot BBQ Pork

One 3-4 pound pork roast, rolled or loin.  
 One cup no sugar added BBQ sauce.

Put BBQ sauce in crock pot (5QT or larger). Add pork roast, turn crock pot on low. Cook for 8-10 hours. I took this recipe from Desperation Entertaining. Posted by mojo3745.

### Crock Pot Corned Beef & Cabbage

1 (3 to 4 lb) corned beef brisket  
 1 onion  
 3 celery ribs  
 1 large head cabbage  
 4 or 5 turnips  
 Glaze:  
 1 cup sugar free maple syrup  
 1/2 cup Starlite's Sweet & Spicy German style Mustard

Rinse corned beef in cool water and place in crock pot. Add:

1/2 cup water  
 1 onion, quartered  
 3 celery ribs cut in pieces

Cook on high for 6 to 8 hours. Remove meat from crock pot, reserving liquid. Peel and quarter turnips. Cut cabbage into wedges. Put vegetables into the liquid and cook for two hours or until tender. Make glaze by combining the maple syrup & mustard. Place meat in a shallow baking pan. Spoon 1/2 of the glaze mixture over meat. Bake at 350 degrees for 20 minutes or until meat is well glazed. Serve with remaining syrup. Posted by Cindi.

### Crock Pot Chicken Cacciatore

6 boneless, skinless chicken breasts  
 1/4 cup extra virgin olive oil  
 1 med. onion, diced  
 1 bay leaf  
 1 tsp. dried oregano  
 1 tsp. dried basil  
 1 cup sliced mushrooms  
 2 cloves of garlic, pressed  
 1/2 cup red wine  
 enough tomato sauce or SS marinara sauce to cover

Place all the above ingredients in your crock pot. Cover. Set on Low for approx. 6 hrs. (You may also use chicken pieces, I prefer the boneless breast.) Before serving, be sure to remove the bay leaf. Serve topped with a sprinkle of grated parm or romano cheese. By Pat Polito.

### Chicken Gumbo

1/2 lb polish kielbasa cut into 1" slices  
 1/3 cup olive oil  
 1 lb frozen okra  
 2 cups diced onions  
 1 cup coarsely chopped red bell pepper  
 1 cup coarsely chopped green bell pepper  
 4 cloves of garlic finely minced  
 5 cups chicken broth  
 3 cups canned crushed or diced tomatoes  
 1 tsp ground cumin  
 1/2 tsp cayenne pepper  
 1/2 tsp salt  
 1/2 tsp pepper  
 1 bay leaf  
 1 lb cooked chicken breast cut into chunks  
 2 T. chopped fresh Italian parsley

In a large pot sauté the sausage over medium heat until brown. Remove the sausage and set aside. Add oil, okra, onions, peppers and garlic. Stir and cook for 10 minutes until soft. Add chicken stock, tomatoes, herbs, and bay leaf. Simmer uncovered for 30 min. Add the chicken and sausage and simmer approximately 15 minutes. This recipe is from a former somersizer that was kind enough to make a whole recipe book (about 190 pages) and email them to those who asked. I made this a couple of weeks ago and it is truly a gourmet delight. I also doubled the recipe and had a good 1/2 gallon to freeze for later use. Posted by janland.

## SIDE DISHES

### Jicama Slaw

2 jicamas, peeled and julienned  
 2 red, 2 yellow and 2 orange bell peppers, stemmed, seeded, and julienned  
 1/4 cup chopped fresh cilantro leaves  
 1/2 cup Lemon Vinaigrette(see below)

Combine all julienned vegetables & cilantro in a bowl. Toss with Lemon Vinaigrette & serve. Posted by Twinkle.

### Lemon Vinaigrette

7 Tbls. fresh lemon juice  
 2 Tbls. dijon mustard or homemade  
 1 packet splenda or somersweet  
 salt & pepper to taste  
 1/2 cup extra-virgin olive oil

Combine all ingredients except the olive oil in a small bowl. Whisk in olive oil until dressing thickens.

### Heck of a Jicama Salad

1 medium jicama root, peeled and sliced into thick matchsticks  
 1 teaspoon salt  
 2 teaspoons sugar (use substitute)  
 2 limes, juiced  
 2 hearts romaine, chopped  
 2 tablespoons chopped cilantro leaves, a handful of leaves, finely chopped  
 1/2 teaspoon ground cumin, eyeball it in the palm of your hand  
 3 tablespoons extra-virgin olive oil, eyeball it  
 Freshly ground black pepper

Place jicama in a bowl, sprinkle with salt and sugar, and add the juice of 1 lime. Let jicama stand 15 minutes. While jicama softens, work on the rest of your meal. Arrange romaine on a serving plate. Top romaine with jicama. Juice 1 lime into a small bowl, add cilantro and cumin. Whisk in extra-virgin olive oil in a slow stream. Pour dressing over salad and season with salt and pepper. Haven't tried it yet but I will. She served it with a spicy main dish. Probably goes good with Mexican flavored dishes. I found this on the foodnetwork site from Rachel Rays 30 minute meals. Posted by mighty-nice.

### Jicama Fries

1 large jicama  
 2 tablespoons olive oil  
 2 teaspoons salt  
 1 tablespoon onion powder or dried chopped onions  
 1 tablespoons garlic powder  
 2 egg whites

Peel and cut the Jicama into "French-Fry" shape. Try cutting them all as close to the same size as possible. I found that my favorites were the ones cut just a little bigger than say McDonald's fries. Put the fries into a large ziplock bag. Add the rest of the ingredients and shake like crazy (the bag - not you! :-)). Lay out in single layer on lightly sprayed cookie sheet and bake in a pre-heated 425 degree oven for about 15 minutes; turn over all the fries and bake an additional 10 minutes or until they are getting brown and crispy. Serves 3-4. These were the best fries I've made. Don't have a clue what made me think of adding the egg whites, but I was trying to get the same effect that some of these fast-food places have with those heavenly crunchy fries! This is the closest I've come to getting that result. Posted by MsTified.

## Spaghetti Squash

I just made something up yesterday that tasted great. I took spag. squash (already cooked), sour cream, mozzarella cheese, cut up chicken (already cooked), a can of green beans, garlic powder, and Italian seasonings. Heat up and eat! (on the sour cream and cheese, put in as much as you like- I like mine really creamy so I put a good amount in). By abroohaha.

## Spaghetti Squash Casserole

1 large spaghetti squash (about 3 to 4 lbs.)  
 1 cup grated cheeses (parmesan, swiss, asagio, cheddar, whatever) use more than one  
 1/2 cup spaghetti sauce  
 Italian seasonings

Cut squash in 1/2 and bake cut side down in a shallow pan with water in bottom at 350 until soft (about 1/2 hour). Remove seeds and scrape out squash by dragging a fork long wise. Add grated cheese mix and Italian seasonings in layers while scraping. Add 2 Tbsp olive oil or melted butter. Toss with 2 large forks. Put in greased casserole dish. Pour spaghetti sauce over top and add more cheese. Bake at 350 about 1/2 hour or to heat thru. Serves 4 to 6. Believe me this is delish! Here is a great dish make up by my SO, who does all the cooking! Posted by NJsq.dancer.

## Sweet Spaghetti Squash Balls

2 1/2 Cups Spaghetti Squash, Cooked & Mashed  
 3/4 t. Salt  
 Dash - Pepper  
 1/8 t. Cinnamon  
 2 t. Sugar Equivalent (I used fructose)  
 4 T. Butter  
 1/4 Cup SF Marshmallow Creme (recipe below)  
 1/3 C. Agave [low glycaemic honey] (or Substitute SF Syrup)

Melt 2 T. butter, combine with mashed squash, S&P, cinnamon & sugar sub. Stir in marshmallow creme (it will be "chunky"); Chill for easier handling. Shape into balls, approx 1/8 C. each. Heat 1 T butter with agave or syrup in small heavy skillet. When syrup is hot, add balls & roll in syrup. Place balls on greased shallow pan & drizzle with remaining melted butter. Bake @ 350 for 15-20 minutes. Original recipe called for balls to be rolled in nuts too, but I couldn't think of a substitute, so I just left them out. I ss'd a recipe for Sweet Potato Balls, gave them a "trial run" tonite - and got rave reviews from the dk's, so thought I'd share.

### MARSHMALLOW CREME:

2 t. unflavored gelatin (I used Knox)  
 1/8 c water  
 1/8 c sugar equivalent (I used Fructose)  
 1/8 c agave or sf syrup  
 dash of salt  
 1/4 t vanilla extract

Combine gelatin & 1/8 c water, blend with whisk, set aside. Combine sugar sub, syrup, salt & 1/8 c water in small heavy saucepan, heat on low til sugar dissolves. Raise heat to high, cook syrup without stirring until it reaches firm-ball stage. I didn't have a candy thermom., so I just waited til the mixture thickened - about 5 minutes. Remove from heat. With mixer on low speed, pour syrup into softened gelatin. Increase speed to high: beat until mixture is thick & white & tripled in volume. Add vanilla. Makes 1/4 C. Original recipe called for marshmallows, but since they melt anyway, I just used the creme to save time - took about 10 minutes to make. Posted by GardenGirl.

## PT's Maple-Whipped "Pumpkin" with Ginger Meringue Clouds

### \*\*\*Ginger Meringue Clouds\*\*\*

3 egg whites (save yolks for "Pumpkin")  
 1/4 tsp. cream of tartar  
 1 & 1/2 tsp. ground ginger  
 1/2 c. pure crystalline fructose

Pre-heat oven to 275 degrees. Beat egg whites in medium bowl (stainless steel works great!) with cream of tartar until foamy. Add ginger and beat in fructose 1 Tbsp. at a time; continue beating until stiff & glossy. Spoon individual-serving-sized dollops of meringue onto brown paper (grocery bag recycling!) atop a cookie sheet. Bake for 40-45 minutes, and turn off oven WITHOUT OPENING OVEN DOOR. Turn off oven & leave meringues within for 1 hour. Remove from oven to a non-humid area and save for "Pumpkin" topping.

### \*\*\*Maple-Whipped "Pumpkin"\*\*\*

4-6 c. spaghetti squash (pierced, microwaved 13-15 minutes or until shell is soft, seeded, shredded, moisture drained and/or squeezed out, and puréed)  
 3 Tbsp. well-softened cream cheese  
 2 Tbsp. cream  
 2 Tbsp. softened butter  
 Sweetener equal to 1/2 cup sugar  
 2 tsp. pumpkin pie spice  
 Pinch of salt  
 3 egg yolks (reserved from Ginger-Meringue Clouds, above)  
 2 tsp. Maple extract  
 1/4 c. SF Maple syrup (optional)

In large mixing bowl, beat together cream cheese, cream, butter, sweetener, and salt until creamy. Beat in egg yolks and Maple extract until smooth. Stir in drained, puréed spaghetti squash. Place in buttered casserole dish and drizzle with 3 Tbsp. of the SF Maple syrup (optional). Refrigerate until ready to bake \*OR\* bake immediately (covered) at 325 degrees for 1 hour. Remove from oven; increase heat to 375 degrees. Place Ginger-Meringue \*Clouds\* atop squash and drizzle with remaining 1 Tbsp. of SF Maple syrup (optional). Return dish to oven for 5-7 minutes, or until \*Clouds\* just begin to turn golden on top. One of my favorite Thanksgiving table-treats was yams in rum-pineapple-and-currant sauce, topped with broiled marshmallows. This dish is reminiscent of some of those flavors & textures, using our SomerHallowed spaghetti squash(!) & delicate ginger-enhanced meringues.

## MissaLula's Sesame Broccoli and Spinach

1/2 bunch broccoli (about 1/2 pound)  
 1 garlic clove  
 1 tablespoon sesame seeds (optional almost level 1 or Level 2 ok)  
 1 teaspoon vegetable oil  
 1/4 teaspoon dried hot red pepper flakes (Optional)  
 1 bunch spinach (about 1 pound)  
 2 teaspoons Asian sesame oil

Cut broccoli into 1-inch flowerets and cut stems lengthwise into 2 x 1/4-inch sticks. Mince garlic. In a dry 10-inch heavy skillet toast sesame seeds over moderate heat, stirring, until golden and transfer to a small bowl. In skillet heat vegetable oil over moderate heat until hot but not smoking and cook broccoli, garlic, and red pepper flakes, stirring occasionally, until broccoli is crisp-tender, about 7 minutes. Add spinach and cook, stirring, until wilted, about 2 minutes. Remove skillet from heat and toss vegetables with sesame oil, seeds, and salt to taste.

### Broccoli with Creamy Parmesan

1 14-oz. pkg. Broccoli Florets, thawed (I used fresh steamed broccoli florets. Just steam until tender.)  
 2 tablespoons olive oil  
 3/4 cup grated Parmesan cheese  
 1/2 cup chopped green onions  
 1/2 cup sour cream  
 1/4 cup mayonnaise  
 2 tablespoons heavy cream  
 1/2 teaspoon pepper  
 1/2 cup pine nuts or chopped walnuts, toasted (only for you Level 2'ers)

Preheat oven to 350oF. Remove thawed broccoli from package. OR steam fresh broccoli. Drain. Place in ungreased 12x8-inch (2-quart) glass baking dish or 2-quart casserole. Drizzle with oil. Sprinkle with 1/4 cup of Parmesan cheese, toss to coat. In medium bowl, combine remaining 1/2 cup Parmesan & all remaining ingredients except pine nuts & mix well. Spoon over broccoli. Bake at 350oF. for 18 to 20 mins or until sauce begins to bubble & brown. Sprinkle with pine nuts or walnuts. Oh my! This is VERY good!!! Serves: 5. Contributed by MsTified - found on Chef2Chef.com.

### Broccoli Elegante

Buy frozen mix that has broccoli, onion, red pepper & mushrooms for quick and easy, or of course fresh is better if you have time. You steam the veggies till tender, move to casserole dish and add the following pre-mixed sauce:

1/2 c. mayo  
 1/4 c. heavy cream  
 1 T. minced garlic or 1 tsp. powdered  
 salt/pepper to taste

Stir well, top with grated cheese of your choice - I just use cheddar - & bake 10 min or so on about 375 until cheese is bubbly & starting to brown. You can top after removing from oven with fried bacon or onion pieces if desired for even more flavor. The only trick to it is making sure your veggies are not dripping water before adding the sauce or it becomes too soupy. This dish is delicious! It was a pre-SS dish my mom taught me, but the only fix it needed was not topping it with buttered bread crumbs. Easy! Posted by Elcarim.

### Broccoli Italiano

I like to sauté broccoli & garlic. First steam or microwave broccoli until just crisp-tender. Drain well. Then heat olive oil in a skillet, & add a whole, peeled clove of garlic. Sauté garlic until golden (don't let it burn), then remove garlic & discard. Then, sauté the broccoli in that garlic-flavored oil. I like broccoli cooked that way, then topped with Parmesan cheese. That's actually a recipe I got from an old Betty Crocker cookbook. Posted by iwillrejoice.

### Warm Brussel Sprout, Spinach & Bacon Salad

4 slices of bacon  
 1 pint Brussels sprouts, trimmed, steamed for 3 minutes, and chopped fine (about 1 3/4 cups)  
 1 1/2 teaspoons caraway seeds  
 3 tablespoons vegetable oil  
 3 tablespoons balsamic vinegar (or whatever you like)  
 1/4 teaspoon splenda, or more to taste  
 1/2 pound spinach, tough stems discarded and the leaves washed well and spun dry (about 8 cups)

In a heavy skillet cook bacon over moderate heat until it is crisp & transfer to paper towels to drain. Heat fat remaining in the skillet over moderately high heat until it is hot but not smoking & in it sauté the Brussels sprouts with the caraway seeds, stirring, for 1 to 2 mins, or until sprouts are tender & pale golden. Remove skillet from the heat, stir in oil, vinegar, & sugar, & add the spinach. Sauté the mixture over moderately high heat, tossing it, for 1 minute, or until the spinach is wilted. Season the salad with pepper & sprinkle it with the bacon, crumbled. Serves 4 to 6 depending upon whether a side dish or a main course. Ready in about 30 mins. By missalula.

### Baked Zucchini with Pepper Jack Cheese

4 tablespoon unsalted butter	1/2 cup sour cream
1/2 cup green onion, finely chopped	2 tablespoon dry white wine
1 clove garlic, minced	1/2 teaspoon salt
1 lb. zucchini, trimmed and sliced 1/8-inch thick	2 tablespoon chopped fresh basil or 1 teaspoon dried
1/2 cup grated pepper jack cheese	
1 egg	

Preheat the oven to 350oF. Butter an 8 by 8-inch baking dish. Melt 1 tablespoon of the butter in a large frying pan over medium heat. Add the onion and garlic and sauté until the onion is translucent. Scrape into a bowl. Melt the remaining butter over medium high heat in the same frying pan. Add the zucchini and cook, stirring frequently until the moisture has evaporated and the zucchini is tender. Transfer to a food processor and pulse until smooth. Add the remaining ingredients except the onion, garlic mixture and pulse to combine. Add the onions and garlic and pulse once. Pour into the prepared baking dish. Bake for 30 minutes until lightly golden. When I first saw to \*process\* the zucchini, I thought it sounded a little strange, but oh, my ... this is great! Serves: 4 Contributed by MsTified; found at Chef2Chef.com.

### Zucchini Gratin with Gruyere Cheese

2 Lbs. small zucchini, shredded on the large holes of a box grater  
 Salt  
 3 Tablespoons unsalted butter  
 1 small shallot, minced  
 1/2 cup heavy cream  
 1/2 cup shredded Gruyere Cheese (1 1/2 ounces)

Preheat the broiler. Put the shredded zucchini in a large colander and toss with 1/2 tsp. of salt. Let zucchini stand for 5 min., then squeeze as much liquid out of the zucchini as possible. In large non-stick skillet, melt the butter. Add the minced shallot and cook over moderate heat until the shallot is softened, about 3 min. Add the shredded zucchini and cook over high heat, tossing, until zucchini is just softened, about 2 min. Add the heavy cream and simmer until thickened, about 1 min. Remove the zucchini from the heat and season with salt. Transfer the zucchini to a shallow baking dish. Scatter the Gruyere on top of the zucchini and broil 4 inches from the heat for 1 min., or, until the cheese topping is golden brown. Serve the zucchini gratin right away. (4 servings.) I found this recipe in Apr/2004 issue of Food & Wine Magazine (p.99). Thought I'd post it because it's not only delicious but a Legal Level 1 Recipe as well! Posted by Tiger.

### Grilled Squash (and Zucchini) Casserole

Olive Oil	6 oz Velveeta,
Garlic Salt	cut into 3/4 inch cubes
2 tbsp butter	1C. sour cream
2 C. diced onion	1/2 C. diced green chiles
1 stalk diced celery	1/2 C. Somersize Bake and Fry mix
4 pounds grilled squash, (and/or zucchini) sliced 3/8 inch thick	Parsley for garnish

Slice ends off squash and cut in half lengthwise. Put squash in large Ziploc and cover with olive oil and sprinkle with garlic salt and marinade for 15 minutes. Cook squash on grill for 5 minutes on each side over medium heat. Slice squash into 3/8 inch thick slices and put in a colander to drain. (Squash will release a lot of water, which must be drained). While squash is draining, preheat oven to 350 degrees. In a 14-inch pan, sauté onion and celery in butter until slightly softened. Remove from heat. Add squash, cheese, sour cream and green chiles and place in a buttered casserole dish. Cover with Somersize Bake and Fry mix and bake about 30 minutes or until hot throughout. Garnish with parsley and serve. Makes 10 big servings. I must credit Threadgill's restaurant, the Austin, Texas, landmark of Southern comfort food, for the original San Antonio squash Casserole that I have modified and Somerized. It is a favorite in our household. By texanabroad.

### Italian Summer Squash Bake

6 med zucchini mixed with or yellow summer squash  
 1 med onion  
 8 oz fresh mushrooms  
 1 lg can whole tomatoes  
 1 T. garlic  
 Italian seasoning or a few shakes of basil and oregano  
 2 C shredded mozzarella

Trim the ends of the squash, cut lengthwise then into half circles about 1/2" thick, sauté in some olive oil in a large pan. Slice the onion then half it also, and add to the pan till both are almost translucent then add the mushrooms, tomatoes and seasoning. Simmer for 10 min. You can cover the top with shredded mozzarella and let it melt, then serve with chicken or eat it alone. I like to put it in a casserole dish, cover the top with mozzarella and bake for 15 min till the cheese is bubbly. Posted by CarrieG.

### Turnip Gratin

1 clove garlic, peeled  
 3 tablespoons butter  
 1 1/2 lbs. turnips, peeled and thinly sliced  
 salt  
 freshly ground pepper  
 1 teaspoon tarragon  
 1/2 cup shredded swiss cheese  
 1/2 cup grated parmesan cheese  
 1 cup cream

Preheat oven to 400 degrees. Bring a large pot of water to a boil. Add turnips and salt and boil 2 to 3 minutes and drain. Rub a small casserole dish with garlic, butter well (save remaining butter for top) and arrange 1/3 of the turnip slices in a layer. Sprinkle with salt and pepper, 1/3 of the herbs and 1/3 of the cheese. Repeat, making three layers in all, and finishing with cheese on top. Pour cream over turnips. Bake 45 minutes. Serves 4 to 6. Posted by mjlibbey.

### Peppery Turnip Fries

8 Med Turnips- about 2 1/2 lbs  
 1/2 c heavy cream  
 1 tsp. Somersweet  
 1 tsp freshly grated nutmeg or 1/2 tsp ground  
 1 tsp freshly ground black pepper  
 1/4 tsp salt  
 1/4 cup grated Parmesan cheese  
 Olive Oil  
 Lime Juice

Peel the turnips with a veggie peeler, slice and cut into 2 1/2 x 1/2 inch sticks. Pour heavy cream into a large bowl and let the turnips soak in cream. Fill bowl with cold water until turnips are covered. Add 1 tsp Somersweet. Swirl a bit to mix and allow to sit in cream mixture for 10-15 min. Rinse in colander with cool water and pat dry. Preheat oven to 425. Combine turnip sticks with the nutmeg, pepper, sea salt and Parmesan cheese in a large plastic bag. Seal the bag and shake well to coat the turnip sticks. Spray 2 large baking sheets lightly with the olive oil spray, spread the turnips in a single layer on the sheets and spray again with the olive oil. Bake in a preheated 425 oven for 15 minutes. Turn the fries over and continuing baking for 15 minutes. Turn the fries over and continue baking for 15 minutes until the fries are tender and golden in color. Serve hot with a sprinkle of lime juice. By phoffer.



### Firehouse "Potatoes"

I just had to post this here because it's so good! The amounts are "to taste" and depend upon how many servings you are making (how much cauliflower). Cook cauliflower in micro until soft. Saute chopped onion in olive oil. (Use a cast iron or other oven safe pan, OR put in a casserole or 9x13 pan). Add cauliflower to pan and mix with onions. Then add:

salt  
pepper  
paprika  
chili powder  
garlic powder

Mix seasonings into cauliflower/onion. Dollop with sour cream and salsa, add sliced jalapeno peppers, and top with plenty of shredded cheese. (I use cheddar, but the original recipe calls for pepper jack.) Put in a 400 degree oven for a few minutes until cheese is melted. The key is to cook the cauliflower so it is soft, or else it does not have the consistency of potatoes. (The original recipe calls for baked potatoes cut up.) You just sprinkle the seasonings on the cauliflower. For 1 serving, I just sauté some chopped onion (1/4 of an onion?) in about 1 T. olive oil. I sprinkle on the seasonings straight from the bottles so they lightly cover the cauliflower, then mix them in. I would "guesstimate" I use about:

1 tsp. garlic  
1 tsp chili powder  
1/2 tsp paprika  
1/4-1/2 tsp salt  
1/4-1/2 tsp pepper

You can just start with a little, mix it in, then taste to see if there is a strong enough flavor for your tastes and adjust it from there. After that, just "plop" on sour cream and salsa here and there and put a few jalapenos scattered about and sprinkle plenty of cheese on top. Kntheboys.

### Famous Potatoes

Tried a new recipe the other night. I steamed a head of cauliflower. Once soft - drained it, and put in mixing bowl. I then added three tablespoons or so of butter and three of cream cheese. I blended until smooth with a hand mixer. I added maybe 1/4 - 1/2 pack of Hidden Valley Ranch Dip (yes I know maltodextrin, use if you want or add some seasonings that work, garlic, parsley flakes, whatever). I blended that. Also added a bit of cream to make consistency of baked potatoes. Put in my Buttered Pamper Chef Baking Square dish - and topped with shredded colby cheese. Baked at 350 for 15-20 minutes. Very good, I didn't fool my kids however, they knew something was up when I was eating the "Famous Potatoes" Posted by switchd.

### Daikon Radish Remoulade

1 pound daikon radish (available at specialty produce markets and many supermarkets), peeled  
3 tablespoons Dijon-style mustard  
4 tablespoons olive oil  
1 teaspoon wine vinegar  
1/4 cup minced fresh parsley leaves

Cut the daikon into 2-inch-long fine julienne strips or grate it coarse. Rinse a large bowl with hot water, dry it, and in it whisk the mustard with 3 tablespoons hot water. Add the oil in a slow stream, whisking until the dressing is emulsified, and whisk in the vinegar and salt and pepper to taste. Add the daikon strips and the parsley and toss the mixture well. Serves 6. Can be prepared in 45 minutes or less. Posted by suzysun55.

## Spinach Casserole

2 10-oz boxes of frozen chopped spinach (thawed and drained/squeezed well).  
 medium onion, chopped.  
 dab of butter to brown the onions in.  
 8-ounce cream cheese  
 8-ounce ricotta cheese  
 1/2 t salt (or to taste)  
 8 slices of Muenster cheese

Brown onions in butter. Lay 4 slices of Muenster in the bottom of an 8-inch square casserole dish. Combine: Spinach, onions, salt, cream cheese (I warmed this some in the microwave along with the spinach until it stirred in nice), and ricotta cheese. Pour on top of Muenster in the pan. Place for more slices of Muenster on top. Bake 350 degrees for half an hour or so until the cheese browns to your liking on the top. Posted by Shaypup2001.

## Spinach Casserole

2(10 oz) packages frozen chopped spinach	8 ounces sour cream
1/4 cup chopped onion	2 eggs, beaten
1 Tablespoon butter	1/2 cup parmesan

Cook spinach with onion. Drain well. Add butter and sour cream. Add eggs. Stir in half the cheese. Pour into baking dish and top with remaining cheese. Bake at 350 degrees for 30 minutes. By sing4joy.

## Simple Spinach

3-4 cups fresh spinach (buy the fresh bags)	garlic powder
1-2 Tbsp olive oil	salt
onion powder	cayenne pepper (optional)

Heat oil. Add spinach. When slightly wilted, add dry seasoning. Heat until desired consistency. Personally, I like it very cooked and wilted, almost brown. I love to make this when I'm in a hurry and when I don't want to use too much dairy. Posted by karma.

## Baked Spinach Side Dish

10 ounces frozen chopped spinach - thawed and drained	1/4 teaspoon salt
4 ounces canned mushroom slices -- drained and chopped	1/8 teaspoon black pepper
4 each large eggs	1 teaspoon dried Italian seasoning
4 tablespoons half and half	1/2 teaspoon garlic powder
4 tablespoons shredded parmesan cheese	1/4 cup Ragú Tomato & Basil Light Pasta Sauce
	1 cup shredded mozzarella cheese

Preheat oven to 350f. Spray an 8x8 baking pan with cooking spray. Beat eggs with a fork then stir in all the spices, the half & half & the parmesan cheese. Mix well then stir in the spinach & mushrooms. Spoon into the prepared pan & tap to settle into an even layer. Bake, uncovered, for 20 mins then spread the pasta sauce on top & sprinkle on the cheese. Bake an additional 15 mins. Remove from oven & let sit 15 mins before cutting. For a main dish, add a pound of cooked (crumbled) Italian or breakfast sausage. Serving Size : 6. Per Serving: 158 Calories; 10g Fat (57.3% calories from fat); 12g Protein; 5g Carbohydrate; 2g Dietary Fiber; 167mg Cholesterol; 418mg Sodium. NOTES : This is a thicker version of the spinach pizza crust with some other additions. Dottie @ LCF \*Deb's notes ~ I used cream instead of half & half. I used fresh grated Romano cheese, but I'm sure dry, grated Parmesan would be fine. I also used shredded cheddar as that's what I had on hand. I also just used Ragu Pizza Sauce as that's what I had in the cupboard. You could make this with no Pizza/Pasta Sauce & it would be just fine. I like using my potato ricer to squeeze the water out of the thawed spinach - works great! This is a spinach dish I tried from one of the Atkins sites. This is by Dottie ~ the same lady whose "green bean casserole" I posted & love! This does not taste "eggy" like some I've tried, we really loved this one! Posted by DebB.

### Pro/Fat Green Beans

5 strips bacon  
 1/2 onion, chopped  
 1 cup mushrooms  
 3 cups green beans  
 1 1/2 cup cheese

Fry the bacon, crispy, set aside. Using the bacon grease fry the onion. Add the green beans. Cook until done. Then add the mushrooms and cheese. Crumble the bacon on the top and serve. You could save some of the cheese to sprinkle on the top with the bacon and serve. I made this little green bean recipe for my boyfriend the other day and now he says he wants it as a dinner not just a "side" dish. By PP:)

### PT's Lemon-Pepper & Parmesan-Buttered Golden String Beans

1 stick butter (1/2 cup), softened  
 1 & 1/2 tsp. lemon pepper  
 1/4 c. grated Parmesan cheese  
 Yellow (wax) Beans—a coupla cans or 3-4 cups of fresh  
 2 Tbsp. lemon juice

Mix together first 3 ingredients (fork is fine!) and set aside. If using fresh beans, place in cooking container along with 1 Tbsp. water. Drizzle lemon juice over beans and steam-cook until tender-crisp (or to your liking). If using canned beans, drain off liquid and place beans in cooking container. Drizzle with lemon juice and heat to desired serving temperature. Mix several Tbsp. of the Lemon-Pepper/Parmesan Butter into the beans and transfer ZeeBeans to serving dish. Place a dollop of ZeeButter atop (for presentation) and serve the remaining butter mixture on your table for your guests' pleasure! So quick & cinchy that a recipe's hardly necessary!

### Braised Celery and Mushrooms

2 tbsp. butter  
 1 scant tsp. salt  
 1/8 tsp. pepper  
 1/8 tsp. paprika  
 1 small bunch celery  
 1- 4oz. can mushrooms or substitute fresh mushrooms, cleaned, etc.

Melt butter in large skillet; add celery that has been cut in 1/2 inch slanted slices and seasonings. Cook, covered, until tender - about 2 minutes. Add mushrooms, mix well and simmer covered for 2 minutes. If using fresh mushrooms, you may wish to sauté them first and then add the celery. By Baylady.

### Red Cabbage with Bacon

3/4 lb. bacon, cut into 1 inch chunks  
 1 small or 1/2 large red cabbage, coarsely chopped  
 1 small chopped onion  
 2 Tbsp brown sugar equivalent (I use brown sugar Twin)  
 3 Tbsp cider vinegar  
 1 Tbsp Da Vinci's SF green apple syrup (optional)

Put bacon chunks in the bottom of a large dutch oven type pot with about 1 cup of water. Add cabbage, onion, brown sugar Twin, vinegar and apple syrup. Bring to a boil, then reduce to simmer and simmer for 30 mins. Stir well, adjust seasonings, salt and pepper to taste and simmer for 30 mins more. It is delicious!! This is a recipe that has been in my family forever! Adjusted slightly for SS'ing. My dh loves it with pork chops and ham. Level Two variation: Drop the SF apple syrup and add 1 small chopped apple (skin on). By mamatomjay.

### Fried Cabbage with Onions and Bacon

5-7 thick slices bacon	1 medium head cabbage shredded
2 Tbsp. butter	2 Tbsp. cider vinegar
1 small white onion sliced very thin	1 bay leaf (optional)

Cut bacon into 1 inch pieces. Place in large heavy pot or dutch oven and cook until browned. Add to this the butter and onion and cook until medium brown. Add to the pot the shredded cabbage, bay leaf and cider vinegar. Toss until cabbage is covered with the bacon drippings. Cook on medium heat and stirring or tossing every now and then. Be sure to stir bottom of pot to loosen brown bits in the pan. Cook approx 15-20 minutes until desired tenderness but not mushy. I like my cabbage to be slightly crunchy. Add black pepper and salt (if needed) just before serving. Posted by LilLooLoo.

### Cabbage Noodles

Cut a head in half (north to south, south being the bottom of the core). Now lay it cut side down and slice the entire half-head very thinly. Sauté these long strips until tender. Or continue sautéing them until they 'caramelize' - that's good too! By DebB. I almost always add onions, cut into thin strips and caramelized along with the cabbage! Yum! By MsTified.

### Easy Baked Beans (Carbo)

2 cans drained white northern beans	1 t. white vinegar
3/4 c. sf ketchup	1 onion sliced thinly
1 t. mustard	brown sugar twin to taste.

Bake at 400 degrees for 30 min. Delicious! By DTyler.

### Red Beans and Rice

1 cup chopped onions	1 tsp. thyme
1 1/4 cups dried kidney beans (cooked 45 mins. and drained)	1 tsp. oregano
1 1/2 cups chopped celery	1 1/2 tsp. tabasco sauce
1 cup chopped green peppers	1/2 tsp. cayenne
2 cloves minced garlic	2 cups long grain wild and long grain brown rice (cooked)
1 1/2 tsp. pepper	

Sauté onions, celery, green peppers and garlic in a nonstick skillet or lightly spray with Pam. Add seasonings and cooked beans. Add enough water to cover and lower heat to simmer 30 minutes. Add more water if needed. Season with salt, and serve on bed of rice. (mjlibbey)

### Ratatouille

1/2 c. olive oil, divided	4-5 zucchini and yellow squash, sliced thick
2 onions, sliced	2 green peppers, chopped
4 cloves garlic	2 tsp. salt
1 lb. cleaned mushrooms	1/2 c. fresh parsley, chopped
1 medium peeled and cubed eggplant	4 large tomatoes, cut into chunks

Heat 1/4 cup oil. Add onion and garlic; cook until onions are transparent. Stir in mushrooms, sauté until liquid evaporates. Add eggplant, zucchini, peppers, salt and parsley. Add oil if necessary. Reduce heat to medium, cover and cook 30 minutes. Uncover and cook off liquid. Add tomatoes, cover, cook 20 minutes. \* May place into a casserole and topped with your choice of cheese. By Baylady.

### Baked Spaghetti Squash Lasagna Style

1 spaghetti squash, halved lengthwise and seeded	1 cube vegetable bouillon
1 onion, chopped	black pepper
2 TB minced garlic	1 C shredded mozzarella cheese
2 (14 oz.) cans stewed tomatoes	1 C shredded parmesan cheese
1 TB dried basil	

Preheat oven to 325 degrees, oil baking sheet with olive oil. Place squash halves cut side down on baking sheet & bake 35 minutes in preheated oven. In a sauce pan with olive oil sauté the onion and garlic until golden brown. Stir in tomatoes, basil, bouillon cube and pepper, cook for about 15 minutes or until you have a medium thick sauce. Remove squash strands with a fork reserving the shells. Layer each half with a spoonful of the sauce, a layer of squash strands, a layer of mozzarella cheese. Repeat layers until shells are full. Top with parmesan cheese, bake for 20 minutes until parmesan cheese melts. Enjoy, this is one of my favorites!! By phoffer.

### Spaghetti Squash with Dried Cranberries

2 5 lb. spaghetti squashes	orange juice
salt and pepper, to taste	2 tablespoon olive oil
1 tablespoon sugar	1/4 teaspoon nutmeg
2 tablespoon olive oil	1 teaspoon lemon zest, chopped
1 teaspoon nutmeg	2 tablespoon chopped Italian flat leaf parsley
1/4 cup dried cranberries (or cherries) 1/2 cup	

Preheat oven to 400oF. Line a baking sheet with parchment paper. Cut the spaghetti squashes in half, lengthwise. Scoop out the seeds with a spoon. Divide the sugar, olive oil and nutmeg among the four pieces. Season with salt and pepper. Place cut side up on the baking sheet and bake for 20 minutes. Carefully turn the squash over and cook an additional 25 minutes, or until the flesh is soft, but not mushy. Remove from the oven and let cool for 10 minutes. Scrape the flesh with a fork, working across the shorter sides of the squash (width-wise, not lengthwise) and put into a bowl. Reserve. NOTE: You can do this a day ahead and keep refrigerated until ready to use. In the meantime, add the dried cranberries (or cherries) to the orange juice. Let plump up for at least 30 minutes. Remove the dried cranberries (use the leftover orange juice for a martini!) and pat dry. Heat the olive oil in a large sauté pan over high heat. Add the squash, re-hydrated cranberries, nutmeg, salt and pepper. Sauté until the squash is just heated through. Remove from the heat and fold in the lemon zest and parsley. Put on serving platter. This is a great Holiday side dish — festive colors and flavors abound here. The texture of spaghetti squash is a favorite of mine, and one squash that is severely underused. The key in using spaghetti squash is not to over cook it, or else you won't get those lovely long strands. Feel free to use other dried fruit, herbs or nuts in here (I personally love toasted cashews with this dish). Soak the dried cranberries in Brandy for a bigger "kick"! MsTified's note: I know, I know - cranberries and orange juice - but you don't actually "use" the orange juice, and as suggested above, you could soak the cranberries in brandy instead! :-). I don't have a problem combining a \*few\* berries with other foods, but some may. So, use your own judgment. This truly is yummy. Contributed by MsTified as found on Chef2Chef.com Author: Chef Paul Silva

### Creamed Green Beans

2 tablespoon's butter	1 teaspoon splenda
1 tablespoon flour, but I use pork rind flour as flour is funky.	1 cup (8 ounces)sour cream
1/4 teaspoon salt	4 to 6 cups french-style green beans cooked and drained
1/4 teaspoon pepper	1 cup (4 ounces) shredded cheddar cheese
1 teaspoon minced onions	

Melt butter in a large sauce-pan, stir in pork rind flour, salt, pepper, onion, and sugar; heat and stir until bubbly. Reduce heat; add the sour cream and stir until smooth. cook over low heat for 2 minutes (Do not bowl)fold in the beans spread into a 13-9 glass baking pan. Sprinkle cheese over top and bake at 400 degrees for 20 minutes or until heated through. By ChatterboX. This is a family favorite of mine, it's a wonderful side dish. We have it a lot, I hope you like it as much as we do.

## Southwestern Cheesy Cauliflower Rice

1 Large Cauliflower or 2 small  
 3 shallots minced  
 2 TBLS of olive oil  
 5 slices of American Cheese  
 1/4-1/3 cup of heavy cream  
 2 tsp of Somersize Southwest Sea Salt Rub  
 Optional Ingredients Ideas  
 Finely Minced 1/2 Red Bell Pepper and/or 1/4 cup Diced Green Chiles

Cut off outer leaves & center of cauliflower & discard. Pull into flowerettes & place them in food processor. Do in 2 batches since it makes a more uniform "rice". Pulse until the cauliflower looks like the size of a large rice grain. Be careful & don't over pulsate, since it will turn to mush. Mince shallots & optional red bell pepper. Saute shallots, red pepper & cauliflower in skillet with a lid in olive oil for 5-7 minutes over medium high heat. Reduce heat to medium low to low & cover pan with a lid for 10 minutes. Make sure red pepper is done. Add cheese & cover until melted. Stir in heavy cream, SS Southwest Sea Salt Rub & optional diced green chiles. Serve with favorite Southwestern main dish. This side dish goes great with Tex-Mex Simmer Sauce Beef or Chili Verde Simmer Sauce Pork. Note\* You need a food processor for this recipe. By cmag.

## Cauliflower Popcorn

1 head of cauliflower  
 3 Tbsp. olive oil  
 2 Tbsp. Mrs. Dash Table Blend

Preheat oven to 450°F (220°C). Cut out & discard cauliflower core & thick stems. Trim remaining cauliflower into florets the size of popcorn. Toss thoroughly in a bowl with olive oil & Mrs. Dash Table Blend. Spread cauliflower on a sheet pan & roast for approximately 60 mins, or until nicely browned (that's the caramelization process converting the dormant natural sugars into sweetness). Turn three or four times during roasting. The browner the florets, the sweeter they will taste. Serve immediately. \* Deb's notes: I make this 1-2 times per week. I first cut the whole head in half - it's easier to cut the core out this way, then separate the cauliflower into large florets. Then I slice the large floret in half & pretty much slice it from there. Do not cut it up too small. The first time I made this, I cut it into little pieces like in the picture. I didn't realize how MUCH the cauliflower will shrink by being roasted. It's something you're just going to have to experiment with. I don't measure the oil or Mrs. Dash anymore. I put all the prepared cauliflower into a big bowl & just drizzle on the oil, by eye. Same with the Mrs. Dash (which I buy a nice big container of at Costco). For the roasting, I don't recommend 450, I do it at 425. A sheet of Reynold's Wrap Easy Release foil works great here! The time will depend on how big or thick your pieces of cauliflower are. I do give it a good stir about every 15 mins. You want it to be nice & golden brown (I actually like mine with some black). Again - experiment a bit. The last 5 -10 mins really make a big difference. If roasted long enough, this will actually be crunchy because the edges do get quite dry. The middle will be soft however. Since I now leave my pieces bigger than when I first started making this & lowered the temp to 425, it usually takes about 1 hour & 10 mins. Even if you don't like cauliflower, try this - you'll be surprised! This recipe quickly became one of our absolute favorites! It's a recipe from Mrs. Dash (the seasoning that contains no salt) website & it is SO darned good! I like to squirt sugar-free ketchup on mine. Posted by DebB.

## Cauliflower Au Gratin

2 heads cauliflower - cut into florets	2 cups heavy cream
1 small onion, chopped	2 eggs
4 Tablespoons butter	salt
2 cups grated swiss cheese	

Boil cauliflower in SALTED water until tender. Drain and place in a 9 1/2 by 11 baking dish. Sauté onions in butter until tender OR put onion and butter in microwave safe bowl and microwave for 5 minutes. Mix heavy cream and eggs in a bowl. Add cheese and sautéed onions. Pour over cauliflower and bake at 350 for 45 minutes. This is BETTER than potatoes! By sing4joy.

### Italian Cauliflower Flan with Cheese Sauce

1 small-medium cauliflower  
 2-3 pats of butter to brown cauliflower  
 Salt & pepper to taste  
 2 egg yolks  
 3-4 TBS grated Parmigiano-Reggiano cheese  
 2 TBS butter  
 3 TBS cream cheese  
 1 cup hot cream

First break up the cauliflower into flowerettes (I use part of the stem too) and steam until tender. Place in saucepan with enough butter to coat and brown it lightly. Season to taste with salt and pepper. Place this mixture into a blender or food processor and blend to a paste, then add 2 egg yolks and the grated Parmigiano-Reggiano cheese. Meanwhile make a béchamel sauce by heating 2 TBS butter and 3 TBS cream cheese in a small saucepan and cook gently for 2 or 3 minutes. Add 1 cup hot cream and cook a bit more until smooth. Mix the béchamel sauce and cauliflower paste gently until well blended. Butter a square pan and put cauliflower mixture into the pan, smoothing the top. Bake in the 400 degree oven for about 30 minutes. Let the flan cool. Gently invert onto a plate and cut into slices. For the cheese sauce topping: Gently melt cheese in double boiler whatever your favorite cheese or some of my choices are Castelmagno (creamy blue cheese), Fontina ( delicate white cheese, Raschera (a semi-soft ivory cheese) and Gorgonzola (another blue cheese. Place in gravy boat and drizzle the melted cheese over flan slices. This is soooo good. Hope you all will enjoy it too. Posted by LilLooLoo.

### Mushroom "Risotto"

1/2 head cauliflower  
 3 tablespoons butter (50 ml)  
 1 cup sliced mushrooms (250 ml)  
 1/2 medium onion, diced  
 1 teaspoon minced garlic  
 2 tablespoons dry vermouth (30 ml)  
 1 tablespoon chicken bouillon granules (15 ml)  
 3/4 cup grated Parmesan cheese (175 ml)  
 1/4 cup chopped fresh parsley (60 ml)

First, run your cauliflower through the shredding blade on your food processor. Put the cauliflower in a microwaveable casserole add a couple of tablespoons of water. Cover and microwave on "high" for 7 minutes. While the cauliflower is nuking, melt the butter over medium-high heat and add the mushrooms, onions and garlic, and sauté them all together. When the cauliflower is done, pull it out of the microwave and drain it. When the mushrooms have changed color and are looking done, add the cauliflower and stir everything together. Stir in everything else but the parsley and let the whole thing cook for another 2-3 minutes. Stir in the parsley, and serve. Serves: 4. Contributed by MsTified found at Chef2Chef.com, author: Dana Carpender. Cmag's note: I changed a few things. I used shallots instead of onions. I used dry white wine instead of dry vermouth. I used 1/2 parmesan and 1/2 romano grated cheese and I added 2 TBS of heavy cream before the parsley. I also used portabella mushrooms. Mizztucker's note: I did do something a bit different the second time. I took my large skillet with 3-4 T butter melted and sautéed the "rice" first. Some of it browned a little. Then I removed from the pan and melted more butter for my onions, garlic, etc. When that was finished I returned the "Rice" to the pan. It gave it a different flavor to sauté the rice first. Either way it is good. freedom4me's note: add some cream for a creamier texture.

### Hubby's Schrooms

Favorite mushrooms--usually whatever is on sale, but white button and portobellos work really well. Sauté in olive oil and butter with generous supply of garlic salt until crusty. I usually start them out on medium high and then cover and lower temp until well done. You can cook them to whatever degree of doneness you like, but we like them almost burnt. This is the only way my kids will eat mushrooms. Really nice side for steaks. Posted by kidsmom.

## Oven-Roasted Wild Mushrooms with Goat Cheese and Chile Oil

### Chile oil:

1 cup pure olive oil  
2 ounces dried New Mexico peppers  
1 ounce dried arbol chile powder  
2 tablespoons ancho powder

### Roasted mushrooms:

8 cups wild mushrooms stems removed and sliced  
3 tablespoons olive oil  
4 cloves garlic, minced  
1/4 cup thinly sliced shallots  
1/2 cup chile oil  
8 ounces goat cheese, cut into 8 slices  
Salt and freshly ground pepper  
3 tablespoons fresh thyme leaves

Place all Chili Oil ingredients in a blender and purée. Strain mixture through a fine strainer. Reserve. This may be done up to one day in advance. Preheat oven to 425°F. In a large mixing bowl, combine the mushrooms with the olive oil and shallots, then season to taste with salt and black pepper. Arrange the mushrooms evenly in one layer in a heavy roasting pan and roast for 15 minutes or until tender. Remove the mushrooms from the roasting pan and place into a large cazuela or baking dish. Drizzle with 1/2 cup of chile oil and top with the slices of cheese. Bake until hot, 5 to 8 minutes. Remove from the oven, garnish with thyme and drizzle with the remaining chile oil. This is awesome ... and SPICY! Contributed by MsTified; found at Chef2Chef.com.

## Snack or Side Mushrooms

Brush whole mushroom caps with butter or oil and bake, broil or sauté in butter. Serve as a side dish and sprinkle with chopped fresh parsley and parmesan cheese. Posted by Skye2.

## Portobello Mushroom Sandwich

1 large portobello mushroom cap, cleaned and de-stemmed  
1/4 medium green or red bell pepper halved  
1 thin sliced red onion  
2 Tbs Italian dressing  
1 ounce mozzarella cheese sliced and cut in half.

Brush veggies with some dressing and place over med-hot coals (about 2 mins). Turn veggies over and brush with dressing. Grill another 2 mins or until tender. Remove bell pepper and onion from grill. Turn mushroom top side up and brush any remaining dressing and cover with cheese. Grill about 1 mins until cheese is melted. Cut pepper into strips. Place mushroom on bottom, top with pepper strips and onion slice. Use lettuce leaf as bun. Easy and tasty and can be a side to any grilled meat or fish. Posted by Skye2.

## Mushroom Stuffers

3 c. broccoli florets	8 small or 4 large portabello mushroom caps
4 slices bacon	2 c. shredded cheddar cheese

In a medium-sized saucepan, over high heat, bring 1 quart salted water to a boil, reduce heat, add broccoli and simmer until crisp-tender, 3-4 minutes; drain. In a large 12-inch skillet, over medium heat, cook bacon, until crisp, about 8 minutes, drain on paper towels. Drain excess bacon fat from skillet. Add mushrooms, gill side down, and cook over medium heat for 5 minutes. Remove skillet from heat; turn mushrooms. Sprinkle mushrooms with half the cheese, dividing evenly, spoon broccoli on top; crumble bacon over broccoli; sprinkle with the remaining cheese. Return skillet to heat and continue to cook mushrooms, covered, just until tender, and the cheese has melted, 4 to 5 minutes. These are so good! Posted by AmyLS.



### Spinach and Tomatoes with Feta Cheese

Olive oil or cooking spray  
 1 small onion, minced  
 2 tsp. minced garlic  
 1 package pre-sliced mushrooms  
 1 bag of fresh spinach, already washed and stemmed  
 1 can chopped tomatoes (in whatever variety you like)  
 1 package crumbled feta (I get the tomato and basil variety)  
 2 T toasted pine nuts or almond slices (optional)

In a small amount of olive oil or cooking spray, sauté onion and garlic. After a few minutes, add mushrooms and cook a few more minutes. Add fresh spinach, one handful at a time and cook until spinach is wilted. Add tomatoes, juice and all, and cook until most of the liquid is evaporated. Remove from heat and top with feta and toasted nuts. Makes about 4 servings. By sherryj9.

### Four Cheese Spinach

1/2 cup grated Gruyere cheese  
 1/2 cup ricotta cheese  
 1/4 cup crumbled Gorgonzola or blue cheese  
 2 tablespoon freshly grated Parmesan cheese  
 2 tablespoon chopped fresh dill  
 1 large egg yolk  
 2 tablespoon extra-virgin olive oil  
 2 cloves garlic, minced  
 2 10-oz. packages of fresh spinach, coarsely chopped

Preheat the broiler to medium. Lightly butter 11x7x2-inch baking dish. Mix the cheeses, dill and egg yolk in a large bowl, set aside. Heat oil in a large pot over medium-high heat, then add the garlic. Sauté for a minute until fragrant. Pour into the prepared baking dish. Add the spinach to the pot and sauté until wilted. Place the spinach over the oil and garlic in the baking dish. Toss to coat with the oil and spread out evenly. Sprinkle with cheese mixture. Broil until cheese is golden on top and the spinach is heated through. NOTE: Experiment with different cheeses for a totally different dish. Monterrey Jack and cheddar is great combined with a few chiles. My DH doesn't like spinach ... he thought this was great! Well, sure -- put enough cheese on anything and who wouldn't love it? Serves: 4. Contributed by MsTified; found at Chef2Chef.com

### Celery Root Puree

With a sharp knife, peel as little as skin from the root as you can get by with. Cut in about 1/2" cubes. Put in saucepan and add one can chicken broth (I use Swanson's 100% fat-free). Simmer root until fork tender. Drain. Place in food processor and puree with salt, pepper & butter. DebB @ SS site.

### Italian Green Beans

green beans (I used 28 oz can of Italian green beans, undrained)  
 diced tomatoes (I used 1/2 of a 14 oz can, drained)  
 1/3 of a medium onion, chopped  
 Italian seasoning

Throw all of that in a pot and let it cook until the onion is transparent and the juices cook down. I had lunch at a local Italian place the other day and the green beans were so yummy I had to try to figure out the recipe. I did it! By DianeSmith.

### Maggie Mahoney's Turnips

15 pounds yellow turnips (rutabagas), peeled and cut into small pieces  
 3 large yellow onions, diced  
 1/2 pound butter (divided)  
 1 1/2 pounds bacon, chopped  
 1/2 cup table cream  
 3/4 cup SF maple syrup  
 1 teaspoon salt  
 1 teaspoon freshly ground pepper  
 2 cloves garlic, crushed  
 1 tablespoon sugar substitute  
 4 strips bacon per baking dish

Place turnips into large stockpot with water, bring to a boil. Add sugar. Cook until tender. While turnips are cooking, sauté onions in 3 tablespoons butter until translucent. Cook bacon in a saucepan until crisp, drain. Using a ricer, rice all the turnips into another pot. Add onions, bacon, the rest of the butter, cream, maple syrup, garlic, salt and pepper and stir just like mashed potatoes. Put in baking dish and then put 4 strips of bacon across top of dish. Bake for 1 hour at 300 degrees. Guide: When bacon on top is done, ready to serve. Can be frozen in dish for up to 3 months. Recipe courtesy Phil Burns. it's from the website Foodtv.com and the episode is "Calling All Cooks" -it's the Thanksgiving episode so the recipe sounds like a huge amount to me, I may cut it in half to try it.

### Low Country Tomato Pie

5 large tomatoes, cored and thickly sliced  
 3/4 teaspoon basil  
 Salt & Pepper to taste  
 1 onion, sliced  
 3/4 cup mayonnaise  
 1/4 cup grated sharp Cheddar cheese  
 1 dash of hot pepper sauce  
 1-2 teaspoons Worcestershire sauce  
 1/4 cup grated sharp Cheddar cheese

Arrange some tomato slices in a pie plate. Sprinkle with basil, salt and pepper. Place some onion slices over tomatoes. Repeat tomato, onion and seasoning layers until used up. Combine mayonnaise, 1/4 cup Cheddar cheese, pepper sauce and Worcestershire sauce. Spread mixture over tomatoes and onion. Cover with 1/4 cup Cheddar cheese. Bake at 400 degrees for 35 minutes or until brown. Let stand 3 to 4 minutes before cutting. This dish is typically prepared in a baked 9-inch deep dish pie crust. To somersize this recipe, I simply omit the crust and it is still "to die for" delicious! By sing4joy. Can try layering bacon on the bottom, or use cooked ground turkey.

### Broccoli Slaw

4 cups broccoli (peeled and chunked see below)  
 1/2 cup mayo  
 1 Tbl + 1 tsp vinegar (wine or apple cider)  
 2 tsp minced onion  
 1 tsp horseradish (optional)

\*\*\*all measurements are approximate - tweak to your taste. When stalks are thick, hold broccoli upright like a tree by the crown and use sharp knife to peel harder outer edge and leaves from stalk. Then chop into 1/2"-1" cubes. Put all ingredients into food processor and puree. Serve immediately or keep in refrigerator for up to 4 days. Great to take to work or have with pork recipes. Ever wonder what to do with the stalks beside cut steam add butter salt and pepper? Here it is... my mom's broccoli slaw – Somersized. By rain1mom.

### Fried Radishes

Slice thinly and fry with onion in butter it looks and taste like red skin potatoes yum yum! By porkchops. Thanks again for the great idea! I just fried them in butter with onion, 1 T parsley flakes, 2 t oregano, and 1 t basil. My husband and son gobbled them up. Coblentzjx.

### Creamy Pearl Onions

1 pound pearl onions  
 1½ tablespoons butter  
 1½ cups cream  
 1 large sage leaf or 1 bay leaf  
 salt and white pepper to taste

Put the unpeeled onions in a saucepan and cover with water. Bring to the boil and cook for 3-4 minutes, then drain and run cold water over them. Cut off the root end of the peel, then strip off the skin or squeeze the onion slightly and it will just pop out. Melt the butter in a saucepan over low heat. Stir in about 1/4 cup of the cream, then return to the heat and stir in the rest of the cream over moderate heat. When the sauce thickens, add the onions and the sage or bay leaf. Season lightly and simmer over very low heat, stirring often to prevent sticking, until an onion feels tender when pierced with a fork. This ranges from 5-10 minutes depending on the size of the onions. Remove the sage or bay leaf before serving. If you want a thicker sauce, you can use a small amount of Thick N Thin "Not Starch" product. By Gridmama. Pearl onions are one of the Thanksgiving favorites, especially in the Northeast. Further west, they are replaced by sweet and sour onions.

### Roasted Sweet Onions with Cabrales Blue Cheese

4 large Vidalia or other sweet onions, cut crosswise into 1-inch-thick slices  
 1/4 cup olive oil  
 4 ounces Cabrales or other strong blue cheese, crumbled  
 1/4 cup extra-virgin olive oil  
 2 tablespoons Sherry wine vinegar  
 1/3 cup chopped fresh chives

Preheat oven to 400°F. Arrange onions in single layer on rimmed baking sheet; drizzle 1/4 cup olive oil over; turn onions to coat. Sprinkle with salt. Roast until soft and brown on edges, turning every 15 minutes, about 1 hour. Transfer to platter. Sprinkle with salt and pepper. Cool. (Can be made 4 hours ahead. Cover; let stand at room temperature.) Sprinkle cheese over onions. Drizzle 1/4 cup extra-virgin olive oil, then vinegar over cheese and onions. Sprinkle with almonds, then chives and serve. Makes 8 servings. If Cabrales is difficult to find in your area, Italian Gorgonzola can also be substituted. Bon Appétit magazine.

### Crispy Battered Onion Rings

1 – 2 onions  
  
 3 eggs, whisked well  
 1/4 c. grated (canned) parmesan cheese  
 1/4 t. garlic powder  
 1/4 t. onion powder  
 salt/pepper  
 \*\*adjust spices to suit your taste\*\*

Mix batter ingredients together. Slice onions 1/4" thick and let sit out a few minutes to come to room temp and dry. Dip rings into batter and drop immediately into about an inch of oil, preheated to med-high. Remove when color is a nice golden brown. Eat with yummy SF ketchup! Great with cheeseburgers. Posted by Elcarim.

## Onion Rings

For onion rings, use whey protein powder. Dip them in spiced whey, then egg or cream concoction, then in the whey again and fry them up. Works great!!! I put cayenne, black pepper, some paprika, garlic and onion powder and salt... yummy. Posted by gridmama.

## Mock Potatoes Au Gratin

1 pound sunchokes (Jerusalem artichokes)  
Salt & Pepper  
9x9 baking dish  
Butter for smearing the dish and 1 T for dotting the top  
1/3 cup grated Parmigiano-Reggiano cheese

Preheat the oven to 400 degrees Fahrenheit. Peel the sunchokes (due to the shape, some peels will remain, but this is fine) and drop them in salted, boiling water. Cook them until they feel tender, but not mushy when prodded with a fork. Ten minutes after the water returns to a boil, check them frequently because they tend to go from very firm to very soft in a brief span of time. Drain when done, and as soon as they are cool enough to handle, cut them into 1/2-inch slices. Smear the bottom of a baking dish with butter, then place the sunchoke slices in it, arranging them so they overlap slightly, roof tile fashion. Sprinkle with salt, pepper, and the grated Parmesan, dot with 1 T butter (cut into small pieces – dot evenly around the top area) and place the dish on the uppermost rack of the preheated oven. Bake until a light golden crust begins to form on top. Allow to settle for a few minutes out of the oven before serving. Yield: 4 servings. Note: sunchokes look like fresh ginger root. They are a very uneven shape, so when you peel them, you won't be able to get into all the crevices. Posted by hoffs.

## Creamy Cheesy Vegetables

First have ready about 8 cups mixed shredded cheeses. I used equal parts of Jack, White cheddar, Mozzarella, and parmesan. Make sure the parmesan is fresh, not in the can! Then cut up and cook your veggies, then drain them and set them aside! I used the following veggies and I boiled mine on the stove in a large pot, just until tender, then drained them:

Fresh cut green snap beans (Or canned!)  
Zucchini  
Onions  
Mushrooms  
Sometimes I throw in cabbage at the end of cooking the veggies.

You can use what ever veggies you like! You want to have about 6 cups veggies in all. After you have done that, make the creamy cheesy sauce by using the large pot you cooked your veggies in, and after you have cleaned it, combine the following:

4 Cups of heavy cream  
1 Tablespoon of fresh ground black pepper  
1/4 teaspoon sea salt  
3 Tablespoons Mrs. Dash onion and herb  
2 Tablespoons dill weed  
1/4 teaspoon paprika  
3 Tablespoons Onion flakes

Over medium heat, cook this down until the amount of cream in the pan has cooked down to about half the amount. Stir constantly during cooking. It takes about 15 minutes to do so. Then turn the stove down to low and add 1/2 of an 8 oz package of cream cheese and mush it around until it has melted. When the cream cheese has melted, add the 8 cups of mixed cheese a handful at a time. When it has melted, add your veggies and let cook about 2 minutes and then move off the stove. That's it! Serve with your meal or have as a meal or any time! Serves about 8 one cup servings, depending on how much veggies you use! Posted by Sapphire1.

### Julie's Hot & Sweet Black Soy Beans

I made up some yummy BBQ black soybeans tonight. I took the leftovers in the fridge (1 can minus 1 cup) and turned them into some hot & sweet beans. I chopped up half of a medium onion finely (it was just under 1 cup of onions), sautéed them in 1 T of olive oil. When they started to brown slightly, I added 3 minced garlic cloves, cooked for about 2 minutes then added 1/3c SS ketchup, 1/2t Dijon mustard, 1t Worcestershire sauce, ¼ t cayenne pepper (this gave it a nice hot kick), ½ t lite soy sauce and the beans. I let it simmer while I worked out and cooked, I figure they simmered on low for over an hour. I figure if you use a whole can, you would double everything, but might want to cut back on the pepper if you don't like things hot! The SS ketchup really made it sweet, I didn't realize how sweet that ketchup was! This would be Almost Level 1.

### Black Soy Baked Beans

2 cans of black soy beans  
1/4C low carb ketchup  
1/4C prepared yellow mustard  
1/2 large onion chopped  
1 tsp garlic powder  
2 strips of chopped uncooked bacon  
1 tbs Joseph's sugar free maple syrup  
1/2 tsp liquid smoke.

Mix and nuke in microwave while stirring every few minutes until sauce is thick as you like it. This takes about 10 minutes in my microwave. Posted by Starlite.

## VEGETABLES

### Baked Broccolini

3 bunches of broccolini ( You can also use green beans and broccoli cut into smaller pieces)  
 250 gms Sour cream  
 1/2 cup mozzarella  
 1/2 cup parmasan  
 Salt & pepper  
 1 Bunch chives chopped

Wash & cook broccolini ( can be firm or soft as you like). Lay flat into a dish that you can place under your griller. Mix in a bowl all other ingredients and top the broccolini with the mixture. Place under the griller till golden and bubbling. Yum! I tried this on the weekend, thought SSers would like it ! It was a hit at our house. Posted by lu\_lu.

### Sautéed Bok Choy & Broccoli

Cut white stalks from 1 lb. bok choy; slice stems into 1" pieces. Coarsely chop green leaves. Peel stalks from 1 lb. broccoli; slice 1/4"thick. Cut florets into bite size pieces. In large skillet, boil 1/2 cup water. Add bok choy stalks and broccoli; cover. Simmer over med-low heat until broccoli is bright green 5-7mins. Uncover,cook on high until water evaporates,2-4mins. Add bok choy green leaves,2Tbsp canola oil and 1chopped garlic clove. Cook, tossing often until garlic is fragrant 2 mins. Press 1 Tbsp finely grated fresh ginger in a sieve over skillet to release juices. Stir in 1-2 tbsp soy sauce. This is a recipe from Everyday Food magazine I haven't tried it yet but sounds great to me! Posted by Secondtimer.

### Broccoli Artichoke Casserole

3 10 oz packages frozen broccoli spears, thawed and drained  
 2 14oz cans artichoke hearts, drained  
 1-1/2 C mayonnaise  
 1/2 C butter  
 1/2 C grated parmesan cheese  
 4 Tsp lemon juice  
 1/2 Tsp celery salt

Arrange broccoli and artichokes in a greased 2-1/2 qt baking dish. In a saucepan combine mayonnaise, butter, cheese, lemon juice, and celery salt. Cook and stir over low heat until butter is melted, and sauce is heated through. Do not boil. Pour over broccoli and artichokes. Bake uncovered at 350 for 30-40 minutes, until broccoli is crisp tender. By momtomgm.

### September's Savory Broccoli Toss

2 slices of bacon  
 2 bunch broccoli, rinsed and cut into floret's  
 1/2 red onion, sliced thinly  
 1/4 teaspoon celery salt  
 1/8 teaspoon freshly ground pepper

In skillet, over medium-high heat, cook bacon until crisp; remove, blot with paper towel, and crumble. Pour off all but 1 tablespoon of drippings. In a saucepan, heat 2 quarts of water to a simmer, add broccoli and cook for 3 minutes, drain. Turn heat back on skillet, add onion, cook for a couple of minutes, add broccoli, celery salt, pepper, and bacon. Cook 3 minutes until broccoli is heated through. Level 1 Pro/Fats. Makes 8 servings (4 in our house!). By September.

### Rich's Wife's Broccoli and Cauliflower Salad

1 head cauliflower  
 3 stalks broccoli  
 2 bunches green onion (scallions) sliced thin  
 1 c mayo  
 1/2 c sour cream  
 3 teaspoons red wine vinegar  
 dash Worcestershire sauce  
 dash Tabasco

Break up cauliflower and broccoli into small flowerets. (You want them to fit in your mouth with needing to cut them.) Mix mayo, sour cream, vinegar, Worcestershire, Tabasco and sliced green onions in a separate bowl. Toss dressing with the broccoli and cauliflower florets. Best if allowed to chill 24 hours before eating to let flavors meld. Makes a ton, and is always a hit at a potluck. Posted by DominoCat. This is a recipe that I have been making for over 20 years and I have never been disappointed.

### Caramelized Onion and Gorgonzola Mashed "Potatoes"

1 head cauliflower	1/2 teaspoon dried rosemary
1 3/4 teaspoon salt, divided	1/2 cup butter
2 tablespoons butter	3/4 cup cream
1 tablespoon olive oil	3/4 cup crumbled gorgonzola or blue cheese
1 medium onion, diced	3/4 teaspoon pepper
4 garlic cloves, minced	

Bring cauliflower, 1 teaspoon salt, and water to cover to a boil in a Dutch oven; cook 20 to 25 minutes or until tender. Drain and keep warm. Melt 2 tablespoons butter with oil in a skillet over medium heat; add onion, and cook, stirring often, 12-17 minutes or until tender. Add garlic, and cook 3 min. Stir in rosemary; remove from heat. Mash cauliflower; stir in 1/2 cup butter, cream, and cheese until blended. Stir in onion mixture, remaining 3/4 teaspoon salt, and pepper. Spoon mixture into 13x9 casserole dish to fill bottom. Heat through. Broil 3 inches from heat, 5 minutes or until top is lightly browned. Starymist @ LCF. Deb's notes - My husband loves this recipe. But when I want to do something faster and simpler (which is most of the time) - this is what I do: Chop up one head of cauliflower and steam it stove top or, what I do is cook it in the microwave with just a small amount of water until it's tender. Put this in the food processor and add about 4oz of softened cream cheese and about 1/4 cup (depending on the amount of caul.) of prepared Uncle Dan's Southern Original dip (more info to follow), with some salt & pepper and process until smooth. Delicious!

### Cheese & Bacon Baked Cauliflower

2 heads cauliflower  
 1/2 stick butter (4 tablespoons or 1/4 cup)  
 8 ounces cream cheese  
 1/4 cup sour cream  
 8 ounces (or more) Cheddar cheese  
 1/2 - 1 pound bacon (cooked crisp & crumbled)  
 Salt and pepper to taste (optional)

Break up cauliflower into florets, & cook until tender. Drain well. In LARGE mixing bowl, combine cooked cauliflower with cream cheese, butter, & sour cream. You can mix it with a hand mixer, or mash it really well by hand, but I think it's best pureed in a food processor. Add in a handful of cheese, & mix until distributed throughout. Place in a 9x13-inch baking dish & cover with the remainder of cheese. Crumble the bacon on the top, & bake uncovered in a 350F oven until cheese is melted (30 or so mins works for me). My notes: Half the time, I used to forget the sour cream, because the original recipe didn't have it written in to add it. I've fixed that now, but it tastes fine without it. I often make a half recipe when I make this, with just 1 cauliflower. Don't know why, really, since I like it so well. A half recipe fits just fine in my 11x7-inch dish or a square 2 quart casserole. I love this stuff! I have served this to company & they loved it. From the Clipping\_Cooking e-mail list. Posted by iwillrejoice.

### Crunchy Baked Cauliflower

Preheat oven to 400°. Break up a head of cauliflower into florets. (I kind of slice it). Mix together 3 T olive oil, 2 cloves fresh crushed garlic, 1 tsp dried rosemary. Toss cauliflower in the garlic rosemary oil. Lightly grease a baking pan or cookie sheet. Spread cauliflower onto pan. Bake at 400 for 40 min. I stir it half way through. My family scarfed it down like scavengers!! Freehorse @ PP. Deb's note ~ Pass the Uncle Dan's dip mix!

### Curried Cauliflower

Cook 1 head cauliflower until tender but not mushy. Separate into florets. Dice 1/4 onions (mix with florets). Mix mayo and curry seasoning together and salt if you need to. Add this to the cauliflower... This was so good I almost ate the whole bowl. Really helped with the potato salad I was craving :) I am sorry I don't know who the originator of this recipe is... but you did great!! JCnmyheart.

### Cauliflower Mountain

1 medium-sized head of cauliflower  
 1/2 cup mayonnaise  
 1 1/2 teaspoons prepared mustard  
 1/2 teaspoon dry mustard  
 2 ounces sharp cheddar cheese, shredded

Place whole whole head of cauliflower, stem end down, in an 8-ounce glass pie plate. Cover with plastic wrap. Microwave at HIGH 7 to 8 minutes or until tender. Mix mayonnaise, prepared mustard, and dry mustard in a bowl. Pour mayonnaise mixture over top of cooked cauliflower. Sprinkle with shredded cheese. Microwave at HIGH 1 minute to melt cheese. My mom took a cooking class back when she got her first microwave. This is one of the recipes she got in that class. I never really liked cauliflower until I ate this. By ragamuffin.

### Frosted Cauliflower

1 medium-sized head of cauliflower  
 1/4 cup mayonnaise  
 1 teaspoons prepared mustard  
 1 teaspoon dry mustard  
 2 ounces sharp cheddar cheese, shredded

Place whole head of cauliflower, stem end down, in an microwavable container and cover. Microwave at HIGH 6 minutes per pound. Mix mayonnaise, prepared mustard, and dry mustard in a bowl. Microwave at 70% power for about 45 seconds. Pour mayonnaise mixture over top of cooked cauliflower. Sprinkle with shredded cheese. Microwave, covered at 70% power for 1 minute. I have made this recipe for a few years now, first tried it when Tupperware came out with the Rock n Serve cookware and Carolyn Dobson came and cooked it for us. Her recipe says to cook it 6 minutes per pound. Posted by Dani1984.

### Christmas Cauliflower

1 head cauliflower, broken into florets	1 C cream
1/4 C diced green pepper	1 C swiss cheese, shredded
1 jar sliced mushrooms, drained	2 Tbsp diced pimientos
1/4 C butter	1 Tsp salt

In a large saucepan, cook cauliflower in a small amount of water until crisp-tender about 7 mins. Drain well. In a skillet, sauté green pepper & mushrooms in butter for 2 mins. Add cream. Bring to a boil, boil 2 mins. Remove from heat. Stir in cheese until melted. Add pimientos & salt. Place cauliflower into greased baking dish. Top with sauce. Bake at 325 for 25 mins. By momtomgm.



### Brussel Sprouts with Bacon

3 slices bacon, chopped  
 1 tablespoon extra-virgin olive oil, 1 turn of the pan  
 1 shallot, chopped  
 1 1/2 pounds Brussels sprouts, trimmed, small sprouts left whole, larger sprouts halved  
 Salt and pepper, to your taste  
 1 cup chicken broth

Brown bacon in a medium skillet over medium high heat. Remove bacon to a paper towel lined plate. Add extra-virgin olive oil to the pan, 1 turn. Add shallots to the pan and saute 1 to 2 mins. Add Brussels sprouts and coat in oil. Season with salt and pepper. Cook Brussels sprouts 2 to 3 mins to begin to soften, then add broth. Bring broth to a bubble, cover and reduce heat to medium low. Cook 10 mins, until tender. Transfer sprouts to a serving dish with a slotted spoon and top with cooked bacon bits. Recipe courtesy Rachael Ray, posted by Jettaway.

### Leeks Au Gratin

About 12 leeks, onions, scallions, sweet onions, shallots (any combination will do)	1 1/2 tsp salt
2 cups mascarpone	2/3 cup white grape juice
1 tsp nutmeg	2/3 grated parmesan cheese
1 tsp pepper	1 Tb unsalted butter

Place prepped leeks into a bowl; in a smaller bowl combine all remaining ingredients except cheese and butter. Mix well. Scrape the mascarpone mixture into the bowl with the leeks and, using two forks, evenly coat the leeks with the mixture. Spoon the leeks into a large, buttered oval oven dish spreading the mixture evenly, or into six individual buttered oval dishes. Scatter the Parmesan over all, and bake at 400 F for 30 mins or until a deep golden crust forms; 10 min less for smaller gratins. This is going to be perfect for a cool Fall night. Posted by jdt.

### Caramelized Cabbage

Boil cabbage in a little water (very little so it evaporates) with some butter till golden brown, almost burned. Posted by finallyonmyway.

### Caramelized Fennel and Onion

2 fennel bulbs, sliced	1 tablespoon olive oil
1 large onion, cut in half then sliced	2 tablespoons butter

Put fennel and onion in a ziptop bag and toss with olive oil. Melt butter in large skillet over medium-high heat. Add fennel and onion and sauté for a few minutes, then reduce heat to low. Continue cooking for about 40 minutes or so, stirring occasionally. The fennel and onion will become soft and a beautiful caramel brown color. Season with salt and pepper. Serves: 2. Posted by MsTified.

### Fennel with Butter and Parmesan Cheese

Salt  
 8 small fennel bulbs, trimmed and quartered  
 5 tablespoons butter  
 salt & freshly ground pepper  
 1 cup freshly grated Parmesan cheese

Heat broiler. In a large pot of salted, boiling water, cook fennel until slightly softened, about 5 mins. Drain & set aside. Add butter to a large heated skillet & melt. Add fennel & season to taste. Cook until tender, about 5 mins, turning occasionally. Transfer to a casserole dish & sprinkle with Parmesan. Place under broiler for 1-2 mins or until cheese is golden & bubbly. Posted by MsTified, ex Suzanne's "Eat, Cheat & Melt the Fat Away" cookbook.

## Fennel Ideas

I like it chopped and put into salads – MsTified.

Slice fennel, brush with olive oil & balsamic vinegar, salt & pepper and grill. I make this to have as a side with steak. Delicious flavor combination – njbabs.

I put fennel in my sauce for lasagna or spaghetti – Fricke.

## Roasted Vegetables

1 medium of each (chopped into bite size pieces):

red pepper  
yellow pepper  
zucchini  
summer squash  
red onion  
1 lb. of asparagus  
2 Tbsp. olive oil  
salt and pepper

Arrange a single layer in a roasting pan. Drizzle olive oil over them and toss to coat. Bake at 450 for 20-30 min. This is a great recipe and easy! By MarineWife.

## Italian Herb Roasted Veggies

6 c. assorted veggies cut into 1" pieces	1 t italian seasoning
1/4 c olive oil	1 t garlic powder
1/2 t oregano	2 c portabello mushrooms
2 cups shredded mozzarella cheese	1/2 t salt

Place veggies in large bowl. Mix oil & next 5 ingredients. Pour over veggies. Toss to coat. Spread veggies into a 9x13 baking pan. Roast at 450 for 25 mins. Stir in mushrooms & sprinkle with cheese. Bake 5 more mins or until cheese melts. My hints for the veggies - I like to use zucchini, onions, broccoli, different colored peppers. Haven't tried asparagus with this but that would be good too!! This is so good just had to post it. Posted by cubbiegal.

## Cravatta (Asparagus Ties)

16 medium asparagus spears, trimmed & peeled  
1/2 tsp butter  
1 lg shallot, minced (i will try a plain old onion instead)  
1 tsp Dijon mustard  
2 TBSP heavy cream  
1/2 tsp lemon juice  
1/2 lb thinly slice boiled ham (8 slices)  
3 TBSP freshly grated Parmesan cheese  
1/2 lb Fontina cheese, coarsely grated  
freshly ground black pepper (I'll just use the stuff in the can, )

Preheat oven to 400 F. Blanch the asparagus and drain it on paper towels. Melt the butter in a small skillet over medium-low heat. Add the minced shallot and sauté until lightly browned. Remove from the heat. Stir in the mustard, cream and lemon juice, blend well. Spread a small amount of the shallot-mustard mixture over each slice of ham. Sprinkle each piece with parmesan cheese. Divide the fontina cheese into two portions, and sprinkle one portion over each of the ham slices. Place two asparagus spears in the center of each piece of ham slice. Fold the ham over the asparagus, and arrange the ham packages in a lightly greased ovenproof serving dish, seam side down. Sprinkle the rest of the remaining Fontina cheese over the top and add a grating of pepper. Bake until lightly brown and bubbly, about 15-20 minutes. Serves 4. Posted by Reva.

### Asparagus A La Parmigiana

2 lbs Asparagus, trimmed and peeled  
 4 TBSP (1/2 stick) butter, melted  
 salt, to taste  
 pepper, to taste  
 1/2 cup parmesan cheese, freshly grated

Preheat oven to 400 F. Blanch the asparagus and drain it on paper towels. Arrange the asparagus in a shallow ovenproof serving dish. Pour melted butter over the asparagus. Sprinkle with salt & pepper. Spoon the cheese evenly over the top. Bake until lightly browned, about 20 minutes. Serves 4. Posted by Reva.

### Jersey Girl's Asparagus

1 box Bird's Eye Deluxe Asparagus Spears  
 4 slices bacon  
 1/2 stick butter  
 1/2 large onion, chopped  
 salt & pepper

Cook asparagus in microwave according to directions and drain off water. Cook bacon until crisp. Remove bacon, drain off fat and add butter. On low heat, cook onions approx. 3 minutes. Add cooked asparagus, salt & pepper to taste, and toss to coat. Remove from heat and crumble bacon over top. By Jersey Girl.

### Roasted Asparagus with Balsamic Browned Butter

40 asparagus spears, trimmed (about 2 pounds)  
 Cooking spray  
 1/4 - teaspoon kosher salt  
 1/8 - teaspoon black pepper  
 2-tablespoons butter  
 2-teaspoons low-sodium soy sauce  
 1-teaspoon balsamic vinegar

Preheat oven to 400°. Arrange asparagus in a single layer on a baking sheet, coat with cooking spray. Sprinkle with salt and pepper. Bake at 400° for 12 minutes or until tender. Melt butter in a small skillet over medium heat. Cook 3 minutes or until lightly browned, shaking pan occasionally. Remove from heat, stir in soy sauce and vinegar. Drizzle over asparagus tossing well to coat. Serve immediately. I just made this tonight, forgot how good and easy it was. Finish the asparagus just before serving dinner. Cooking the butter until it's slightly brown gives the dish a nutty flavor; watch carefully, though, since it can burn easily. Posted by showgirl.

### Celery Root Hash Browns

Peel the celery root. Cut into chunks that will fit into your food processor. Shred. Remove from processor and into bowl. Add minced onion (to taste) and about 2 tablespoons melted butter, salt & pepper. Toss well. On a griddle or fry pan put two tablespoons bacon grease. Add celery root mixture and flatten. Fry on one side until browned and flip (you have to do it in sections). I like to eat mine with mayo on the side. I made a whole batch and had some with my lunch and dinner as well. Posted by mizztucker.

### Jicama Hashbrowns

Peel skin and about 1/8" from the outside of the Jicama. Grate remaining jicama. Heat a small amount of oil (I also added some butter) in a sauté pan. Pan fry until golden brown and tender. I added some chives to mine as well. Salt and pepper. Serve and enjoy! Would be good with onions as well. I cannot remember where I read this, sorry. However I tried it and it was really good! Just like hash browns. Posted by Tweetybody.

### Tuscan Jicama

2 Tbsp canola oil  
 1 cup onions, chopped  
 1 clove garlic, minced  
 1 sweet pepper, cut in chunks  
 3 large jicama, cut into large cubes  
 1.5 cup tomatoes, seeded, peeled & chopped  
 1/4 tsp dried rosemary or oregano  
 -salt & pepper to taste-  
 1/4 cup chicken stock or water

In a heavy saucepan or deep skillet; heat oil over medium heat; cook onions & garlic for 3 mins without browning. Add pepper & jicama, stirring to coat evenly. Cover & cook over low heat for 10 mins. Stir in tomatoes, herb, salt & pepper. Cover & cook, stirring periodically, for 15 mins or until vegetables are tender. Serves 4. By Twiggy88.

### Tomato Pie in Zucchini Crust

olive oil cooking spray  
 1 pound (480 g) zucchini, grated, all liquid squeezed out  
 3 scallions, white part and 1 inch (2.5 cm) green, chopped  
 2 large cloves garlic, minced  
 1 teaspoon (5 ml) fresh thyme leaves  
 4 fluid ounces (120 ml) egg substitute  
 1/2 cup (70 g) dry unseasoned bread crumbs  
 freshly ground pepper  
 1 cup (150 g) grated skim milk mozzarella cheese  
 1/4 cup (38 g) freshly grated Parmesan cheese  
 1 tablespoon (15 g) reduced calorie mayonnaise  
 1 pound (480 g) fresh tomatoes, thinly sliced  
 2 tablespoons (30 ml) minced fresh basil

Preheat oven to 350°F (180°C), Gas Mark 4. Coat a nonstick skillet with cooking spray. Also coat a 9-inch (23 cm) pie pan with cooking spray. Set aside. Add the grated, squeezed dry zucchini, scallions, garlic, and thyme to the skillet. Cook over high heat until the zucchini and other vegetables are softened. Remove from heat. Add 2 fluid ounces (60 ml) of the egg substitute, bread crumbs, and pepper. Press into the bottom and sides of the pie pan. Bake for 15 minutes. In a small bowl, combine the two cheeses, mayonnaise and remaining egg substitute. Spread on top of the baked shell. Top with overlapping circles of tomato slices. Coat with cooking spray, Bake for 30 minutes until the pie is browned and set when a tester inserted near the center comes out clean. Serve warm or cold. Nutrition Facts: Servings: 6. Kntheboys.

### Stuffed Tomatoes

2 cans Italian tuna in olive oil, drained and flaked  
 1 can artichoke hearts in water, drained and chopped  
 2 ribs celery, chopped  
 1/2 medium red onion, chopped  
 3 tablespoons chopped flat-leaf parsley, a handful  
 1 lemon, zested and juiced  
 Extra-virgin olive oil, for drizzling  
 Salt and pepper  
 6 vine ripe tomatoes, red, yellow, or mixed

For stuffed tomatoes, mix tuna & next 6 ingredients to combine. Season with salt and pepper, to taste. Cut a thin slice off the bottom of each tomato to stabilize it. Seed and hollow out the tomato with a spoon over garbage bowl or into sink with disposal system. Season tomatoes with salt and pepper, then fill with salad, mounding the tuna up. The tomatoes are ready to serve or chill. Found this under 30 Minute Meals on the Food Network website. Sounds very tasty for the summer - and no need to worry about mayo staying cold. Posted by suzysun55.

### Baked Zucchini Sticks

This is one of my favorite ways to enjoy zucchini. Cut zucchini into spears. I usually cut in across the middle so I have 2 halves, and then quarter each half. If your zucchini is larger, then cut your quarters into spears, like you would a cucumber. Toss spears with melted butter. Shake spears in plastic bag with parmesan cheese. Put on non stick cookie sheets and bake at 375 until sticks are tender and cheese is browned. The sticks are soft inside but the cheese on the outside keeps them crunchy. They are really good. I just made some last night and they are always a hit at my house. If you are so inclined, you can add a little garlic powder to the butter or cheese, as they are good that way too. tinselbaby @ SS site. Deb's note - the zucchini will be 'mushy' not crisp - but we really like these. We serve Uncle Dan's Southern Original dip on the side.

### Bubbamomma's Lasagna Type Zucchini Casserole

Basically in a large casserole dish, you layer zucchini slices, your favorite cheese and diced herbed tomatoes, over and over again, until your dish is almost full. You then fill up half empty space in the dish with tomato juice and then sprinkle a generous portion of cheese on top. Bake in oven at 350 F for 1-1.5 hours, depending on the thickness of the zucchini. Mom used to layer any other vegetable she had in the fridge. You can spice it up as you please, mom was a garlic girl. The flavors blend well - and it tastes even better as a leftover. Posted by Reva.

### Carolann's Zucchini Parmesan

4 zucchini sliced  
1/2 green pepper chopped fine  
1/2 onion chopped fine (we like onion, so I add more onion.)

Place in a casserole (sprayed with Pam or Buttered) with plastic to cover & steam 5 mins on high heat in microwave.

1 cup mayo  
1/2 cup parmesan cheese + extra for topping  
3 eggs  
Black pepper to taste

Mix together and pour over zucchini mixture mixing well. Sprinkle with extra parmesan to taste. You can cook in the microwave 5-10 minutes on high uncovered till puffy. Or you can bake at 350 for 20-25 minutes. (I have only done this in the oven, never tried it in the microwave.) Posted by Reva.

### Vegetable Salad

1 head cauliflower (chopped)	Dressing:
1-2 bunches broccoli (chopped)	2 cups mayonnaise
1 red onion (chopped)	1 cup Splenda
1 lb. bacon (fried crisp and crumbled)	2 T. white vinegar
8 oz. grated cheddar cheese	

In large bowl, combine cauliflower, broccoli & onion. Fry bacon & set aside. Mix ingredients for dressing & chill. When ready to serve, combine needed amount of vegetables, bacon, cheese & dressing. Serve. This keeps better if not combined at first & is combined as needed. It will keep well chilled for several days. By longway2go.

### Kale and Onion Stir Fry

1 lb fresh green kale	2 Tbsp rice vinegar
cooking spray	2 Tbsp soy sauce
2 onions, sliced	sugar sub to = 1/2 tsp sugar

Clean kale & remove ribs. Spray wok or skillet with cooking spray. Heat on high. Add kale & onions. Stir for 1-2 min. Pour in rice vinegar, soy sauce, & sugar sub. Reduce heat to med & stir till kale & onions are tender-crisp. May caramelize onions prior to adding kale. I do this by placing onions in small amt olive oil & covering the pan, letting the onions steam till they are opaque & limp. Then I take off the cover & fry till the liquid is gone. This is much faster than just sitting there the whole time, stirring. By karma.

## Eggplant Parmesan

I cut up an eggplant sliced thin, put it in salt water and soak it for about 1/2 hour. Beat up an egg on one plate, on the other plate I mix herbs and grated parmesan cheese. I have a mixed dry herb mix that I bought while I was on an herb farm. It smells like oregano, sage, parsley, basil. You can use any that you prefer. I heat a skillet with butter and light olive oil. Dip eggplant in egg, then in herb-parm mix. Place in hot oil and let cook then flip. While that is cooking I take one can of diced tomatoes, and a handful of fresh basil. Cook on Med and add sea salt. Once the eggplant is finished I put on a plate, top with grated Parmigiano Reggiano and add the tomato mixture it is so good! By Doreen-DJK.

## Parmesan "Fried" Eggplant

Peel and slice eggplant into 1/2-3/4 inch slices and salt. Dry. Heat oven to 500 degrees. Put olive oil in bottom of pan and brush all sides of eggplant with olive oil. Bake for about 15 minutes. Remove and sprinkle parmesan (I put about 1/2 t on each) over each eggplant slice. Run under broiler, usually takes 3-4 minutes. Cool a little. Eat as is or use for base of eggplant parmesan or use as a base for fancy tower appetizer - layer with sautéed mushrooms and roasted pepper slices with a drizzle of balsamic vinegar, so good. Lots to do with these eggplant crisps. Posted by vickineiberg.

## Garlic Grilled Baby Eggplants

8 baby eggplants  
 4tsp soy sauce  
 2tsp white wine vinegar  
 2tsp black pepper  
 1Tbsp oil (your fav)  
 2 garlic cloves, minced  
 2tsp lemon-herbed blend, no salt

Place eggplants on flat cutting surface and with sharp knife make parallel lengthwise cuts 1/4" apart that run from the tips to within 1" of the stems. Place in a single layer in a large baking dish or roasting pan; fan out the slices slightly, making sure to keep them attached to the stem. In a small bowl, combine the oil, soy sauce, garlic, vinegar, herb blend and pepper. Brush over the eggplant and let stand for 15 mins. Flip pieces and brush with remaining marinade. Let stand for 15-30 mins. Place a mesh grill rack over the top and add the eggplants to the grill. Grill for 5 mins and flip over and grill for 5-10 mins until tender and enjoy! Posted by Skye2.

## Southern Green Beans

1 1/4 pounds fresh or frozen green beans chopped into 1 inch pieces. (Don't use canned)  
 3 slices bacon, chopped  
 1 small onion, minced  
 2 tablespoons red wine vinegar  
 2 teaspoons Splenda

Cook green beans in 1 inch simmering water, covered, for 6 minutes. Drain and set aside. Return skillet to stove and set burner to medium high. Add bacon and brown. When fat begins to render, add chopped onions to the pan and cook until tender with the bacon. Add cooked green beans to the pan and turn to coat in bacon drippings and onions. When the beans are hot and bacon is crisp at edges and onions translucent, add vinegar to the pan and add the Splenda. Allow the vinegar to evaporate and the Splenda to combine with pan drippings, 1 to 2 minutes, then serve. I saw this dish being made on the Food Network on 30-Minute Meals. I SS'd it and wanted to share it all with you. It is truly a departure from the typical green bean side dish and I love it!! It's even better the next day!! Posted by ms-bhaven. NB: could replace vinegar with lemon.

### Sherry Cream Green Beans

1 thinly sliced white or vidalia onion  
 olive oil  
 sherry  
 heavy cream  
 salt and pepper  
 1 lb or so green beans

Sorry guys, I'm not an exact measurer, I'll do my best. I caramelized the onions in olive oil in a sauté pan, then deglazed the pan with enough sherry to cover the onions. I let this reduce for about 30 minutes, stirring, then reduced the heat and added half a small container of heavy cream. Salt and pepper to taste, then I tossed in the freshly steamed green beans. It was quite good and will be on my holiday table! I just test drove this recipe. I think I'll use it for thanksgiving. By sisterstu.

### Marsala Green Beans

1 1/2 pounds fresh green beans, trimmed  
 4 TBSP unsalted butter, divided  
 2 large sweet onions, halved vertically and thinly sliced  
 1 TBSP balsamic vinegar  
 sea salt and freshly ground pepper  
 2 ounces pancetta, chopped  
 6 ounces cremini or baby portobello mushrooms, sliced  
 6 ounces shiitake mushrooms, stems removed, sliced  
 3/4 tsp. dried tarragon  
 1/3 cup good quality dry Marsala  
 1/2 cup whipping cream or half & half  
 grated zest and juice from one lemon

Cook beans in large pot of boiling water until crisp-tender, about 5 minutes. Drain and rinse under cold water to stop the cooking. Set aside. Heat 2 TBSP butter in a large non-stick skillet over medium heat. Add onion slices and cook, stirring frequently, until very soft and deeply caramelized, about 20 minutes. Remove from heat, stir in balsamic vinegar and season to taste with salt and pepper. Remove onions to a small bowl. Cover to keep warm. Wipe out skillet; add pancetta and cook over medium heat for 5 minutes or until beginning to brown. Add mushrooms and tarragon and cook until mushrooms are lightly browned and the liquid they release has evaporated, about 8-10 minutes. Add Marsala and cook until nearly evaporated, 2-3 minutes. Add cream and cook until slightly thickened, 1-2 minutes. Remove from heat and season to taste with salt and pepper. While mushrooms are cooking, return beans to pot, along with remaining 2 TBSP butter, and cook over medium heat until beans are warmed thru and glazed with butter, 3-5 minutes. Arrange beans on serving platter and sprinkle with salt, pepper, grated lemon zest and 1 TBSP lemon juice. Spoon mushroom mixture over beans, leaving about a 1/2 inch border of beans showing. Scatter onions over mushroom layer. Serve. Posted by momtomgm.

### Great Green Beans

1 Can of green beans drained  
 1 tsp of butter  
 dash of Mrs Dash and Dash of black pepper  
 2-3 slices of American Cheese

Put beans, butter, Mrs. Dash, and pepper in a sauce pan and heat over medium heat. After butter melts, pour beans into a microwave safe dish. Put cheese slices over beans and heat in the microwave until cheese is melted. This is something I made and it's easy and good for a side dish. By Lissa82.

### Chinese String Beans in Garlic Sauce

Break your fresh string beans as you normally would & blanch them in lightly salted water for 1 or 2 mins. Then rinse in very cold water to stop the cooking process. Then add 2 tbl oil to a wok and heat it up. Fry the garlic for 1 minute and then add 2 tbl soy sauce (I use Kikkoman), 1 tsp salt, 1 tsp sugar (of course use SS or your fav sugar sweetener) & add the string beans and cook for another 1 to 2 mins. It is absolutely great. Posted by LIEileen.

### Green Beans with Sundried Tomatoes

This is my favorite way to eat sun-dried tomatoes. Steam green beans until not quite done, then sauté with butter, fresh garlic, and plenty of sun-dried tomatoes. You won't be able to eat enough of this! Posted by kbcheerful.

### Vlad's Very Garlicky Greens!

5 to 7 cloves garlic, peeled, plus 2 cloves garlic, one sliced, one minced  
 Enough olive oil to cover the bottom of a wide sauté pan  
 4 big handfuls greens (baby mustard, turnip, chard), picked and roughly shredded  
 Salt and freshly ground black pepper

Place sauté pan over medium heat and then lightly crush 5 to 6 garlic cloves. When the pan is hot, add just enough oil to cover the bottom of the pan and add the garlic. Cook, stirring frequently until golden brown (3 to 5 minutes). Remove from the oil. At this point, the greens can be quickly sautéed for a mild garlic flavor. If you're looking for something a little stronger, thinly sliver 1 clove and add it to the pan stirring constantly (burned garlic is not Good Eats, nor is anything that touches it). Once the slivers turn golden, add the greens and toss to coat with the hot oil. Season with salt and pepper as soon as the greens start to wilt and plate immediately. If you're looking for even more garlic flavor, finely mince a clove of garlic and toss it into the greens during the last 30 seconds of cooking and toss the greens to distribute. Keep the pan and the greens moving constantly, if you can. Remember, both garlic and dark leafy greens are very good for you, so eat them both often. Since I'm a vegetarian, I eat this along side tofu or a veggie burger. I'm sure it'd be a great side for any type of meat, though! I love Alton Brown, host of Food Network's "Good Eats". This is a recipe from his garlic show, "In the Bulb of Night," and I thought I'd post it, as it's completely Somersized and completely yummy! Posted by yesitis909.

### Spinach Cheese Squares

3 lg. eggs beaten  
 1 pkg. thawed chopped spinach  
 shredded cheese  
 feta cheese  
 nutmeg  
 onion, diced and sautéed

Add the drained spinach to the beaten egg, add as much shredded cheese as you like, and a good handful of crumbled feta. I use just about 1/4 tsp of nutmeg, sautéed onion and salt and pepper, then press the mixture into a cookie sheet that has sides. Bake at 350 until browned a bit on top. I eat these all the time...keep 'em in the fridge for a quick snack or something to bring for a lunch on the go. Hope this helps! By sisterstu – adapted from the original recipe from these boards.

### Lindasue's Cheesy Spinach Beef Bake

2 pounds hamburger	4 oz. can mushrooms, drained
1/2 cup chopped onion	8 oz. cheddar cheese, shredded
2 eggs, beaten	1/2 tsp. garlic powder
10 oz. package frozen, chopped spinach, thawed and squeezed	Salt and pepper, to taste

Brown hamburger & onion; drain fat. Mix all ingredients in at least a 2-quart greased casserole. Bake, uncovered, at 375° for 25-30 mins until hot and bubbly. Makes 6-8 servings Posted by Reva.



### Josie's Spaghetti Squash Monterey

1 spaghetti squash  
 1 large onion - chopped  
 1/4 cup butter  
 1/2 cup sour cream  
 Salt and pepper  
 2 cups grated Monterey Jack cheese - divided  
 Paprika  
 Vegetable oil

Cut squash in half lengthwise and remove seeds. Place cut side down on oiled baking sheet. Bake at 350 degrees for 1 hour until soft. Let cool slightly and remove squash from shell with a fork reserving spaghetti-like strands. Sauté chopped onion in butter. Add onion, sour cream, salt, pepper and 1 cup of the cheese to squash. Place in buttered casserole, sprinkle with remaining cheese and paprika. Bake at 325 degrees for 30 minutes. Posted by Reva.

### Baked Spaghetti Squash and Cheese

1 Spaghetti squash, baked, cooled and separated into strands with a fork  
 4 tablespoons butter  
 1 small onion, minced  
 1 teaspoon salt  
 1/4 teaspoon dry mustard  
 dash pepper  
 1 1/2 cups cream or half cream, half water  
 8 ounces shredded cheddar cheese

Bake squash (I like to do this a day ahead). Preheat oven to 350. Grease 2-quart casserole. In medium saucepan, melt butter and sauté onion. Add salt, dry mustard and pepper. Stir in cream, bring to a simmer and reduce a little bit. Remove from heat, add cheese and stir to melt. Place spaghetti squash into casserole and pour cheese mixture over top. Bake 20 minutes or more until bubbly and golden. I usually double the cheese sauce. Make one casserole with elbows and another one with cooked spaghetti squash. Posted by mjlibbey.

### Spaghetti Squash

If you like garlic, what I usually do is put olive oil in a frying pan and put in quite a bit of minced garlic, then I put in my spag. squash and fry it up. Or, sometimes I put butter in a frying pan, and let it get nice and brown, then I put in the squash and sometimes it get a nice crunchy edge to it. It's really good. Posted by Carolejersey.

### Josie's Sweet Vidalia Onion Pie

4 cups Vidalia onions - sliced thin  
 1/4 cup butter  
 2/3 cup cream  
 3 eggs - beaten  
 1 teaspoon salt  
 1 cup shredded Cheddar cheese - divided  
 Paprika

Sauté onions in butter until tender and beginning to brown. Remove from heat. Add remaining ingredients, half the cheese and mix well. Pour into pie plate sprayed with nonstick cooking spray. Top with remaining cheese and a sprinkle of paprika. Bake at 300 degrees for 45-50 minutes. Posted by Reva.

### Grilled Onions

Using large vidalia or other sweet onions, cut four diagonal cuts through the onion being careful not to cut through the bottom. Slice pats of butter just thick enough to fit in cracks formed by slices and place four slices of butter in each onion. Salt and pepper tops of onion and place each onion in heavy duty aluminum foil. Place on grill and cook for 30-45 minutes (depends on how hot your grill is - if they are right on the coals they will cook more quickly; if on a rack on a gas grill they will take a little more time so just play with it until you get them the way you like them). Onions will be brown on the bottom and create a kind of dark brown syrup. Be sure to use the heavy duty foil or you'll have a mess! This may be too obvious to post, but in case you haven't tried it these are so easy and tasty. Posted by Connsailor.

### Okra

Put them in a saucepan & cover them with water (not a lot of liquid just enough to cover them) or a broth, stock for more flavor, butter, salt, pepper bring to a boil, turn heat down and simmer for 10-15 min. I used the frozen one cause they keep longer, and sometimes the fresh ones, either one is good. Also, you can pan or deep fry them, cut off both ends and discard, cut to size you want use somersize season mixes or season with your flavors & cook them in hot oil. For me personally, cooking them in the microwave seems to make them real soggy, but reheating them seems ok. Posted by jaj27.

### Fried Okra

Clean & cut up your okra. Cut up some onion. Put bacon grease in a skillet & add the onions. Sauté for a minute or two & then add the cut up okra. Stir occasionally. When it reduces to almost half & is crispy - the grease cooks away - then it's ready - usually about 15 minutes. I like it almost burned, then it's really crispy!!! Try it, its delicious!!! PS: Add salt & pepper! Posted by Tammy1970.

## SNACKS

### PT's Swiss 'n Chive "Crackers"

4 tsp. dried chives  
 4 oz. (1 cup) finely shredded Swiss cheese, softened but not melted  
 4 tsp. unflavored, unsweetened whey protein powder  
 4 tsp. finely crushed plain pork rinds (Rudolph's are \*great\*!)  
 1/4 tsp. garlic powder  
 1/4 tsp. garlic salt

Place chives in a cup/mug/small bowl, and pour an inch of hot water over them. Put softened shredded cheese in medium mixing bowl (if you need to warm it to room temperature, do so by microwave, checking every 10-15 seconds—you want it to be warmed, but not melted!). Sprinkle whey protein powder and pork rinds over cheese. Sprinkle garlic powder & salt atop rinds, powder, & cheese. Drain all liquid off chives and add them to the cheese bowl. Stir everything together...once things are spoon-combined, knead the mixture with your hand(s) until everything is evenly dispersed. On a large piece of waxed paper, form the cheese mixture into a roll that's about 2" in diameter, and wrap in waxed paper, twisting ends. Refrigerate cheese roll until firm (at least 1 hour). Pre-heat oven to 350 degrees (for at least 10 minutes). While oven is heating, remove cheese roll from refrigerator, slice every 1/8", and place slices on non-stick cookie sheet, 1" apart. Bake for 7 minutes, or until outer edges are golden brown. Remove from oven (don't turn oven off) and wait 5 minutes (time for tap-dancing!!). Using spatula, turn slices over and return to oven for 3 more minutes, or until lower edges are golden brown. Remove from oven (\*now\* you may turn off ZeeOven!). Once they've cooled a bit, you're all set! Super-easy to do \*and\* to remember—this is a recipe featuring the number "4"! It was inspired by an idea originally written up by SinginSOMERSong, and created for my \*MAGIC\* ThanksGiving Banquet...the end result yields "snackers" that will stand up to dips & spreads (such as the "Smoked" Salmon Paté Dip), and are much more cracker-like than the plain cheese babies we've been "micro-nuking". Happy Cracking-Snacking!! – PT. By Princess Tudy.

### Cheese and Garlic "Crackers"

Crush a bag of pork rinds, add an equal amount of parmesan cheese. Add an egg so that when you mosh it together, it stays. I sprinkled this on a cookie sheet and pressed it flat with a piece of wax paper. I cooked it at 350 degrees until it turned golden brown. Blot it with paper towel to remove the fat on top and on the pan. Then I laid out several slices of provolone cheese and cheddar cheese over the cooked cracker. I sprinkled that with garlic and onion powder and a smidge of red pepper. I threw it back in the oven until the cheese melted and cooked a bit. I took it out and cut "crackers" while it was still hot. When it cooled, they were nice and crunchy and very flavorful. I even put some tomatoes and pepperoni on top and cooked it again. It made a crust that was firm enough to pick up and really made a good "pizza". These crackers are really delish. Posted by trayszee1.

### Dorito Crunchies

Layer your favorite cheese, "not white American, it burns" in large nonstick frying pan. Stir over med. heat like scrambled eggs till completely melted. Allow to brown lightly on one side then flip like pancake to lightly brown other side. After flipping you can sprinkle either small amount of taco or chili packet onto cheese and flip a second time for just a few seconds to cook flavor into cheese crunchies. Remove from pan to several layers of paper towels, "not Viva they stick." Allow to cool completely. Cut into strips, squares, or for us Dorito junkies triangles. They are best served within 24hrs after cooking, but seem to keep well for days unrefrigerated. They are fantastic for those late evening munchies. They are my new addiction and Doritos would be hard pressed to say they are cheesier. I highly recommend using extra sharp white cheddar! They are the best! If you're looking for a great sub for doritos, this is it. It is from the old boards. Original poster- Ruth. Posted by Twinkle. Note: can try using Hidden Valley Ranch Dip mix to flavour.

## Super Nachos

I discovered a great way to have super nachos. I made some cheese crackers with slices of provolone cheese. Broke up into pieces. Topped with cooked chicken (or use beef if you prefer). I sprinkled with some shredded jalapeño cheese & Mexican blend cheeses. Zapped in microwave until shredded cheese melted. Topped with jalapeño slices, legal salsa & sour cream. The cheese crackers stayed pretty crunchy/chewy while the shredded cheese was all melted & gooey. I made up some at work & even the non ss'ers were impressed. This is definitely a keeper. Posted by beebie1.

## Soft Pretzels

3 packets of yeast  
 3 3/4 cups warm water  
 a pinch of equal or somersweet  
 6 tsp salt  
 12 - 15 cups whole wheat flour (enough to make the dough unsticky- 12 cups worked for me)

Mix all ingredients & knead for 10 mins. Place in a bowl, cover, & set in a warm place until it doubles (about an hour.) Take a glob of dough, about the size of a deck of cards, & roll it between your hands to form an 18 inch rope that is pinky finger thickness. They really puff as they cook, so make them thinner than you think you should. Twist the rope into a pretzel shape. Pinch the ends to the rest of the pretzel & also pinch where it crosses. 8 pretzels fit well on a cookie sheet, so have enough ready to fill your cookie sheets before you do the next step. In a large pot, boil 4 cups of water with 4 tsp baking soda. I had to add another 4 cups of water & more baking soda because I didn't have the pretzels ready. It still worked. Place 3 pretzels at a time in the water & boil for 1 minute or until they float. Remove with a spatula, allow water to drain off, & place on a cookie sheet. Sprinkle with coarse salt. Bake at 475 for 12 mins. Remove to a wire rack immediately to cool. These can be frozen. To reheat- 200F for a few minutes if room temperature, 350F for 5 mins if frozen. This makes about 30 pretzels. I have been craving something like pretzels, so I think I've found a legal way to have them. toto2.

## Cinnamon Sweet Jicama

Peel and Slice jicama. Place a few slices in a ziploc bag. Sprinkle with sweetener of choice and cinnamon to taste. Close bag and shake until all jicama slices are covered. If you eat them right away, the cinnamon and sweetener stay dry. If you seal the bag and eat them later, then the moisture from the jicama makes the cinnamon and sweetener get all goopy like the inside of a cinnamon role. Either way it was a great treat and another way to get in your veggies! Posted by freedom4me.

## Cinnamon Crispas

1 bag (3-4 oz.) plain pork rinds  
 15 pkgs Splenda (equal to about 2/3 c sugar)  
 4 tablespoons unsalted butter  
 1 tablespoon cinnamon

Drizzle melted butter over rinds or put in a plastic bag & shake well to coat. Mix Splenda & cinnamon in a paper bag, then drop pork rinds into bag & shake, shake, shake! If they become soft or soggy later, put them in a warm oven & let them crisp up again. \*\*\*Note, not my original recipe - copied from previous posting. Posted by Blue Sky. Note by MrsW: 1) as an alternative to melted butter, spray the pork rinds lightly with Pam, or other oil spray to make the cinnamon and sweetener stick. 2) try using legal brown sugar (such as Sugar Twin) for a different taste.

## Cinnamon Crunchie

My DH came up with this yesterday and it's great!! He took some of the S/F syrup (Torani) and mixed it with melted butter, then let it reduce some on the stove. Then he poured it over the pork rinds and added cinnamon. They had much better flavor and it reduced some of the "porky flavor" too! Experiment and make your own tasty blend!!! They did get soggy at first, but we are experimenting with ways to keep it from happening. Baking them in the oven shrinks them, and they get hard. We believe using a spray bottle to apply would eliminate this problem, as it would give an even coat without excessively soaking them. Posted by dolphinmama.

### Shredded Wheat Sweeties

2 cups shredded mini wheats (plain)  
1/2 to 3/4 Cup SF syrup

1/4 to 1/2 tsp. vanilla extract  
sprinkle salt ( optional )

Preheat oven to 350. Heat SF syrup in a microwave safe bowl for 20 seconds. Add vanilla & salt (if desired). Add mini wheats & toss over & over to coat. Pour onto a non stick liner sheet on a cookie sheet & bake 10 mins. Use a metal spatula to turn over. Turn off the oven, but leave the cereal in for another 20-25 mins. Remove to a plastic baggie or a lidded container, or "scarf 'em down right away out of your favorite snack bowl! \*\* I haven't tried it yet, but a touch of butter flavoring may be good! Experiment with a tablespoon of the heated syrup that has the vanilla added & add a drop or 2 of the butter flavoring, dip in a mini wheat & taste to see if it is something you might like on the whole batch. If you DO like it, just add about 1/8-1/4 tsp of the butter flavoring to the rest of the vanilla spiked syrup, toss with the cereal & bake as described above. I tried adding cinnamon - ECK! (don't waste your time)! You may like a little citrus flavor with this for variety, so to try it, grate a little fresh orange peel & sample as described above. Again, if you do like it, add about 1 tsp of the grated zest, then toss & bake as described. I am guessing there are other cereals you could combine in equal parts & still be legal, maybe a bran square or something, but another type of legal cereal would add to the interest/variety. Posted by singinSomersong. LilLooLoo's note: I did add a dash or two of Butter extract & since I didn't have any great tasting SF syrup, I used the Honey Tree sf honey. It is great!

### Faux Cinnamon and Sugar Crunchy Munchies

This is a great snack! Better than popcorn! Pre-heat oven to 350\*. Put a layer of nonstick foil on a cookie sheet, [Dull side up on the foil!] Spread an even layer of puffed wheat cereal all over the cookie sheet. Spritz with water or as I do Davinci French vanilla sugar free syrup! just to moisten, then sprinkle with a mixture of one part cinnamon and 3 parts Whey Low D substitute sugar, or your own sweetener. Bake for about 15 minutes till the cinnamon mixture sticks well. Watch them close so they don't burn! If your oven runs hotter than most, just bake in less time. Let cool then remove from the pan and store in large zip lock baggies! You won't believe how yummy this is! Let everyone else have their popcorn! You have your Faux Cinnamon and Sugar Crunchy Munchies! Just think of all the flavours you could come up with! Note> DO NOT WALK AWAY FROM THESE! THEY COULD BURN IF YOU DO! Posted by Sapphire1.

### Cinnamon Baked Apple

Take one apple, core it, and slice it in pieces. Sprinkle some cinnamon on it. Microwave on high until it's baked. Usually under 3 minutes in my microwave. By Twiggy88.

### Jicama Chips

Peel jicama, then slice very thinly (I use a mandoline). Place slices in an ice water bath--it makes the chips crispier. Heat up vegetable or canola oil (about 1/2 inch or so into a skillet with high sides). Then pat dry some jicama slices (however many will fit into your pan) & place into the oil. Fry until chips reach a deep brown coloring. Remove from oil & drain. Then add whatever seasonings you like--I use a creole seasoning. By pittypat. Make sure you cut them thin--1/8 to 1/16 thickness--& fry them until they are a deep brown color. Try experimenting yourself. Pull one or two out at different stages & see what you like for yourself. The leftovers usually get limp, but will crisp right back up in a dehydrator or very low oven. Store in an open container on the kitchen counter.

### Mock Apple Chips

Zucchini sliced unpeeled  
ground cinnamon to taste  
Splenda to taste

Drain zucchini of excess water. Combine cinnamon & splenda in zip lock bag. Throw in a few slices of zucchini & shake thoroughly. Arrange on a large tray & place in preheated 200F oven for about 2 1/2 to 3 hours (or dehydrator at 125F for 4 hours). I don't let mine get to the dried crispy stage. Don't worry if the cinnamon coat looks thin, the zucchini slices shrink & the flavor concentrates. I use these in apple recipes or just as a sweet snack. Posted by LilLooLoo.

### **Crispy Pepperoni Chips/Crackers**

Take slices of deli pepperoni (the small amount of dextrose in the pepperoni should not affect your weight loss). Place plate and microwave on high until crispy. Keep an eye on it as it does not take long to get crispy. Posted by twiggy88.

### **Stuffed Mushrooms (To Die For!)**

1 1/2 lbs medium to large mushrooms (cleaned & stemmed)  
12 oz tube of Jimmy Dean Sage Sausage  
8 oz cream cheese  
1/4-1/2 cup Parmesan Cheese  
1/2 cup minced onion  
1 tsp chili powder  
1/2 tsp pepper  
1/2-1 cup mozzarella cheese

Brown and crumble sausage & onion in frying pan over medium heat. Add cream cheese and turn down the heat to low. Stir together as cheese melts; add remaining ingredients. Stuff mushrooms and place in 9 X 13 pan as tightly packed as possible. (Mushrooms will shrink as they cook.) Bake at 350\* for 25-30 minutes or until lightly browned. These are so easy to make and take VERY little time! By 1goodfriend.

### **Great Tomato Snack**

1/2 large tomato, cubed  
1 slice cheese  
red pepper & garlic sauce

Cube a tomato, top with sauce and cheese. Microwave or place under broiler until cheese melts. Makes a yummy snack. You could use your favourite dip/marinade/sauce. In USA "Roasted Red Bell Pepper Sauce with Garlic & Herbs," by Festin Sauce & Marinade. In Canada try Renee's brand. Posted by Twiggy88.

## HOLIDAY DISHES

### Grid's Simple Stuffing

Take Delight36's Pro/Fat Multipurpose Bread recipe, bake it on a jelly roll or cookie sheet with sides about 12 minutes at 350 degrees, cube the bread and let it dry for 24 hours.

1 lb sausage  
 1 cup celery (diced)  
 1 cup onion(diced)  
 1 1/2 cups chicken stock  
 1 tsp poultry seasoning or 1/2 teas dried sage and 1/2 teas dried thyme

Fry up the sausage, remove from pan, add celery and onion and sauté till tender. In a large bowl combine cubed bread, sausage and onions and celery, sprinkle with seasonings, add stock and stir to coat all of it. Place in a buttered casserole dish and bake at 350 for 20-25 minutes. By gridmama.

### Peppermint Bark

I received the Holiday 2003 Williams-Sonoma catalog. On the front cover is this beautiful peppermint bark that I can't stop thinking about, so I am going to try to re-create. I have ordered the Dark Chocolate and White Chocolate SomersSweet Baking Bars. I am going to melt down some of the dark chocolate and then stir in some peppermint extract. (Instead of the dark chocolate you could probably use the unsweetened chocolate and add sweetener to it once melted). Then I will pour this dark chocolate into a pan lined with parchment paper. I will then chill this until hard. Next I will melt down some white chocolate and spread it over the chilled dark chocolate. I have purchased a bag of sugar free peppermint hard candy which I will crush and sprinkle on top of the white chocolate, then chill again. Once it is chilled through, I will break it into pieces and if I am feeling charitable I may share it with my family and friends, but most likely I will hoard this and give the sugary treats to everyone else. LOL! I will add comments when I make this. By tmmares.

### Latkes

Make latkes with rutabagas or turnips. Grate and combine with an egg, drop by spoonfuls into hot oil.

Another idea that I use: I make the cream cheese + eggs pancakes and fold grated cauliflower or turnips or rutabagas and drop spoonfuls into oil.

Third latke: cream in blender no fat yogurt and dry FF cottage cheese and season either with somersweet or salt and pepper (sweet latkes or savoury) and mix in pureed cauliflower. Bake in oven on parchment or silpat. Just drop mixture into oval about 1/2 inch thick. By vickineiberg.

### Pumpkin Pie from Pumpkin Crème Brulee Mix

Suzanne stated when she showed the pie that she would not be providing the recipe. However, here are a couple of suggestions that she has for using the pumpkin creme brulee to make a pie. For a no-bake pie, prepare and bake a whole wheat pastry crust. (There is a whole wheat pastry crust in "Get Skinny on Fabulous Food" and "Fast & Easy.") Then prepare two pouches of Pumpkin Crème Brulee Mix as per package instructions. Instead of pouring the mixture into ramekins, pour it into the prepared crust. Chill for 2 hours. Remember that if you use crust, this would be a Level Two Recipe. Suzanne does not have a recipe for the baked pie. Debra made it with 2 8 oz. packages of cream cheese and 2 pouches of Pumpkin Crème Brulee Mix. Then she poured it into the pie crust and baked it at 350. We don't know for how long. Suzanne did not want to post the recipe because she didn't think it tasted as good as the no-bake version. Frankly, her favorite of all of them is the Pumpkin Crème Brulee in the ramekins with an extra swirl of Pear Cinnamon Caramel Sauce!

### Jicama Latkes

6 Jicamas (original recipe = 6 Potatoes)  
 2 Eggs  
 1 teaspoon salt  
 1/4 teaspoon pepper  
 1 small onion grated  
 2 Tablespoons soy protein isolate  
 (original recipe = 2 TBSP flour)  
 1/4 cup oil for frying

Peel and grate jicama. Mix all ingredients together except oil. Pour oil into frying pan and heat. Drop jicama mixture by tablespoon onto frying pan. Fry latkes until golden brown and then turn and cook other side. Serves 6. Posted by twiggy88 (not TNT).

### Mexican Breakfast

2 links chorizo, any flavor  
 2 cups celery  
 2-3 cups mushrooms, sliced  
 ½ lb or more cheddar cheese, grated  
 4-6 cups zucchini, sliced  
 ½ lb or more Jack cheese, grated  
 2 cups onion, chopped  
 2 4 or 6 oz. cans chili salsa  
 2 cups green pepper, chopped  
 1 egg per person  
 2 16 oz. Cans new potatoes, sliced (substitute with cooked diced turnips)

Slip chorizo out of casing and begin breaking up into pieces as cooking. Add to this all of the fresh vegetables and salsa, and bring to a boil, and simmer until vegetables are tender. Add potatoes. Place mixture in a heavy cast iron skillet(s). Carefully bury 2 egg at a time, marking with a toothpick, scattered through the mixture. When all eggs are buried, sprinkle with cheddar and Jack cheese, and bake until eggs are cooked through, 20-30 minutes. I remember reading one day someone asking what people were serving for breakfast on Easter. This is a recipe my mother-in-law always made and it is what we are having. We will be camping with friends and I will probably just pick out the potatoes. But, I was thinking you could probably just substitute cooked diced turnips for the potatoes and it would be great. Posted by weesers.

### Matzo Cereal

Crumble one matzo into small pieces in a cereal bowl, pour non-fat milk over it so the pieces are soaking in the milk. Sprinkle seasoning on top for flavor - I like to use cinnamon. (Almost Level 1.) Posted by Jody Renee.

### Matzo Meal Pancake (Pompushka)

3/4 cup matzo meal  
 1 cup non-fat milk  
 4 Tbsps non-fat plain yogurt  
 cinnamon

In blender, mix matzo meal, milk and yogurt until smooth. Heat griddle or skillet pan; when pan is hot, make pancakes with batter. When batter starts to bubble on top and is golden brown on underside, flip. Makes 10 - 12 pancakes. (If batter starts to thicken, add milk; if too thin, add matzo meal). Serve warm (I like to eat them with cinnamon sprinkled over the top). (Almost Level 1.) Posted by Jody Renee.



### Challah Bread

1/2 c. warm water  
2 tsp. celery seed  
1/2 c. nonfat yogurt  
2 tsp. vanilla  
7 c. whole wheat flour  
1 1/2 c. nonfat milk  
1 pkg. active dry yeast

OK. Here's my version of the Challah recipe (hope I somersized it correctly for level one). Heat and mix milk, yogurt and vanilla together in a saucepan. Cool to lukewarm. In a small bowl, prepare yeast using the 1/2 c. warm water. Stir until yeast is dissolved. Add yeast to the milk mix in the saucepan - stir together. In large mixing bowl, mix flour and celery seed. Add liquid gradually to the flour until mixture is a good consistency. Knead dough for 5 min. Let rise in bowl 1 1/2 hours or until double in size. Punch down and knead for 5 min. Let rise 1/2 hour. Punch down and form into desired shape. Place on cookie sheets and let rise 1/2 hour. Bake at 350 degrees for 35-40 min. or until golden brown. Make 2 large braids. Posted by Jody Renee.

## DESSERTS – Level One

### Cream Cheese Frosting

8oz cream cheese  
1/4cup butter  
1tsp vanilla  
1 1/3 cup Splenda

### Cream Cheese Frosting 2

8 oz. cream cheese softened  
4 oz. butter softened [1/2 stick]  
enough splenda granular to give it that pasty consistency  
1 tsp. vanilla extract

Thin with enough cream to make it spreadable. Refrigerate [enough for the vanilla cake on the dessert forum top, sides, and if you split it, filling.] The Splenda will be slightly grainy. If you really can't stand it or it is for a special occasion/non SSing folks, use the WheyLow powdered or half and half of each. If you are going to decorate with the frosting, make a bit stiffer.

### Cream Cheese Frosting

4 ounces cream cheese softened in microwave for 15 seconds  
1/4 cup softened butter  
1/4 to 1/2 cup fructose (add 1/4 cup and then taste, if you like it sweet like me you probably want the 1/2 cup)  
I added a teaspoon English toffee DaVinci  
teaspoon vanilla

Cream together and top the cake. Delight @ SS site.

### Whipped Cream Cream Cheese Frosting

1 (8 ounce) package cream cheese  
1 cup white sugar sub  
1/8 teaspoon salt  
1 teaspoon vanilla extract  
1 1/2 cups heavy whipping cream

In a small bowl beat whipping cream until stiff peaks form; set aside. In a large bowl combine cream cheese, sugar, salt and vanilla. Beat until smooth, then fold in whipped cream. Makes 12 servings. I was really dying for a cinnamon roll the other day. I found this recipe for the frosting on allrecipes.com and it is delicious. I added some cinnamon to it and spread it on a couple of DebB's cinnamon buns. Sure took care of that cinnamon roll craving. I only made half the recipe as a full one seemed to make A LOT. Half made plenty. Posted by Alyneem.

### Buttery Cream Cheese Frosting

1 block of cream cheese  
1 stick of butter  
2 tsp of vanilla  
1 cup or so of sweetener (I taste as I add until I like it!)

This is also good if you put it all on the cake at once then nuke the cake to warm it up - it melts and is oh, so yummy! Way @ SS site.

### Butter Cream Icing

3 oz cream cheese  
 1 stick butter  
 1 tsp. vanilla  
 2 cups powdered Splenda (Use coffee mill and then measure 2 cups)

Cream butter, vanilla, and cream cheese. Add powdered Splenda and whip until fluffy like regular frosting. I think for the future, I would reduce the butter by two tablespoons and add more cream cheese. For regular butter cream, I would use butter only. JaneMP @ LCF, posted by DebB.

### Butter Cream Frosting

9 egg yolks, plus 1 egg white \*\*  
 1/2 cup softened butter \*\*\*  
 1 teaspoon vanilla extract  
 2/3 - 1 cup equivalent of sugar substitute \*\*\*\*

\*\*\* To soften butter, allow to sit at room temperature for about 2-4 hours. \*\*\*

\*\*\*\* Start by adding the smaller amount of sweetener, then taste the frosting. If it is not sweet enough, simply add more until desired sweetness is achieved. \*\*\*\*

Place egg yolks in a medium bowl. Using an electric mixer on high speed, beat the egg yolks and egg white until thick and it falls off the egg beaters in a ribbon, and it is a pale yellow colour, for 20 minutes (IF YOU DON'T BEAT THE EGGS FOR 20 MINUTES, DO NOT EXPECT FOR YOUR FROSTING TO TURN OUT. BY BEATING THE EGGS 20 MINUTES, THE EGGS WILL RETAIN THEIR THICK AND FLUFFY TEXTURE. THIS IS IMPERATIVE). I know this seems like a long time to beat the egg yolks, but the extra beating time will ensure a thick frosting is the result. Besides, how hard is it to beat eggs? Add the butter and beat on high speed with an electric mixer until well blended, smooth, and no bits of butter remain, about 1-2 minutes. Add the vanilla and sweetener and mix until combined. Cover with plastic wrap and place in the refrigerator for 1-1/2 hours to allow the frosting to thicken. Right before using, give frosting a quick stir to keep it as light as possible. Spread on Cinnamon Spice Cake or the German Chocolate Torte Cake and enjoy! Serving Suggestions: 1. This frosting goes excellently on cheesecake. Try replacing the vanilla extract with 1/2 teaspoon lemon extract and 1 tablespoon lemon juice and there you have a lemon buttercream frosting, which goes wonderfully on lemon cheesecake. 2. How about making a buttercream ganache? Add in 1/4-1/2 cup (depending on desired consistency) of heavy whipping cream after beating in the butter and follow directions. The ganache will still be thick, yet of pouring consistency, and this ganache makes a great sauce on ice cream and cheesecake. If you're doing well on Level One, why not try a bowl of berries and some buttercream ganache instead of whipped cream. This makes a slightly different, yet equally delicious, dessert. 3. Try making this frosting without the egg white. It will still turn out thick and creamy, but not quite as fluffy. If you are looking for a heavier frosting, then try it this way. This is a frosting that meets all the basic criteria to qualify it as a frosting. And though coming up with a good and tasty thickener, which without icing sugar is no easy feat, entailed several failed attempts, I think I have finally came up with a good buttercream frosting for everyone to enjoy. The use of egg yolks may sound strange, but it again proves my point that with a little ingenuity, you can recreate most of your favourite recipes. Spread this over Cinnamon Spice Cake, Cheesecake, or even fresh fruit, and you have a delicious dessert. Preparation Time: 45 minutes. Serving Size: Makes several cups, enough to frost one 13 X 9 X 2 Cake. Pneuman.

### Butter Cream Frosting

8 oz. mascarpone cheese  
 2-3 tbl. butter, softened  
 1/2 tbl. vanilla extract

Cream mascarpone cheese really well. Add softened butter and extract and cream till smooth. Spread on favorite dessert or eat as is. I fell upon this substitution for butter cream frosting last night and I think it is pretty good (so good that I would eat it plain, but I put it on my mocha cheesecake bars). I think what makes this "close" to butter cream is the hint of butter and also the vanilla extract. It also reminds me of my mothers hard sauce that she used to make for the minced meat pie served at Thanksgiving (haven't had that in a long time). Posted by Tutu.

**Whole Wheat Cake**

1 1/2 cups whole wheat flour  
 1/2-1 cup sweetener (depending on how sweet you want it)  
 1 tsp baking soda  
 1/4 tsp salt  
 1 1/3 cups water (may use any liquid you like)  
 1 Tbsp vinegar  
 1 Tbsp vanilla

Preheat oven to 350F. Mix or sift dry ingredients together in large bowl. Measure in the wet ingredients and mix well. Pour into 8X8 pan. Bake 35 minutes or until tests done. Add as much of any spices as you wish to taste. You may also add 1/2 cup powdered cocoa powder to make brownies (this would then be Almost Level 1). Posted by dulcenea1.

**Twiggy88's Version of the Whole Wheat Cake**

1.5 cups whole wheat flour  
 6 scoops somersweet  
 1 tsp baking soda  
 1/4 tsp salt  
 1 Tbsp vinegar  
 1 Tbsp banana flavour  
 1 tsp allspice

Preheat oven to 350F. Mix or sift dry ingredients together in large bowl. Measure in the wet ingredients and mix well. Baked 350F in a loaf pan for 40 min. Sprinkled cinnamon on top when done. It tasted like allspice. I served it with crushed strawberries. What a nice breakfast/ lunch cake this is, thank you for posting it. Very moist and dense but not heavy in one's stomach. I am sure to make quite a few versions of it. This is the version I enjoyed this morning. Posted by twiggy88.

**Cuznvin's Crazy Coffee Cake**

1/2 cup Hellman's or Best Foods Mayo  
 4 Tbls Somersweet  
 2 eggs  
 3/4 cup whey protein  
 3 Tbls Egg White Powder  
 3/4 Teaspoon Baking Powder  
 3/4 Teaspoon Baking Soda  
 1/2 cup Heavy Cream  
 1 Tbls Vanilla  
 1 teas cinnamon  
 1/4 teas almond extract

**FOR CRUMBS:**

1/4 cup whey protein  
 3 tbls melted butter  
 1 Tbls Cinnamon  
 1/4 teas almond extract  
 1/2 Tbls Somersweet

Preheat oven to 325. Mix all wet ingreds together with egg white powder using a whisk, until smooth. Add dry ingreds. Pour into a greased 8 x 8 nonstick pan. Bake for 5 mins. Remove and sprinkle crumb mixture on top. Bake for another 22-24 mins. This recipe has been taste tested by September and I. Note from SSalafrench – can add a shredded zucchini to make it moister, especially if leaving off the crumbs.

### Crème Brulee Dream Cake

2 original Philly cream cheese softened  
 3 large eggs, added one at time  
 1 Mocha Crème Brulee Mix + sugar packet

I basically put it all together and poured in a small square glass baking dish, that I had sprayed with butter flavored Crisco spray. I baked at 300's for 35 minutes, let it cool some and made Somersweet sweetened whipped cream and placed on a serving. What a delight. I also like to make the muffins with cinnamon and maple flavoring. I didn't really care for plain ole Brule so this kicks it up a Emeril notch, lol. It has almost a cake consistency. So fun to create new rich creamy desserts by experimenting. By skyenite.

### 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 aisle)  
 1 1/2 Cups Splenda or sugar substitute to equal 1 1/2 cups sugar  
 2 Teaspoons of Baking Powder  
 Dash of Salt (approx. 1/8 tsp.)

Beat together until stiff:

4 Egg Whites  
 Dash of Cream of Tarter (approx. 1/8 tsp.)

In a separate bowl, mix well with an electric mixer:

4 Egg Yolks  
 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. 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.)By – Cindi.

### Sour Cream Pound Cake

1 cup butter, softened  
 sweetener equivalent to 3 cups sugar  
 6 eggs  
 1/4 tsp baking soda  
 2 tsp vanilla  
 1 c (8 oz) sour cream  
 3 cups vanilla whey powder

In a bowl, cream butter & sweetener. Add eggs, one at a time, beating well after each. Mix baking soda and vanilla into the sour cream. Add this alternately with the whey powder into the butter mixture. Pour into greased bundt or tube pan and bake at 325 for 20-30 min till golden. Cool in pan 10 min then cool on rack. This was an experiment of mine that had unbelievable results! The texture is great and it is very moist! My Mom & I ate half the cake right out of the oven. Posted by Shannie

### MrsBauck's Cinnamon Breakfast Cake

1 cup butter  
 4 ounces cream cheese  
 1 cup Splenda  
 3 eggs  
 1 cup protein powder  
 1 tsp. vanilla  
 1 tsp. baking powder  
 1 tsp. cream of tartar  
 2 TBLS. cinnamon

Cream the butter, cream cheese and Splenda. Add eggs one at a time. Add half of the protein powder and the remaining ingredients. Add the rest of the protein powder and the remaining ingredients. Add the rest of the protein powder. Bake at 350 F for 20 minutes\*. \*I used my Pampered Chef round baker. I really don't know how well a round cake pan would work. This is one of my favorite desserts. I love it with a bit of whipped cream on top. Lisa's notes: I use an 8x8 glass pan. Do not over cook or it gets very dry. I use Designer Whey Protein- French Vanilla. Mrs. Bauck said that "creaming the butter means to mix it until it gets a bit of a fluffy or creamy texture. Not long, like when you have to whip egg whites. A few strokes on the butter and cream cheese should do it."

### Gingerbread Cake

1/3 cup Hellman's or Best Foods Mayo  
 4 Tbls Somersweet  
 2 eggs  
 3 Tbls Egg White Powder  
 3/4 Teaspoon Baking Powder  
 3/4 Teaspoon Baking Soda  
 1/2 cup Heavy Cream  
 1 Tbls Vanilla  
 1/2 cup Whey Protein Powder (I used Naturade Vanilla Flavor)  
 1 1/2 teas Ground Ginger  
 2 teas Cinnamon  
 1 1/2 teas ground Nutmeg  
 1/2 teas cloves  
 pinch of salt

In a separate bowl, mix all wet ingreds with Egg White powder until smooth (this is important!) Add all dry ingreds and mix well. Bake in a greased 8 x 8 pan at 350 for 16 minutes. I used a greased nonstick pan. With the help of September, I have created this versatile batter that you can make into GINGERBREAD Cake! Just as an added note, if you want a stronger Gingerbread taste, DOUBLE the amount of spice accordingly. By Cuznvin. You can top this with cream cheese frosting as September does. She uses:

1 stick butter  
 8 oz cream cheese  
 1 teas vanilla  
 Somersweet to taste (probably 3 TBLS)

I found a website that is devoted to chefs and answered this question about how to use real egg whites. The answer is this: When you use powdered egg whites in a recipe you generally mix 2 teas powdered with 2 tables. of water for each white. So going in the other direction if you want to use fresh egg whites decrease the amount of water in the recipe 2 tables. for every fresh egg white you add. NB: some people have made it without the egg white powder and it still worked.

Banana Bread variation: Instead of the GB spices I used:- 2 teas banana creme flavour ( I had a bottle from Natures Flavors), 1/2 teas Lorann Black walnut extract, 1 teas cinnamon, 1/2 teas nutmeg. I also upped the baking powder to 1 teaspoon. Bake it for an extra minute or two.

## Spice Cake

1 cup butter (softened)  
 8 ounces cream cheese (softened)  
 3 tbsls somersweet (or 1 cup Splenda or equivalent)  
 4 eggs  
 1 cup whey protein powder  
 2 tsp. vanilla  
 1 tsp. baking powder  
 1 tsp. cream of tartar  
 2 Tablespoons cinnamon or any spice combination that you like (apple pie spices, pumpkin pie spices, etc.)

Cream the butter, cream cheese and sweetener. Add eggs one at a time. Add the protein powder and the remaining ingredients. I pour all this into a greased (I spray it with Pam) 9 inch cake pan. Bake at 350' for 20-25 minutes. (Check after 20 minutes, if the middle is still soft, continue baking for a few more minutes.) For a real treat, I will put 'frosting' on the top (made with 8 oz cream cheese (softened), 4 tbsls softened butter, and vanilla and sweetener to taste. I use Davinci Sugar Free Vanilla to sweeten. I heat up a piece of this (even with the frosting on) for about 20-30 seconds with a cup of decaf coffee, and I'm a happy girl! This is a 'cake' recipe that I make all the time and eat for breakfast or dessert. I tweaked a recipe that was posted on the boards from before to suit my taste. Unfortunately, I don't remember the original poster. If anyone recognizes it, please give credit to the original creator. CANMOM

## PT's Butter-Rum Caramel "Apple" Royal Torte 'n Trifle

4 cups Eggplant OR Zucchini OR Combo of Both (peeled, quartered lengthwise —or "eighthed" if you've got a big, hunkin' eggplant!---, seeded, & sliced 1/8" thick)  
 3 Tbsp. butter  
 1/3 c. Splenda (or 1/4 c. fructose or 1 Tbsp. SomerSweet)  
 3 Tbsp. lemon juice  
 1/4 tsp. LorAnn Oils APPLE Flavoring (or 1 tsp. non-"oils" extract)  
 2 tsp. ground cinnamon  
 1/8 tsp. ground cloves  
 Dash of salt  
 1/2 or 1 pint whipping cream, sweetened & whipped  
 1 recipe SF caramel sauce, made with addition of 1 tsp. RUM extract (your selection of recipe—Teri T's is great & easy, and totally Level ONE!)  
 Your choice of Pro-Fats cake batter or pancake batter, baked/fried into 3-4 layers, 6-8" in diameter and about 1/2" thick (many options are available—I'd go with what's easiest for you, but be sure to add a bit of vanilla & sweetener if you're using pancake batter).

Melt butter in med. saucepan over low heat. Stir in sweetener 'til dissolved. Add lemon juice, APPLE flavoring, cinnamon, cloves, & salt, mixing evenly. Add Eggplant/Zucchini slices. Stir to coat all pieces with ZeeLovelyFragrantSauce. Cover pan, reduce heat, and simmer for 20 minutes, stirring occasionally. Check for "doneness", and continue to simmer (covered) until slices are tender-crisp to your liking. Remove lid and continue to simmer until nearly all liquid has been absorbed/evaporated. Allow to cool (or refrigerate) until ready for torte/trifle assembly.

TO "BUILD" TORTE/TRIFLE:

Alternate cooled layers of "cake" (whole layers for torte; torn/cut pieces for trifle), whipped cream, "apples", and drizzles of caramel sauce, reserving a few dollops of cream for garnish. Refrigerate 'til Yum-Time! (Pro-Fats, Level One). This one is really \*easy\*, and leaves plenty of room for your own preferences...You may assemble it as a TORTE or (if you're short on refrigerator space--OR if your cake layers refuse to leave ZeePan in 1 piece, haha!) as a TRIFLE. Princess Tudy.

## Caramel Cream Torte

8 egg crepes layered with sweetened heavy whipping cream whipped topped with warm caramel sauce.

### WHIPPED CREAM

1 cup of heavy cream  
sweetener to taste  
1tsp. vanilla

### HONEY CARAMEL SAUCE

1 1/2 cups Sugar free honey  
1/2 cup heavy cream  
1T. Butter  
1tsp. vanilla  
pinch of salt

Combine honey and cream in heavy saucepan, cook and stir over medium heat till reaches 238 degrees F. Turn off heat and stir in butter, vanilla and salt. Pour over layered torte and serve. This torte turned out so yummy I wanted to share it with you all. By Kristy.

## Chocolate Cupcakes/Muffins

3/4c unsalted butter, softened  
4 oz cream cheese, softened  
3T Somersweet  
3 eggs  
3/4c protein powder  
1 tsp vanilla (you may want to adjust that if you are using a vanilla protein powder)  
1 tsp baking powder  
3T unsweetened cocoa

Cream butter, cream cheese, and Somersweet. Add eggs one at a time. Add vanilla. Mix dry ingredients together; Add half at a time to creamed mixture. Mix thoroughly. Pour into greased muffin tin and bake at 350 for 10 to 20 minutes, depending on size of muffins and your oven. You can either make 6 large muffins (they turn out looking a lot like popovers!) or 12 smaller ones, which I do, so I don't eat them too fast. These taste even better the next day straight from the fridge. I used French Vanilla whey powder (Designer Whey), and my whole family thinks they taste like real cake. I used those new plastic, rubbery muffin "tins" they have now, and I think they are wonderful! I don't know if it makes a difference, but I love how they turn out. By - marie172.

## Bran Muffins

1 cup All Bran	2 1/2 tsp. baking soda
2/3 cup boiling water	1/2 tsp. salt
2 cups quick oats (I used Quaker One-Minute)	2 cups nonfat milk
2 cups whole wheat flour	1 cup plain nonfat yogurt
1 1/2 cups Splenda	

In small bowl, stir together boiling water and bran. Set aside to cool. In large bowl, combine, oats, flour, sugar, soda and salt, set aside. In small bowl, combine milk and yogurt and add all at once to dry ingredients. Stir till moistened. Add cooled bran mixture. Sprinkle with some extra oatmeal for garnish. Bake 400 degrees in nonstick muffin pans for 15-20 minutes. I use large muffin tins. Be sure to check after 15 minutes because they tend to get a little dry if overcooked. Enjoy. CJ @ SS board. Note by onaquest: I have made this one over and over again, but add 2 teaspoons of pumpkin pie spice to it. Really punches up the flavor. I don't have a problem using Maltitol so I use it instead of Splenda. I like the "bulk" that it seems to add to the batter. The one time I used the Splenda the cupcake liners stuck and were hard to get off so I might suggest using the foil liners. This s an easy recipe to double and share even with non-SSer friends as I do.



## Anise Biscotti

1/2 cup vegetable oil	1 Tbl. anise extract
3 whole eggs	3 1/4 cups vanilla 100% whey protein powder
1 cup splenda	1 Tbl. baking powder

Preheat oven to 375. Line a baking sheet with parchment paper and then spray with non-stick cooking spray. Set aside. In a mixer, blend the oil and eggs together until opaque. Add the splenda, and anise. Mix the baking powder into the whey powder and add to the bowl. Mix it all up well. You will have a very stiff dough. Using your hands form the dough into two logs. Lay them on the parchment paper and flatten. Bake for 25 minutes. Remove the cookies from the oven and using a potholder to hold the hot log cut the logs into thick slices. Place the slices, cut side down, back on to the cookie sheet and bake for another 6 - 8 minutes per side. Remove from oven and cool. I was playing in the kitchen today and made these up. I think they are quite good! They are lightly sweet, dry and crunchy and \*perfect\* for dipping into my morning coffee. By ybac.

## Supreme Frosted Almond Bars

Pre-heat oven to 350\*. Later you will turn oven down to 325\*. In a small mixing bowl beat with electric beaters to cream together the following:

1 1/2 packages room temp, cream cheese  
1/3 Cup sour cream

Make sure it's as creamy as possible. A few small lumps are ok! Set aside. In a large mixing bowl beat together until smooth and creamy the following:

3 eggs  
2 teaspoons almond extract  
1 teaspoon vanilla extract  
1 stick room temp, butter  
1 1/2 Cups Whey Low type D sugar substitute

You can try using your own substitute sugar but it may not come out the same. Next, add to the large bowl, the cream cheese and sour cream mixture and beat until well combined and creamy about 3 to 5 minutes. Next add:

1 1/2 Cups Vanilla whey protein powder (I get mine at [www.jayrob.com](http://www.jayrob.com))  
1/2 Cup Vanilla bake mix (I use carbolite)

Beat all together until well mixed and creamy. The batter will be thicker than cake batter. Pour into baking pan, I used a 14"x10" non stick, but you could also use a 13"x10". Place on middle rack in oven and bake for the first 15 minutes at 350\*, then turn down oven to 325\* and bake for about 10 minutes more until very golden on top. Note: it will fluff up around the edges and into the center, but will fall back down when cool, so don't worry about that. Let cool completely, then frost with the following frosting.  
Supreme Almond Butter Cream Frosting

4 oz cream cheese  
4 Tablespoons butter  
1 1/2 teaspoons almond extract  
1/2 teaspoon vanilla extract  
2 1/2 Cups Whey Low powdered sugar substitute sugar.

In a medium mixing bowl combine and cream together the above until creamy with no lumps. Note: begin beating on low, then gradually speed up to high. It will seem like it's not going to come together but trust me it will suddenly come together and hold on its own very well. Again you can substitute your own powdered sugar but it may not come out the same. It is up to you what you want to try to do! These are so easy and so good, that after the first bite my Mom said they are supreme! Thanks Mom for helping with the title! Posted by Sapphire1.

## Oh So Heavenly Lime Bars

For Bottom Layer: In a large mixing bowl combine the following, and mix well with a fork until you have an even size crumble. It may seem too dry but it isn't!

1 1/2 Cups Vanilla whey powder  
 1/2 Cup Whey Low Gold substitute sugar  
 1/2 teaspoon Cinnamon  
 1 stick butter pre-melted 30 seconds in the microwave

Preheat oven to 350\* I used 2 Non stick 9"x9" baking pans but you could use a 10"x13" or what ever is fitting to your needs. After mixing well, I divided the mixture in half and put each half into the two separate pans. Pat the mixture down in the pans until even. Set pans aside.(DO NOT PRE-BAKE THIS LAYER)

For the Top Layer: Have ready the following:-

4 8oz packages Cream cheese at room temp.  
 2 envelopes Knox gelatine  
 3 eggs  
 3 Tablespoons lime juice  
 1 teaspoon lemon juice  
 1 teaspoon vanilla extract  
 4 drops green food coloring  
 1 Cup Whey Low White Substitute sugar  
 1/2 Cup Sour cream

In a regular bowl place the 3 eggs & lime juice & lemon juice & vanilla extract. Whip together with a fork just to combine, then sprinkle the 2 envelopes of gelatine on top. Set aside. In a medium sauce pan over medium low heat combine the sour cream & the cream cheese, & the food coloring, & the white Whey Low substitute sugar. Beat with electric beaters until creamy & no lumps. Once it is creamy with no lumps, turn the stove off but keep on the stove & add the pre-combined ingredients of the eggs, lime juice, lemon juice, vanilla extract, & gelatine, & continue to beat until well combined & creamy. Then pour 1/2 the mixture into one of the pans on top the first layer, & the other half of the mixture into the 2nd pan & spread the mixture evenly. Be sure to wipe away any mixture that might get onto the side of the pans. Then pop them into the oven & bake for 18 to 20 minutes till it just begins to turn just a little golden on top. They may puff up a little bit in the oven but don't worry about it, it's ok! After taking them out of the oven, let them cool & cut into bars & store in air tight containers. As you serve these, if you want to, you could top with any level one topping you wish, but they are very good just as is. It is best to have all ingredients ready before you begin & the cream cheese should be at room temp! These bars are so good & so very easy to make & take so little time they can quickly be made when ever you want a quick treat. I made these yesterday & my family has already almost polished them off. Posted by LKsapphire1 . Note: I made my lime bars again today, & at my families request for chocolate on top, this is what I did. When I took them out of the oven I broke up one of SS milk chocolate baking bars & let it melt on top the lime bars, making sure to smooth it out as evenly as possible. Let them set then cut them into the bars! OMG! they are so good this way! But beware, adding the chocolate will make them almost level one! But for a special once & a while treat, why not?

## Lemon Shortbread Cookies

2 1/4 cups Carb Solutions® Vanilla Protein Shake Mix	dusting)
1 cup softened butter(2 sticks)	3 tsp. Vanilla Extract
1/2 cup Splenda® sweetener	1 tsp. Lemon Oil Extract
4 Tbl. 100% Crystalline Fructose (reserve 2 Tbl. for	1 Egg

Preheat oven to 375°. Combine Vanilla Protein Shake Mix, softened Butter, Splenda, 2 Tbl. Fructose, Vanilla & Lemon Extract, and 1 egg. Mix until dough-like consistency, then shape into 1" balls and place on greased cookie sheet 2" apart. Flatten with the bottom of a glass, sprayed with PAM and then dipped in the remaining 2 Tbl. of Fructose. Bake 8 minutes for soft chewy cookies or 10-12 for firm, crunchy cookies. (I began with Mary's recipe then tweaked it until I came up with these. Betsy Carter.)

## Sugar Cookies

1 cup butter, softened (2 sticks)  
 2 1/4 cups Carb Solutions® vanilla shake mix (use Somersize Vanilla Shake Mix)  
 1/2 cup Splenda® sweetener, divided  
 1/2 teaspoon vanilla extract  
 1 large egg

Preheat oven to 375°. Spray a nonstick cookie sheet & then set aside. Place 1/4 cup Splenda in a small shallow bowl & then set aside. In a medium bowl cream butter, shake mix, remaining Splenda, & vanilla extract thoroughly. Stir in egg until well mixed. Shape into 1" balls & place on prepared cookie sheet 2" apart. Flatten with the bottom of a glass, sprayed & then dipped in Splenda. Dip glass in Splenda between each cookie, shaking off excess. Bake 8-10 mins. Cool on a rack to room temperature. Store covered in the refrigerator. Best when served cold. These taste just like old-fashioned sugar cookies! 40 Cookies. Posted by mjlibbey.

## Spice Cookies

1 1/2 cup Carborite Baking Mix  
 3/4 cup Whey Low Gold, or sweetener of choice.  
 1 teaspoon baking powder  
 1/2 teaspoon baking soda  
 2 teaspoons pumpkin pie spice, or 2 teaspoons apple pie spice  
 pinch salt  
 1 stick unsalted butter, melted  
 1/4 cup heavy cream  
 2 eggs beaten

Pre-heat oven to 325 degrees. Sift dry ingredients into a large mixing bowl. Combine wet ingredients in a smaller bowl. Add Wet ingredients to the dry, and mix until blended. Do not over mix. Place heaping tablespoons of mixture onto parchment covered baking sheet. Pat cookies down with your fingers. \*Bake at 325 if using Whey Low Gold. \*Adjust the temp up 25 degrees when using other sweeteners. Bake until lightly browned. About 12 minutes using Whey Low Gold. Makes 16 to 18 cookies. Carborite Baking Mix: Legal level one. Ingredients: Soya Protein isolate, vanilla Flavor, Sucralose (Splenda brand). A potent source of protein, ideal for those on low carbohydrate and other special diets. I found mine in the health food section of Krogers. Posted by - Delight36.

## Cookie Pie Crust

1/2 cup butter, softened  
 1 cup plus 2 tablespoons Vanilla Shake Mix  
 1/2 teaspoon vanilla extract

Oven 350\*. Grease a 9 inch pie plate and set aside. Cream butter, then add shake mix and vanilla. Mix until well combined. Press into pie plate using a piece of buttered wax paper to move the dough into place. Dough will be sticky and will stick to your fingers. Bake 12 minutes. Cool completely, then fill with filling. Posted by mjlibbey.

## Pie Crust

3 Tbls ground cinnamon	1 1/3 cup splenda
2 cups finely ground pork rind flour**	8 Tbls butter, melted

Mix all ingredients in a med bowl until well combined and mixture sticks together when pressed between your fingers. Place in pie plate. Use hands to spread crust mixture evenly on the bottom of the pie plate and halfway up the sides of the pie plate. DO NOT try to make the crust come to the top of the plate. You want the pie filling to COVER up as much crust as possible, or else the crust will blacken. If the crust does blacken, somewhat, do not throw it out, as the crust will not taste burnt whatsoever. Once pie has been cooled and refrigerated, the crust will stick together much better than if you try and serve the pie fresh out of the oven. \*\*Make sure you process your pork rinds in a food processor to insure you get the consistency of fine powdery flour, there should be no hard lumps\*\* Prep Time: 5 mins. Serving Size: One deep dish pie. By PNeuman.

### Pie Shell

2 large egg whites  
pinch cream of tartar  
1/2 teaspoon vanilla  
7 tablespoons splenda ( or your taste)

In bowl, add egg whites with cream of tartar & beat until begins to stiffen. Add splenda slowly & taste for sweetness as you continue to beat the whites. Continue beating until stiff peaks form. Spray with pam plain or butter flavor a 9 inch non stick pie tin (glass burns too easily). Spread meringue on bottom & sides. Bake in a pre-heated 275F oven for one hour or until crisp. Turn oven off & leave the shell in the oven for 30 mins. Remove & cool. Fill with desired legal pre-cooked pie filling. I have filled with legal chess pie filling & returned the cooked filled crust to oven to cook the filling. I covered the crust edges so as not to completely burn it up. I also have added a meringue icing over the pie filling making sure the meringue covered the crust completely & returned to oven for few minutes to brown the meringue icing. The crust remains crusty just like a real pie crust. By LilLooLoo.

### Angel Bites

5 egg whites  
1/3 cup splenda  
1 1/2 tsp. vanilla extract  
pinch of salt

Preheat oven to 350F Lightly oil a large baking sheet. Set aside. Separate egg whites from yolk. Place egg whites in a medium bowl. Whip on high speed using electric beater or wire whisk until frothy. Add Splenda Granular, vanilla extract and salt. Mix until stiff peaks form. Spoon slightly rounded tbsp. of egg whites onto a baking sheet. Bake 10-15 minutes. Remove from pan. Cool. Make legal filling. To Serve: Sandwich Angel Bites with filling. Place 3 Angel Bites on plate with the bottoms facing up. Spoon in filling. Stack another Angel Bite on Top. Garnish with whipped topping and sf chocolate shavings or drizzle legal fudge sauce.

### Banana Creme filling

1/2 cup egg substitute (egg beaters)  
1 cup skim milk (change to 1/2 heavy cream and 1/2 water)  
2 tsp. vanilla extract  
2 tbsp. of butter  
1 tbsp. of corn starch (minor imbalance)  
1/4 cup splenda granular  
1 tsp banana flavor  
2 bananas sliced (skip this altogether or add to non SS bites)

Make filling. Place egg substitute, milk, vanilla and butter in small saucepan. Stir well. Blend splenda and corn starch together Pour into saucepan, stir well. Cook over medium heat (3minutes) stir constantly. Remove filling from heat add banana flavor. Stir until well mixed. Chill filing for 1 hour before serving. I bet this filling would work in a few different things. Maybe a banana cream pie. Found this recipe on a Splenda sample recipe. KkareN.

### Cherry Meringue Kisses

3 egg whites at room temp  
1/4 t cream of tarter  
3/4 c Splenda  
1 t extract- I use couple drops of cherry Loran oil  
1 drop red food coloring

Beat egg whites with cream of tarter till soft peaks form - gradually add Splenda little at a time - it is important to go slow and only add a little at a time and beat till stiff peaks form - about 5 min. Quickly stir in extract or Loran oil ( I always use the oil) and food coloring till you like the color - spoon meringue into small plastic bag with a star tip inserted in corner - squeeze onto parchment lined pan - makes 12. Bake at 200 deg. for about 1 1/2 hrs - they are surprisingly good with very few ingredients. I found this on Food TV and changed it a little - it has always come out perfect and one of our favorites! Posted by lovessing.

### Pizzelles

1 1/4 Cup vanilla whey protein powder  
 3/4 Cup Splenda  
 2 tsp Somersweet  
 1 TB fructose  
 1 tsp. baking powder  
 6 tbsp. melted butter  
 2 TB canola oil  
 4 TB shortening (Spectrum organic - transfat free)  
 1 tsp vanilla  
 1 tsp Anise flavor (optional)  
 4 eggs

I put all ingredients into my Vita Mix (blender will do) until all was blended completely. To cook, follow directions from your pizzelle machine. Terry @ SS site.

### Pizzelle Cannolis

For the cannoli shell, at someone's suggestion (?DebB) I used Couzin Vinnies easy peasy basic cream cheese pancake recipe but instead of 3 oz I used 8 oz room temp cream cheese, 5 eggs, 5 T splenda, 5 T whey isolate, 1 T baking powder, 2 tsp divinci vanilla. Beat until smooth. Place 1 T batter in Pizzelle iron and cook for about 1 minute. They should not be too crisp as you will be unable to fold them. Remove and stack. I used about half the batter since this was only a trial run plus I also wanted to make some pancakes and got about 2 dozen pizzelles. I used the cream filling that Sweetpie posted and credited to this website (ricotta, mascarpone, whipped cream etc) but added a little almond extract. An Italian friend told me that this was stupid because real cannolis don't have that flavor but hey, I happen to like it LOL. After it chilled, I took a pizzelle, and put a spoonful of the cream down the center, folded and ate it. OMG! Such a nice change from cheesecake and chocolate desserts. And totally Level 1 to boot! As to serving for company, I would just arrange a plateful of pizzelles, a bowl of the cream and a bowl of some mixed berries (for my guests that wouldn't/couldn't eat that much dairy/fat) and let everyone dig in. By RoinMD.

### Nanette's Cheese Blintzes

4 eggs (beaten)  
 1/2 pkg cream cheese (softened in micro)  
 3 scoops ss  
 dash cinnamon

Mix together and pour small ladle full in small fry pan coated with Pam. Brown both sides.

Filling: 1/2 cup cottage cheese, 1/4 sour cream, a little ss and cinnamon

Fold blintzes in fourths with spoonful of filling inside. Sometimes I microwave some frozen berries sweetened with ss and pour over blintzes. Delicious! Nanette @ SS site.

### No Bake Cheesecake

Melt 2tbsp butter in saucepan. Sprinkle in 2tsp Somersweet, 2tsp cocoa, add 1tbsp heavy cream. Boil 2 - 3 mins, set aside to cool. In mixing bowl pour 1 cup heavy cream, beat until thick. In different mixing bowl, beat 8oz cream cheese till nice and smooth, add 1tsp vanilla & 3tbsp Somersweet. Beat another 1 - 2 mins. Fold whipping cream mixture into cream cheese mixture. Put into cake pan - whatever size you want - then put the cooled chocolate sauce over top the cream cheese mixture and set in fridge for 3hrs. You can either put the chocolate sauce at the bottom of the cake pan and then the cream cheese mixture on top or the other way around. When set, add your favourite fruit to the top, I'm just going to eat it the way it is. I added into the cream cheese mixture a half cup of Suzanne's chocolate mousse powder. I made this up this morning! By chrissy\_1.

**Knox No Bake Cheesecake**

1 envelope unflavored gelatine	2 (8-oz) pkgs cream cheese, softened
1/2 cup Splenda	1 tsp vanilla
1 cup boiling water	4 TBS your favorite SF syrup (I used caramel)

Mix gelatine with Splenda. Pour in boiling water, & stir until dissolved. Beat cream cheese with vanilla & flavoring of your choice. Pour in gelatine mixture, & beat until combined. Pour into container of choice, & chill until firm. Got this off a Knox gelatine box, & made a couple of changes. It's really good & easy. Posted by Irishjig.

**No-Bake Creamy Dreamy Cheesecake**

1 envelope KNOX Unflavored Gelatine  
 1/2 cup cold water  
 3 (8-ounce) packages cream cheese, softened  
 2 1/2 tablespoons sweetbalance or Somersweet (go to [www.sweetbalance.com](http://www.sweetbalance.com) to find out about this all natural sweetener made from the same ingredients as Somersweet.) or 1 1/2 cups Splenda  
 5-fluid ounce of heavy whipping cream  
 1 tablespoon lemon juice  
 2 and 1/2 tablespoons vanilla or almond extracts(or any flavoured extract of your choice)  
 3/4 cup heavy cream, whip this amount  
 Additional whipped cream for garnish

Sprinkle gelatine over cold water in small saucepan; let stand 1 minute. Stir over low heat until gelatine dissolves, about 3 minutes; set aside. 2. Beat cream cheese and sugar in large bowl with electric mixer at medium speed until light and creamy, about 2 minutes. Gradually add 5-fluid ounce of cream and lemon juice; beat at medium-high speed until mixture is fluffy, about 2 minutes. Gradually beat in gelatine mixture, and vanilla or almond (or whichever extract) extract until thoroughly blended. Fold in whipped cream. 3. Melt butter and grease 9" inch springform pan, pour in mixture; refrigerate 8 hours or overnight. Garnish with additional whipped cream. Variation: For Level One even, add a couple tablespoons of Wondercocoa and add additional sweetener to taste. Add some cocoa to garnish whipped cream. Level Two Variation: Add sliced almonds for garnish. Makes 12 servings (unless you want really big slices). Ready in: 8 hrs. 30 mins. Cheesecake with vanilla or almond flavour is a classic masterpiece. Recipe by Peter Neuman.

**New York Style Cheesecake**

2- 8 oz. packs cream cheese softened	2 tsp vanilla extract
4 eggs	1/2 tsp almond extract
1 C sugar substitute (I use somersweet)	3 cups sour cream
1/4 tsp salt	

Combine well beaten eggs, cream cheese, sugar sub, salt, vanilla and almond extracts. Beat well until smooth. Blend in sour cream and pour into a 9" spring form pan. Bake at 375 for about 35 minutes or just until set. Cool. Chill well about 4-5 hours. Filling will be soft. Posted by phoffer.

**Grandma's Cheesecake**

5- 8 oz. packages cream cheese softened	1/2 tsp vanilla bean
1 3/4 C sugar substitute	5 eggs
3 Tb whey protein powder	2 egg yolks
1 1/2 tsp grated lemon zest	1/4 C heavy cream
1 1/2 tsp orange zest	

Beat Cream cheese with sugar, whey protein powder, lemon and orange zest, in lg bowl on med speed until light and fluffy. Split vanilla bean and scrape out seeds and add to mixture. Beat eggs and 2 egg yolks one at a time on med speed. Stir in heavy cream. In preheated oven of 500 F bake in 9" spring form pan for 15 mins. Reduce heat to 200 F and DO NOT OPEN DOOR. Bake for approx. 50 minutes, turn off oven and open door for 1 hour. Remove from oven, cool on rack and refrigerate for 2 hours. By phoffer.

### Simple 3 Step Cheesecake

3 8 oz pkg cream cheese  
 3/4 cup of splenda  
 1 1/4 teaspoon vanilla  
 3 eggs

Mix 3 pkg soft cream cheese, 3/4 cup of splenda, and 1 1/4 teaspoon vanilla with electric mixer on medium speed until blended well. Mix in 3 eggs. Pour into 9" springform with foil on bottom (to prevent leakage). Place in water bath. Bake at 350 for 40 mins or till center is almost set. Cool. Refrigerate 3 hours or overnight. Posted by mel4576. Tried the bye-bye cheesecake, thought it was more like a souffle and it had so many ingredients! Here is one I like, thick and rich like New York style. Comes out a lot thinner than the other one, but creamy. Ms.P's note: can add 2 T lemon juice and 1 tsp lemon zest, she cooks it without the water bath.

### Creamsicle Cheesecake

2 pkgs. (8 oz.) cream cheese-softened  
 1/2 C. sugar (use Splenda or Somersweet)  
 2 eggs  
 3/4 cup sour cream  
 1 teas. vanilla extract  
 2 drops yellow food color  
 1 teas. orange extract  
 1 drop red food coloring

Preheat oven to 350 degrees F. In a large bowl, beat the cream cheese and sugar until light and fluffy. Add the eggs; beat well. Add the sour cream and vanilla; mix well. Place 1 cup of the mixture in a small bowl and stir in the orange extract and the yellow and red food colors. Pour the remaining cream cheese mixture into the pie crust (omit the crust and fix it like Suzanne does I guess). Add the orange cream cheese mixture into the crust by spoonfuls, then swirl with a knife to create a marbled effect. Bake for 30 to 35 minutes, or until firm around the edges. (The center will be slightly loose). Allow to cool for 1 hour, then cover and chill for at least 8 hrs. before serving. For a nice finishing touch, top each slice of cheesecake with a dollop of whipping cream and half of an orange slice. Serves 6-8. Posted by GARNET2002.

### Cheese Cake

3-8 oz pkgs cream cheese--room temp.                      1 cup sweetener (Equal or Splenda)  
 4 egg whites    1 tsp vanilla

In one bowl, beat egg whites until they have soft peaks and then add 1 cup of sweetener. Continue to beat until you have stiff peaks. Set aside. In another bowl, beat cream cheese & vanilla together. Then add egg whites. Do not fold in. Mix until mixture is smooth. Pour mixture into 9-inch springform pan--sprayed with Pam. Bake at 350 for 25 minutes. Then remove from oven. (Don't be surprised if it cracks on top.) Then turn your oven up to 475 degrees. While your oven is heating up, then mix together 2 cups sour cream, 1/2 tsp vanilla, and 2 tablespoons of sweetener. Once your oven reaches 475 then spread the sour cream mixture on top of the baked cheese cake. Then bake for 5 minutes. I then let it cool for about in hour on my counter and then I transfer it to the refrigerator and cool for another three to four hours. This is a cheese cake that I use to make before SSing. All I had to do was substitute the sugar for sweetener. Level 1, Pro/Fats. By pitty pat. Could add pumpkin pie spice.

### Cheesecake

I SS'ed Loretta Lynn's Cheesecake that I've made for 30 years: I used September's Layer #1 baked for 8 min., cooled for 20min. In processor blend 3 -8 oz softened cream cheese, 2/3 c Splenda, 2tsp Vanilla, 3 eggs, one at a time, 1 cup sour cream. Pour into 9" springform pan on top of the baked crust, you can also use 8" pan. Bake at 350 for 1 hr 10 min. Turn off oven, leave in oven with door open for 1 hour. Run a knife around, remove rim. Chill. For the top I defrosted a package of frozen strawberries and processed with 2 tsp Somersweet. Spread it on top or you could use it to serve individually. Everyone loved it. By - Barbby.

### Cheesecake

4 x 8 oz. bar cream cheese  
 5 eggs  
 2 cups of Splenda (I used 1 and 1/2 cups, sweet enough for us)  
 1 tsp. vanilla  
 1 tsp. lemon juice  
 1 lb container of sour cream  
 1 stick of butter, melted

Cream the cream cheese on high until smooth. Add one egg at a time and then the splenda. Cream until nice and smooth. Add vanilla and lemon. Add the sour cream and finally the butter. Make sure it is very smooth with no lumps. (Even taste it, raw eggs? who cares. I had at least a tablespoon of the batter, I'm still here! LOL!) Grease or spray a spring form pan. Add the batter to the pan. Place the pan in a "bain marie." This is a roasting pan filled about 2 inches with water. This will keep the cheesecake moist. The lid should be kept OFF the roasting pan to allow the steam from the water to reach the batter and keep the cheesecake from drying out. Roasting pans are deep and therefore easier to remove from the oven without spilling the water. Bake at 350 for one hour. Turn the oven off and leave in for another 2 hours. Take out and refrigerate. My mom's actual recipe has flour, cornstarch, and sugar of course. She advised that I can leave the flour out and she was right. It came great. Posted by fakeblonde16.

### Cheesecake

3- 8oz packages of cream cheese  
 1 cup "measures like sugar" splenda  
 1 cup sour cream  
 1 cup heavy cream  
 1 tablespoon vanilla  
 3 eggs

Preheat oven to 350, butter a 9 inch springform pan - line bottom only w/ parchment paper, butter paper. (I do this since there is no crust, you can make a ss crust if you want)Place foil around outside of pan. Beat cream cheese and splenda until smooth, then SLOWLY (or it'll splash all over- I found out the hard way) add the sour cream, heavy cream and vanilla- till blended. with mixer on low- add eggs one at a time - beating until just blended in. Pour into prepared pan - place in a pan that the springform will fit in - on top of a damp washcloth - place this in oven - THEN add boiling water to about half way up pan (so you don't have to carry a pan full of boiling water. This protects the crustless cheesecake and makes it so that your cheesecake is creamy right to the edge. Bake at 350 for 60 - 70 minutes until center is just set- it will look soft - don't worry - it'll set up nice. Refrigerate overnight. I take it out of the springform and then invert it on a plate and peel off the paper in the morning. I like it best plain - but you can top with whipped cream - any sf syrup you like or fresh strawberries sweetened with a little sweetener of your choice. Posted by Medicmom.

### Cheesecake

3 8 oz Daisy brand cream cheese- softened  
 3/4c. splenda  
 2 T. vanilla whey protein  
 2 t. vanilla  
 3 eggs  
 1 c. sour cream

Combine cream cheese, splenda, whey protein and vanilla. Mix on medium until well blended. Add eggs one at a time, mixing well. Blend in sour cream. Pour into a springform pan. Bake in a preheated 350 oven for about 55-60 minutes until lightly golden on top. Take a knife and go around the outer edge of the pan before opening. Let cool then remove. Serves 12. Posted by janland



## Creamy Cauliflower Cheesecake

5 (8 ounce) packages of full fat cream cheese (I use Philadelphia brand), softened  
 3 cups of cauliflower \*\*\*  
 1 tablespoon vanilla extract  
 2 cups equivalent of sugar substitute  
 7 eggs  
 Butter for greasing springform pan

\*\* To soften the cream cheese, place in a large bowl and microwave on high power for 2 1/2 minutes. You can also soften cream cheese by leaving on the counter at room temperature for 2 hours. \*\*\* To cook the cauliflower, place in a vegetable steamer and cook until cauliflower is very soft, about 15 minutes. \*\*\* Place one rack in the oven in the lowest possible setting. Place a roasting pan filled halfway full with very hot, tap water in the oven. Place one rack directly above the roasting pan (if the roasting pan comes up past the next rack setting, simply place the second rack overtop of the roasting pan). Preheat oven to 350 Degrees Fahrenheit and allow water to heat in oven while preparing cheesecake. Place cream cheese in a large mixing bowl. With an electric mixer, beat the cream cheese on high speed for 2-3 minutes, until cream cheese is light, fluffy, smooth throughout, and absolutely free of lumps. Set aside. Place one cup of cauliflower at a time in a blender or food processor. Blend cauliflower until pureed, smooth, and free of lumps. DO NOT use add any liquid to the cauliflower while pureeing. The cauliflower will be fairly thick while being pureed, so you may have to stop blending and use a spoon to push the pieces of unpureed cauliflower toward the blade of the blender or food processor and then continue pureeing. Continue this process until all the cauliflower has been pureed, resulting in a smooth cauliflower puree which is free of any lumps or small pieces of cauliflower. Add the pureed cauliflower to the cream cheese and beat on medium speed with an electric mixer until cauliflower and cream cheese are thoroughly blended. Add the sweetener and vanilla, and beat until well mixed. Add eggs, ONE AT A TIME, and mix into the cheesecake mixture until just blended. Grease the sides and bottom of a large, springform pan with melted butter. Pour cheesecake mixture into the springform pan and smooth top of cheesecake with a spatula. Place in oven, on the second rack, and cook at 350 Degrees Fahrenheit for 20 minutes. Now, reduce oven temperature to 200 Degrees Fahrenheit and cook for 2 hours and 40 minutes. Then turn up the heat to 350 Degrees Fahrenheit again and cook for 10 more minutes. At this point, the cheesecake should have set on the top, but it may still be wobbly in the center, this is ALRIGHT! You can insert a thin knife or toothpick in the center of the cheesecake, and it SHOULD NOT come out clean. This is a very creamy and moist cheesecake, and the cheesecake will continue to cook as it cools. Remove cheesecake from oven and cool on the countertop for 2 hours. Run a thin knife around the outside edge of the springform pan. DO NOT remove sides of the springform pan. Cover with plastic wrap or a cake cover and chill in the refrigerator overnight. Remove cheesecake from the refrigerator and again run a thin knife around the outside edge of the springform pan. Now, gently release and remove the outside edge of the springform pan. Serve cheesecake with freshly whipped cream and enjoy! Cover and store in the refrigerator, this cheesecake will last anywhere from 7-10 days in the refrigerator. Enjoy! I'm not even going to try and explain this one. Rather, I have gotten a few people to test out this recipe and put everyone's fears to rest. A tremendous thank you goes out to Jane and September for showing the bravery in being my guinea pigs and trying out this recipe. Now that this cheesecake has met with you and your families' approval, I can rest assured when I say this recipe is delicious. And why shouldn't it be, considering it is an extraordinarily creamy, smooth, and soft textured cheesecake, with the perfect amount of that vanilla flavour we have all come to love in so many goodies over the years. You may ponder as to why I would make a cheesecake with vegetables, but like the old motto states, if you haven't tried it, don't knock it! That's it, I'm not saying anymore, this is simply a yummy dessert and if you are too afraid to get past your fears of cauliflower and desserts coming together to create a tasty dessert, it's your loss, not mine. Preparation Time: 25 minutes. Cooking Time: 3 hours and 10 minutes. Serving Size: 16. Serving Suggestions: If you are doing well on Level One and losing weight steadily, you can enjoy a few berries with your cheesecake. Just place berries on top of each individual serving of cheesecake and serve with freshly whipped cream. YUM! Peter Neuman.

## Rhubarb Cheesecake

3 cups rhubarb, cut up  
 1/2 cup pourable Splenda  
 3 oz. pkg sugar free jello (I used lemon-but try other flavors)  
 1 T. protein powder (I used Naturade Vanilla)

Mix together and put in a greased 10 inch pie plate.

Second layer:

8 oz. cream cheese  
 1/2 cup pourable Splenda

Mix together until fluffy

2 eggs added one at a time.

Beat until creamy. Pour over rhubarb mixture. Bake at 350 degrees for 30 min.

Topping:

1 cup sour cream  
 2 T. Splenda  
 1 tsp. vanilla  
 (I also added some grated lemon peel)

Mix together. Pour over cheesecake while it's still hot. (This recipe you DON'T put it back into the oven.) Refrigerate and eat the next day. I used 4 cups of frozen rhubarb that I had thawed out and drained most of the liquid off of, and I thought this came out really good. I know the original recipe used fresh rhubarb which I don't have yet. Posted by - jolly giant

## No-Bake Key Lime Cheesecake

1 tablespoon wheat germ	2 tablespoons no sugar added vanilla extract
2 cups plus 1 tablespoon sugar substitute (recommended: Splenda) (*I used 3 tbs. of somersweet)	1/4 cup hot water
16 ounces real cream cheese, room temperature	2 limes, zested, divided
1 cup sour cream	3 envelopes unflavored gelatin (recommended: Knox brand)
1 cup whole milk ricotta cheese	3/4 cup boiling water
3/4 cup Key lime juice (fresh or bottled)	Special Equipment: 10-inch deep pie plate or cake pan

Sprinkle wheat germ and 1 tablespoon sugar substitute over the bottom of the pie plate to create a "faux" crust. (I omitted this part) In the bowl of an electric mixer, beat the softened cream cheese, sour cream, ricotta cheese, lime juice, 2 cups sugar substitute, vanilla extract, 1/4 cup hot water, and zest of 1 lime on medium speed until well combined. Using a fork to mix, thoroughly dissolve the 3 envelopes of gelatin in 3/4 cup boiling water. Do not let cool and move onto the next step immediately. (It is important that the water be boiling hot and that you mix the gelatin powder in quickly so it is completely dissolved. If not, you will have gummy bear-type lumps.) With the mixer on high and working very quickly so the gelatin does not set, blend the hot dissolved gelatin thoroughly into cheesecake mixture. Immediately pour mixture into the prepared pie pan and sprinkle with the zest of the other lime. Chill in the refrigerator for about 3 to 4 hours or until firm. Serve. Hint: If you have any extra cheesecake mixture left over after filling the pie pan (I always do), put it in a pastry bag or heavy-duty plastic bag and put it in your freezer for about 7 to 10 minutes, just to firm it up a bit to the thickness of whipped cream. Then take it out and decorate the top of the Key Lime Cheesecake. (If it is in a plastic bag, snip the corner off.) Recipe courtesy George Stella of Low Carb and Lovin' It on Food Network. This is so good! I would recommend using a little less lime juice and the zest of only one lime. I made it exactly like the recipe and it is almost too much lime, makes it really tangy. I also omitted the wheat germ for the crust. Just made it crustless. Posted by Dawn C.

## Lemon Cheesecake with Lemon Curd

### Filling

1 1/4 cups Splenda or Somersweet equivalent  
 1 tablespoon grated zest plus 1/4 cup juice from 1 or two lemons  
 3 (8 oz packages) cream cheese, cut into 1-inch chunks and left to stand at room temperature 30 to 45 minutes.  
 4 large eggs, room temperature  
 2 teaspoons vanilla extract  
 1/4 teaspoon salt  
 1/2 cup heavy cream  
 1 recipe Lemon Curd

Preheat oven 325 degrees. Wrap outside of Spring Form pan in two 18 inch pieces of heavy duty aluminum foil. Spray with pam and set pan in roasting pan. (I used my large lasagna pan.) For filling: Process 1/4 cup sugar and lemon zest in food processor until sugar is yellow and zest is broken down. (I used my spice grinder), about 15 seconds. Transfer lemon sugar to a small bowl; stir in remaining 1 cup sugar. In standing mixer fitted with paddle attachment, beat cream cheese on low to break up and soften slightly, about 5 seconds. With machine running, add sugar mixture in slow steady stream; increase speed to medium and continue to beat until mixture is creamy and smooth, about 3 minutes, scraping down bowl with rubber spatula as needed. Reduce speed to medium-low and add eggs 2 at a time; beat until incorporated, about 30 seconds, scraping sides and bottom of bowl well after each addition. Add lemon juice, vanilla, and salt and mix until just incorporated, about 5 seconds; add heavy cream and mix until just incorporated, about 5 seconds longer. Give batter a final scrape, stir with rubber spatula, and pour into prepared spring form pan; Pour hot tap water into roasting pan to come up about 2 inches. (Don't be surprised if your pan floats, mine did.) (I set my pan on center rack of oven, put springform pan in roaster then poured in the hot tap water) Bake until center jiggles slightly, sides just start to puff, surface is no longer shiny, and instant read thermometer inserted in center of cake registers 150 degrees, 55 to 60 minutes. Turn off oven and prop open oven door with a potholder of wooden spoon handle; allow cake to cool in water bath in oven for 1 hour. Transfer springform pan without foil to wire rack; run small paring knife around inside edge of pan to loosen sides of cake and cool cake to room temperature, about 2 hours. While cheesecake is baking make Lemon Curd and refrigerate until ready to use. To finish cake: When cheesecake is cool, scrape lemon curd onto cheesecake still in the springform pan; using offset icing spatula, spread curd evenly over top of cheesecake. Cover tightly with plastic wrap and refrigerate for at least 4 hours or up to 24 hours. To serve, remove sides of pan and cut cake into wedges. This recipe came from Cook's Illustrated Magazine. I omitted the crust, and added sweetener instead of sugar. Posted by Delight36. Lemon Curd recipe follows.

### Lemon Curd

1/3 cup juice from 2 lemons  
 2 large eggs plus 1 large egg yolk  
 1/2 cup Splenda or Somersweet equivalent  
 2 tablespoons unsalted butter; cut into 1/2 inch cubes and chilled  
 1 tablespoon heavy cream  
 1/4 teaspoon vanilla extract  
 Pinch salt

Heat lemon juice in small nonreactive saucepan over medium heat until hot but not boiling. Whisk eggs and yolk in medium nonreactive bowl; gradually whisk in sugar. Whisking constantly, slowly pour hot lemon juice into eggs, then return mixture to saucepan and cook over medium heat, stirring constantly with wooden spoon, until mixture registers 179 degrees on instant-read thermometer and is thick enough to cling to spoon, about 3 minutes. Immediately remove pan from heat and stir in cold butter until incorporated; stir in cream, vanilla, and salt, then pour curd through fine-mesh strainer into small nonreactive bowl. Cover surface directly with plastic wrap (to keep a film from forming) refrigerate until needed. Delight36.

### Cream Cheese Cups

3 - 8 oz. cream cheese  
 5 eggs  
 1 cup sugar - subst. SomerSweet or Splenda  
 1 1/2 tsp. vanilla

Cream eggs into cream cheese one at a time. Add sugar, blend, add vanilla and blend well. Fill 18 to 24 cupcake papers 3/4 full. Bake at 300 for 30 minutes exactly.

Topping:  
 1 pint sour cream  
 1/2 cup sugar - subst. Somersweet or Splenda  
 1 tsp. vanilla

Blend together. While cheese cups are warm, add topping. Bake 5 minutes. Before serving top with Somers berry jam or fresh berries if desired. Posted by NJsq.dancer.

### Creamy Hazelnut Cheesecake Pudding

4 oz. cream cheese  
 1 Tbsp. heavy cream  
 2 Tbsp. sugar free Torani syrup

Whip all ingredients together and enjoy!!! By MarineWife.

### Lemon Cheesecake Pudding

Whip up 2 8oz cream cheese packets Add 1 cup sour cream (Yes sour cream) Add 14 equal packets (Test to see how sweet you would like it) Add 1 Teaspoon vanilla and 1/8 teaspoon lemon extract. Whip this together until creamy, Let set in refrigerator for at least 2 hours. This is my favorite recipe. I hope you will enjoy it. iVillage site. Posted by DebB.

### Mock Bread Pudding

8 oz cream cheese  
 8 eggs  
 1/2 cup heavy cream  
 1/2 cup Splenda (if you use another sweetener, you'll have to experiment with taste. I use Splenda because it measures like sugar)  
 1 tsp vanilla  
 2 TBS melted butter  
 1/2 tsp salt  
 1 TBS spice mixture (I use Chinese 5 spice or cinnamon, allspice, cloves, nutmeg. Experiment with mixtures.)

Place all ingredients in a large mixing bowl and beat until smooth (I use one of those hand blenders, but a blender or mixer would work), pour in a bread loaf pan (I use a stoneware one that is well seasoned and it doesn't stick, but if it is a metal or glass one, it would have to be buttered first). Cook in a 350 degree oven until it no longer jiggles and a knife stuck in the center comes out clean (about 30-40 min). Top with fresh whipped cream. Experiment with different flavored extracts like Watkins and you could make this taste like lemon chiffon or apple custard. Bread pudding is my downfall and this is the most awesome recipe and very easy to make, it just takes a while to cook. cmarlow @ ivillage. Notes by CANMOM: I just tried this recipe today, and it's very good. Great with whipped cream. (Just a side note, I used a metal loaf pan and it took almost a full hour to cook - and I added sugar free torani vanilla syrup for extra flavor).

## Bread Pudding

I took 2 of the buns and tore them into small pieces and then I poured enough cream on them to let them soak and get real soft (You probably could add some Da Vinci syrup for some of the liquid. Then I added cinnamon, vanilla, butter, somersweet or splenda to taste and 2 eggs and then stirred all together and put in a greased baking dish and bake at 325 for maybe 45 min to a hour depending on how brown you want the top. If your on level 2 you could add currants. I don't but it would probably add flavor to it and if your brave you could cut a apple, but not for level one. Frances @ SS site. DebB: I have made 'bread pudding' using my pro/fat sandwich buns and we thought it was really good! Frances came up with this recipe. I followed it making a larger batch though.

## Vanilla Pudding

2 cups heavy whipping cream (33-35% milk fat)

\*\*\*\*\*1 TEASPOON gelatin (optional)\*\*\*\*\*

\*\*\*1 tablespoon butter (optional)\*\*\*

5 egg yolks

2-3 tablespoons Sweetbalance OR 3/4-1 cup Splenda (depending on personal taste)

1/8 teaspoon salt

2 teaspoons pure vanilla extract (or more if you like a more intense flavour)

\*\*\*\*\*Gelatin is optional, as it will change the consistency of the pudding. The gelatin will make the pudding somewhat firmer then traditional puddings, yet it is still softer then a traditional custard. If you are NOT using the gelatin, chill the pudding for 24 hours to allow the pudding to properly thicken.\*\*\*\*\*

\*\*\*Butter is optional. However, I find it adds a richer, creamier texture and brings out the flavour of the vanilla. If you don't like a buttery taste, simply leave it out.\*\*\*

Heat bottom of double boiler, filled with water, over high heat until water boils. Reduce heat to medium to keep water at a slow boil. Pour cream in small saucepan. Sprinkle gelatin (optional) over cream and allow to soften and let stand 3 minutes. Heat over medium heat on stovetop until small bubbles form around the edge of the saucepan. Add butter, stir until melted. Pour cream into top of double boiler. Meanwhile, beat egg yolks, salt, and sweetener in a small bowl until just mixed. Slowly pour egg mixture into cream, stirring CONSTANTLY to prevent eggs from curdling. Add vanilla extract. Heat over double boiler until mixture slightly thickens and coats the back of a metal spoon, about 10-12 minutes, continuing to stir CONSTANTLY to prevent the eggs from curdling. \*\*\*\*(At this point, the mixture will NOT be thick like pudding, it will still be thin.)\*\*\*\* Remove mixture from heat and pour into 4-5 individual serving dishes or one large dish. \*\*\*(If any small lumps of egg have curdled at the bottom of the saucepan, whisk into mixture to dissolve.)\*\* Cover with plastic wrap, leaving a small portion of the top unwrapped to allow steam to escape. Refrigerate 3 hours if using gelatin, until firm. If NOT using gelatin, refrigerate 24 hours minimum to allow pudding to thicken. Serve with a dollop of freshly whipped cream and enjoy! Serving Size: 4-5. Preparation Time: 20 minutes. Time to Chill:3 hours-24 hours, depending on whether using gelatin or not. Peter Neuman

## Vanilla Pudding

2 cups cream

1 cup water

sweetener of choice equivalent to 3/4-1 cup sugar

2 teaspoons vanilla

2 1/2 teaspoons gelatin

1 egg yolk, slightly beaten

Pour 2 cups cream into a medium sized saucepan. Measure out 1 cup of water. Remove 4 tablespoons of the water to a bowl and set aside. Pour remainder of the cup of water into the pan with the cream and set over a medium heat. Add the sweetener, vanilla, and egg yolk. Sprinkle the gelatin over the 4 tablespoons of water in the bowl, stir, and let dissolve. Heat the cream mixture to the boil, stirring often and continue to cook on a slow boil for about 3 minutes. Turn the heat down to low, and slowly add the dissolved gelatin into the pot while stirring constantly. Cook for an additional 3 minutes. Pour into individual serving dishes, cover with plastic wrap and chill several hours. Sweetiepie @ SS site.

## Cauliflower Pudding

3 1/2 cups of minced cauliflower, which is about one half of a large head of cauliflower or one medium head of cauliflower\*\*\*  
 2 cups water  
 2 teaspoons Sweetbalance or 1/4 cup Splenda\*\*\*\*  
 1 1/2 tablespoon butter, melted  
 2 1/4 cups heavy whipping cream  
 3-4 tablespoons Sweetbalance or 1-1 1/3 cups Splenda (depending on personal tastes)  
 1 tablespoon vanilla extract  
 3 eggs  
 A few dashes of cinnamon \*\*\*\*\*

\*\*\* To mince the cauliflower, you will either need to use a food processor or one of those hand crank choppers. I don't know if a grater would work, but someone has tried using a grater and said it works quite well. To mince the cauliflower, remove the leaves and core, (You must remove the core because it has a very strong and distinct taste which you do not want in the pudding) and cut the whole head into large pieces and place in processor/chopper and chop until minced and it resembles rice. \*\*\* It is important to add the sweetener to the water as it helps to get rid of that cauliflower taste. \*\*\*\* Some people add the cinnamon into the pudding mixture, but I don't. I prefer to sprinkle a layer of cinnamon on top of each individual serving of pudding. However, if you prefer cinnamon in the pudding, simply add one tablespoon of cinnamon to the cream mixture. \*\*\*\*\* Place water in a medium saucepan over medium heat on the stovetop. Add the sweetener, cover and bring to a boil. Once water is boiling, add cauliflower. Cover and cook for exactly 26 minutes, until tender. Pour cauliflower into a fine sieve, or a slotted spoon, and drain well. Place cauliflower in a medium casserole dish, do not grease the dish. Add the melted butter and mix to combine. Preheat oven to 375 Degrees Ferenheit. Place oven rack in bottom part of oven. Fill a large roasting pan 3/4 full with very hot water and place in oven. Meanwhile, in a medium bowl, add cream, sweetener, vanilla, and eggs. Use a whisk or electric mixer to beat the mixture until smooth and completely combined. Pour the cream mixture over the cauliflower and stir until evenly mixed. Once the roasting pan with water has been in the oven for 20 minutes (this will get the water in the roasting pan as hot as possible and create the neccessary steam), place the cauliflower pudding in the center of the pan. Be careful not to scald yourself by touching the water. The water in the pan should come up to the level of the pudding. Cook the pudding, uncovered, for about 1 hour and 20 minutes, until golden brown on top. The pudding should be set and a toothpick or knife inserted into the middle of the pudding comes out relatively clean. If you touch the surface of the pudding, it should have set but will still be somewhat soft, and you do not want to overcook the pudding. Remove the pudding from the oven, allow to cool 20 minutes. Serve warm, with a few dashes on cinnamon sprinkled on the pudding (if desired). Store, covered, in the refrigerator for several days. This makes a great chilled dessert as well. Enjoy, I hope! Cauliflower is one of the most diverse vegetables in its ability to be used in many varying recipes, even desserts. Though this cauliflower pudding may sound a tad bit unorthodox, the result I was going for was a dessert similar, not identical, to that of a traditional, custard-based, rice pudding. The texture is creamy and the cauliflower works well to simulate the appearance and taste of rice. Again, I must emphasize that this pudding is not exactly the same in taste as rice pudding, but is nevertheless yummy. If you are unsure of whether or not to try this because of the cauliflower, just think back to the Cinnamon Spice Cake made with pork rinds. There were naysayers who stated it just wouldn't work, but it did, and quite wonderfully. I just think this goes to prove my idea that great cooking comes from creativity and originality. Preparation Time: 1 1/2 hours. Serving Size: 6. Peter Neuman.

## Almost Rice Pudding

3 eggs  
 3/4 c. cream  
 1 c. ricotta cheese  
 1/2 c. Splenda  
 1 tsp. vanilla  
 ground cinnamon or nutmeg

Combine all ingredients, beat well. Pour into 4 custard cups. Sprinkle with cinnamon or nutmeg. Place in a baking pan of water. Bake at 350 for 35 - 45 minutes. (4 servings). Juli @ TLC.

### "Legal" Rice Pudding

1/2 C. Brown Rice  
 4 C. Fat-Free Milk  
 4 packets of Splenda or equivalent amount of somersweet  
 I didn't measure but i'm gonna guess about  
 1 teaspoon of pumpkin pie spice, it makes it very yummy!  
 1/2 tsp. Pure Vanilla extract

I heated the milk in a pan on low for about 20 minutes, don't allow it to boil just bubble. Then transfer into a ovenproof baking dish and add the rice and the rest of the spices. Bake on 300 for 2.5 hours. Make sure to stir about every 20 minutes - this makes it creamy, and it cooks evenly. When it's done put it in the fridge and chill for a couple hours and until you're ready to dig in! By megdanmak.

### Brown Rice Pudding

I combine 1 cup brown rice in 3 cups non-fat milk and cook as I would normally cook rice on the stove. It takes a lot longer because of all the liquid. I add a bit of extra milk, splenda & cinnamon before eating it. I'll usually make a pot of it and then eat it for breakfast a couple of days during the week. When it's refrigerated, it thickens up a lot. Just microwave it with extra milk and it will get back to its yummy texture. Posted by cheeser.

### Jello

Thought I would share how I make Jello's that my family loves! In a medium size pot on the stove on medium heat put in 3 cups of any flavored drink style syrup such as Da Vinci Raspberry syrup. Then I whisk in about 5 tablespoons of Splenda, and then bring the syrup up to a medium boil. Then in a separate bowl, I place 1 cup of club soda in at least a 3 cup size bowl and then sprinkle 4 packets ( Packets not boxes!)of Knox Gelatin over the top of the club soda. It will thicken a lot! Then when all the gelatin is wet I add all the club soda gelatin mixture into the pot on the stove of the Da Vinci syrup and turn off the stove. I stir it all together for about a minuet or so just till the gelatin all dissolves into the syrup. Then I pour it into a container or Jello mold, and cover with plastic wrap and refrigerate about 5 or so hours till it firms up. Then Enjoy! I have also sometimes added some orange segments or other fruits just before I pour it into the mold. Not sure if that is legal or not? But it really comes out great. You can use any flavor of your favorite syrup or I even mix flavors sometimes, like half of each flavor. Just remember to have 3 cups of syrup total and one cup of club soda! You can also use your favorite sweetener too, I just happen to like Splenda! You can also use Suzanne's syrups to make this kind of Jello! Posted by Sapphire1.

### Jello

1 envelope unflavored gelatine  
 1 pkg unsweetened kool aid (any flavor) add enough of the powder to your taste, you will not need the entire pkg.  
 1 cup splenda (more or less to your taste preference)  
 1 cup boiling water  
 1 cup cold water

In a bowl combine gelatin, splenda & kool aid. Add boiling water & stir until completely dissolved. Add cold water and stir well. Chill until jello is firm. Serve with whipped cream, or anything else that is legal. Posted by LilLooLoo.

### Jello

1 pkg unsweetened Kool-Aid  
 1c splenda  
 2 pkts Knox gelatin  
 2c boiling water  
 2c cold water

Mix Kool-Aid, splenda, Knox gelatin in bowl. Add Boiling water; stir til dissolved. Add cold water. Pour into desired serving dishes. Refrigerate until firm. This is like making 2 boxes of regular jello. (8 small bowls.) I added strawberries to the strawberry flavored Kool-Aid and didn't even need whipped cream. Although using some legal whipped cream sure tastes good too! Posted by marie172.

## Jello

- 1 - packet of unflavoured Knox gelatine
- 1 - tisane tea bag ( I used wild berry )
- 13 - drops of liquid stevia
- 1/4 - teaspoon of splenda
- 1 - cup boiling water
- 1 - cup very cold water
- 3 - drops of red food colouring

Dissolve Knox with boiled water, add tisane bag, stevia and splenda. Add cold water and red colouring. Chill. I just tried an experiment making Jell-O and it turned out pretty good. Posted by Julie10.

## Drink Aid Gelatin Cups

- One packet Drink Aid
- 4 cups water
- Sweetener of choice
- 2 packets unflavored gelatin
- SS whipped cream with vanilla flavoring and sweetener (optional)
- \*For almost level one Berries (optional)

Pour contents of Drink Aid mix into pan. Add 4 cups water and enough sweetener to make it as sweet as you want. Stir until sweetener and Drink Aid is dissolved. Sprinkle gelatin over top and set aside for 10 minutes or so. Don't skip this step as the gelatin needs time to bloom. Place pan on burner and heat just enough to dissolve the gelatin, one minute is enough time for me. Allow gelatin to cool completely. Pour into serving containers. I like to use 1/2 pint canning or jelly jars unless I am serving them to guests. I can then go in and grab one when the urge for a sweet attacks me. \* Almost level one: For guests I like to pour gelatin into a large flat container. I use a lasagna pan, or several individual pans. Pour only 1 inch in depth. Once it is jelled cut into 1 inch squares. Place a layer of squares into the bottom of a pretty glass, add sweetened whipped cream, and sprinkle on a few berries. This is pretty layered in a tall parfait glass. Top with whipped cream and a few more berries. I like the Drink Aid brand because it does not have any cornstarch, or other outlawed ingredients in it. Posted by Delight36.

## Tangy Jell-O

- 2 packets (flavor of your choice) unsweetened Kool-Aid
- 6 packets unflavored gelatin
- 1/2 C to 3/4 C Splenda
- 2 cups boiling water
- 1 cup cold water

Mix dry ingredients into a 9in square Pyrex. Add boiling water until dissolved. Add cold water and put in fridge. When solid can be cut into squares. Here is a recipe for those who are tired of the sugarfree Jell-O flavors. Posted by emerickfamily.

## Apple "Jello"

Dilute 1 packet Knox gelatin in 1/2 cup warm water. Make 1 hot cup apple cinnamon herbal tea (Bigelow teas) and stir into gelatin. Refrigerate to set. It's a nice dessert with a dollop of whipped cream. By twiggy88.

## Creamy Jello

I take a packet of sugar, fat-free jello and mix with 1 cup of water. Let cool but don't let it set. In the meantime I beat some whipping cream say 2 cup until stiff and mix it with the jello. I love it and it is something the whole family can enjoy. If you want to make it as a carb the use fat-free evaporated milk, but first let it cool in the fridge. By Tania Church.



### Creamy Jello

1 small box (.3 oz) orange or raspberry jello (sugar free)  
 2 cups boiling water  
 1 cup heavy whipping cream  
 (coconut extract - see note below)

Mix box of jello with boiling water. Stir about 2 mins. Refrigerate about an hour (to cool off). After jello is cool, add heavy cream to the cooled jello - beat with an electric mixer for about 2 mins (it doesn't get like whipped cream - just foamy). Pour into ramekins or separate bowls. Refrigerate for another 2 hours. I especially love the orange mix - tastes like creamsicle fluff. When I use the orange jello, I add 1/2 tsp. of coconut extract to the boiling water & jello mix in step 1. You can add a dollop of whipped cream on top if you so desire. Posted by CANMOM.

### Key Lime Jello Dessert

1 large box lime sugar free jello (0.6 oz size)                      2 tsp lime juice  
 3 cups boiling water    1 tsp Splenda  
 2 cups sour cream

Mix jello with boiling water and 1 tsp lime juice for about 2 minutes. Refrigerate 30 minutes to an hour. Mix 1 cup of the sour cream into the jello mix. Use an electric mixer and blend for about 2 minutes. Refrigerate for 2 hours. Put into ramekins or small bowls. Mix 1 cup sour cream, 1 tsp lime juice and 1 tsp Splenda. After the jello has set, spoon sour cream mixture on top. Refrigerate or serve. Posted by CANMOM.

### Sugar Free Low Carb Key Lime Pie

1 large package sugar-free lime Jello®  
 2 tablespoons lime juice  
 1/3 cup boiling water  
 1/3 cup cold water  
 2 packages (8-oz each) cream cheese, softened  
 1/2 cup heavy cream  
 1 package Equal® or Sweet' 'N' Low® or 1-2 tsp. Splenda®  
 2 teaspoons coconut extract, divided\*\*\*  
 1 cup ground pecans\*\*\*  
 1 tablespoons butter\*\*\*

Preheat oven to 350° F. Melt butter. In a small bowl, mix melted butter and ground nuts, sweetener and 1 teaspoon coconut extract. Pour into the bottom of a pie pan and spread part way up the sides. Bake for about 6 minutes or until set. Cool completely. \*\*\*this part can be omitted because of the nuts and another legal crust recipe substituted or made with no crust at all. Whip cream until peaks form. Set aside. Mix the Jello with 1/3 cup boiling water and stir until gelatin dissolves. Add cold water and stir. In a large bowl, beat cream cheese until fluffy. Slowly beat in jello mixture and remaining coconut extract. Beat at high speed until smooth. Fold in the whipped cream. Spread filling into pie shell. Chill for at least 2 hours before serving. I made this without the crust, loved it. If you make it with the crust, it would be level 2. Posted by Summersfyres.

### Gummy Bears

1 pkg. flavored SF gelatin  
 6 pkgs. of unflavored gelatin  
 1/2 cup of cold water

In a small saucepan, mix flavored and unflavored gelatin. Stir it up. Pour cold water in, stir with spatula until you have a gloppy-chunky blob not unlike play-doh. Turn heat on medium, melt blob. Stir obsessively until melted. Pour into miniature bear molds. Stick in freezer for 10 mins to cool. If you don't have miniature bear molds, do this. Take the rack out of your toaster oven and put it on the counter. Drape a big sheet of aluminum foil over it. Cram the foil down into the gas, leaving striplike molds. Presto! Gummy tapeworms. Yummy!! Posted by emerickfamily.

### Gummy Bears

1/4 cup boiling water  
 1 pouch Knox gelatin  
 1/4 tsp flavour of your choice

food colouring of your choice  
 sweetener of your choice

Boil water, add gelatin and stir until dissolved, add flavour, food colouring, sweetener to taste, pour into candy molds. Refrigerate 1/2 hour. Gummy bears can be kept in plastic wrap (not touching). Candy molds are available at cake decorating supply stores. I like red colouring with cherry flavour, or a dark brown with anise when I want licorice. Posted by twiggy88.

### Cinnamon Gummy Candy

3 envelopes of gelatin.  
 2 pkts. of Splenda.  
 1/4 cup of water.  
 7 drops of red food coloring.  
 1 capful of cinnamon oil. (I like them hot)

Put the gelatin and splenda in a pan. Stir to mix them up. Stir in the water, coloring, and oil. Heat just until it's liquefied. Pour into candy molds. Let cool about 1/2 hour and then pop out with a knife. I think they are delicious! \*Experiment around with the amount of oil - 1 capful will be very hot. Try cherry, mint, orange, etc. Can get oils at cake decorating supply stores (Michaels, WalMart, etc. - Wilton) bowl300 @ LCF site. DebB's notes: of course you could substitute the red licorice flavor in here. I think this is an excellent idea, probably 0 calories too - I haven't made it though. \*U\*

### Sweet & Sour Lemon Dessert

I have a lemon dessert recipe that is great, very sweet, tart. It started out as a pie filling. Make diet lemon jello according to pkg. directions & let set in refg. till almost set. Pour in blender with 8 oz. of cream cheese chunked up, add 1 tub of lemon crystal lite & I grate 2 tea. lemon zest in the mixture. Whir till blended and pour in container and refg. till set. Really good. I am thinking of trying the other flavors of sugar free crystal lite. By ANDERSONB.

### Ricotta Lemon Dream

1/2 cup ricotta cheese  
 1/4 tsp grated lemon peel  
 1/4 tsp vanilla extract  
 1 pkg splenda

Mix together the ricotta, lemon peel, vanilla extract, and sugar substitute. Serve chilled. Makes 1 serving. You can also add wondercocoa, to taste, instead of lemon peel to make it almost level one dessert. By mrsjackspratt.

### Lemon Mousse

1/2 Cup butter  
 9 egg yolks  
 4 egg whites  
 juice of 4 lemons

2 tsp grated lemon zest  
 5 packets Somersweet or to taste  
 1 1/2 cups heavy cream  
 1 tsp vanilla extract

Melt butter in a medium sauce pan over low heat. Remove from heat and whisk in yolks one at a time. Beat in lemon juice, zest and 4 packets Somersweet. Set aside and chill. Beat egg whites with 1 packet Somersweet until soft peaks form. In a separate bowl beat cream with vanilla extract and fold in egg whites. Stir in 1/4 of egg white/cream mixture into the chilled yolk mixture to lighten. Then gently fold this back into the cream/egg white mixture. Spoon into 8 large parfait glasses and chill for at least 2 hours before serving. This is very good. By phoffer. I made this this evening and it was so good, BUT I did add about 1 tsp of pure lemon extract and that set it off very nicely, so I would go by taste, this is very light and fluffy.

### Lemon-lime Mousse

6 Tbs unsalted butter, room temperature  
 1 1/3 cups of Splenda  
 2 large eggs plus 2 egg yolks  
 1/2 cup fresh lemon juice  
 2 Tbs fresh lime juice  
 1 tsp grated lemon zest, plus more for garnish  
 1 1/2 cups of heavy cream

In a medium saucepan, whisk together butter, 1 cup of Splenda, eggs, yolks, lemon juice and lime juice (mixture may appear curdled). Place over low heat; cook stirring, until smooth. Raise heat to medium and stirring constantly, until thick enough to coat back of spoon (do not boil). Remove the pan from the heat; stir in the lemon zest. Transfer mixture to a bowl; cover with plastic wrap (make sure plastic wrap is touching the surface of the lemon curd). Chill at least 1 hour. In a bowl, beat cream with remaining 1/3 cup of Splenda to soft peaks. Whisk lemon curd to loosen; then gently fold in whipped cream. Spoon into glasses; cover and chill at least 2 hours or up to 3 days. \*You can make the lemon curd up to 2 days ahead; keep it refrigerated. The velvety curd is delicious used as a spread.\* I just made this recipe from a magazine and it is yummy! This is quick and easy. (From Linda Davis) Oiyi's notes: -I tried using Somersweet in the curd but it came out a bit bitter, so then I switched to Splenda. -I threw in all the ingredients (cold butter) and melted everything on low heat while whisking. -Be aware that it doesn't take long for the curd to set up. Perhaps cause I am using sugar substitute. I just kept everything on low heat and keep whisking. -I forgot to throw in the lemon zest and it is still yummy.

### Frozen Lemon Mousse

8 to 10 lemons  
 2 cups sugar  
 8 large egg yolks, plus 2 whole eggs  
 1 cup (2 sticks) unsalted butter, cut into pieces  
 1 1/2 cups plus 2 tablespoons heavy cream, chilled  
 Candied Lemon Zest, recipe follows  
 1 container (8-ounces) creme fraiche

Prepare ice bath in large bowl. Juice 1 lemon; reserve juice. Juice additional lemons to yield 1 cup. Make lemon curd: Place 1 cup lemon juice, sugar, egg yolks, whole eggs, and butter in saucepan; whisk to combine. Cook over medium heat, whisking constantly until it begins to boil, about 7 minutes. Strain curd through fine mesh strainer into a bowl set in an ice bath. Stir periodically until cool; remove from ice bath. Place plastic wrap directly on surface of curd; refrigerate at least 1 hour and up to 3 days. Place 1 1/2 cups chilled heavy cream in large mixing bowl; whisk until soft peaks form. Reserve 1/2 cup lemon curd for sauce; add remaining lemon curd to whipped cream. Fold gently until well combined. Place an 8-inch nonstick springform pan on baking sheet. Transfer mousse to springform pan. Place in freezer on baking sheet until firm, at least 4 hours. Drain candied lemon zest; reserve syrup. Whisk 1/3 cup syrup, reserved 1/2 cup lemon curd, and juice of 1 lemon in a small bowl. Remove frozen mousse from freezer and let warm 4 to 5 minutes. Meanwhile, whisk creme fraiche and remaining 2 tablespoons cream in medium bowl until soft peaks form. Remove sides of springform pan. Slice mousse and place on plates. Spoon lemon sauce around mousse; top with creme fraiche. Garnish with candied zest; serve.

#### Candied Lemon Zest:

4 lemons, well scrubbed  
 2 cups sugar  
 1 cup cool water

Remove zest from lemons with a vegetable peeler, keeping pieces long. Remove white pith using a paring knife. Cut into fine julienne using a very sharp knife. Place julienned zest in a small bowl; cover with boiling water. Let stand 30 minutes; drain. Bring sugar & the cool water to a boil in a small saucepan over medium-high heat. When sugar is completely dissolved, add julienned zest, reduce heat to medium-low, & cook 10 minutes. Remove from heat, cover, & let stand overnight. Store zest in syrup in an airtight container in the refrigerator for up to 2 weeks. I saw on the food network with Martha Stewart that she was making a frozen lemon mousse and boy did it look good. Posted by mzladyt. NB: crème fraiche is equal amounts of sour cream and heavy cream mixed together.

### Cheesecake Mousse

12 oz. cream cheese  
 1 cup cream  
 1 tsp. vanilla  
 Sweetener to taste (about 12 packets splenda, or more if you like it sweeter)

Cream together the cheese, sweetener and vanilla. (If the cream cheese is not room temperature nuke for about 15 seconds in MW to soften). Whip the cream until it peaks and fold into the cream cheese mixture. Put into a container, cover and chill overnight for best texture. Also, experiment with flavorings, use lemon or orange rind, almond extract or DaVinci flavored syrups (which would make the texture even lighter). It's very light and satisfying. For level 2, you could experiment adding some cocoa to mixture for a chocolate cheesecake mousse. Posted by Sass McGhee.

### Cheesecake Ice Cream Dessert

Whip a little heavy cream, add juice of 1/2 lemon, 3 packs Splenda & about 1.5 oz. cream cheese. I micro the cr. cheese for 15 seconds, then mix into the cream. Blend well & put in the freezer for 10 - 15 minutes. Tastes like cheesecake ice cream! So yummy!! By kimtone.

### Cheesecake Ice Cream with Blueberry Syrup

8 ounces cream cheese, softened  
 1 cup sugar (use a sugar substitute)  
 1 cup cold sour cream  
 1 cup cold heavy cream  
 3 tablespoons fresh lemon juice  
 1/2 teaspoon very finely grated lemon zest  
 1/2 teaspoon vanilla extract  
 Blueberry Syrup, recipe below

Chill a medium mixing bowl and the beaters of an electric mixer in the refrigerator. Prepare an ice cream maker according to the manufacturer's instructions. In the cold bowl, beat the cream cheese at medium speed until soft and smooth. Gradually add the sugar 1/4 cup at a time beating well after each addition. Beat in the sour cream and the cream. Add the lemon juice, lemon zest, and vanilla and beat just until thick and smooth. Cover and refrigerate until very cold (2 to 3 hours). Wash and re-chill the beaters. Using the chilled beaters and gradually increasing the mixer speed from low to medium, beat the mixture until creamy, about 2 minutes. Pour into ice cream maker and process according to manufacturer's instructions. Transfer to an airtight container and freeze until ready to serve. To serve, top ice cream with blueberry syrup.

#### Blueberry Syrup:

1 cup fresh or thawed frozen blueberries  
 3/4 cup sugar (use a sugar substitute)  
 1/3 cup water  
 2 teaspoons fresh lemon juice

In a saucepan, combine the ingredients and bring to a boil. Lower the heat and simmer until thickened to desired consistency. Remove from the heat and let cool to room temperature before serving with the Cheesecake Ice Cream. (If thinner syrup is desired, strain through a fine mesh strainer while still hot.) I'm posting this for the person that wanted a Blueberry Cheesecake Ice Cream mix in the Wish List forum. Can also be made using strawberries. I ran across this recipe from Emeril a long time ago and it can easily be somersized. I've never actually made it, but I keep meaning to. It sounds easy and delicious. Recipe courtesy Emeril Lagasse, 2002. Posted by Ijldragon.

## Easy Scoopable Ice Cream #2

2 cups heavy cream

1 cup water

1 teas. vanilla extract (good quality is best)

1/3 cup powdered egg whites (I use Deb El brand)

2/3 cup pure crystalline fructose (I use Esculent or Estee brands)

Note: For chocolate, I add 5 tbs. of Wondercocoa (keep in mind that this changes it to an "Almost Level 1" dessert) I like the taste of chocolate however, for a milder taste, you can use less.

Pour water, vanilla (or favorite extract), powdered egg whites, and pure crystalline fructose into the blender and blend on high speed for approximately 2 minutes. Next, pour the heavy cream in and blend ONLY for 1 minute (no longer), otherwise it can separate into butter. Now, just follow instructions on your ice cream maker and ENJOY !! This is the closest thing to store bought ice cream that I've come up with so far. It DOES NOT leave any filmy tasting residue at all. All my family and friends like this recipe better than my first recipe. Pure crystalline fructose is the ingredient that keeps this ice cream soft. It will not turn out soft with artificial sweeteners or Splenda. But, I do believe that it would work with Somersweet. I'm sure you could use the pasteurized, liquid egg whites as long as, you reduce the liquids to not exceed 3 cups total. When I was making it with regular egg whites, I used about 4-6 egg whites and about 1/2 cup of water instead of 1 cup. Teri T. Note: you can flavour this by reducing the amount of fructose to about 1/2 cup and adding 2-3 T SF syrup of your choice.

## EZ Ice Cream

Lightly hand whip three eggs with 2 TBL Somersweet & 2 tsp vanilla in a bowl, add 3 cups of heavy cream & whip a bit more. Put in an ice cream maker. I eat some & freeze the rest. Posted by KathyJG.

## Old Fashioned Vanilla Ice Cream.

1 cup sugar (I use 1/2 cup splenda and 5 tablespoons of crystalline fructose)

1 egg

1 cup Half and Half

1 Tbsp vanilla

3 cups Heavy whipping cream

Put the egg, half and half, sugar and vanilla extract in the blender and blend until mixture is smooth and the sugar is dissolved. Slowly add the cream and continue blending on low speed for 30 seconds. Transfer the mixture to your ice cream freezer and freeze according to manufacturer's instructions. Makes slightly more than 1 quart. EVEN MY son likes this ice cream. Posted by lazydee.

## Sunshine French Vanilla Ice Cream

In a large mixing bowl combine:

1 Cup Davinci Dulce de-Leche-syrup

1 1/2 Cups Substitute sugar

Beat until substitute sugar is dissolved. Add the following:

4 Cups Heavy cream

3 Tablespoons Vanilla extract

1 Tablespoon Almond extract

(Optional) 8 Drops Yellow food coloring

5 Drops Red food coloring

Beat until well combined & thick just until soft peaks, about 5 or so mins, & spoon into 2 16oz containers, cover & pop into the freezer, or you can use a ice cream maker. That's it! Note: Though the Davinci Dulce-de-Leche syrup is a caramel type syrup, when Almond & Vanilla extracts are added to it, it takes on french vanilla flavor. Real easy! Real good! Makes two 16oz containers. You can add 3 Tbsp of coffee to this to get coffee ice cream. Posted by Sapphire1.

### Divine Raspberry Ice Cream

In a Large mixing bowl combine:

1 Cup Torani Raspberry Sugar free syrup  
 1 1/4 Cups substitute sugar  
 3 Tablespoons Lemon juice  
 1 teaspoon Vanilla extract

Beat on medium speed until substitute sugar dissolves, then add

2 Cups Heavy cream

Beat until slightly thick like a whipped cream. Spoon into a 16 oz container and pop into the freezer, or you can use your ice cream maker. Posted by Sapphire1.

### Awesome Almond Roca Ice Cream

In a large mixing bowl add:

1 Cup Torani sugar free Almond Roca syrup  
 1 1/2 Cups Substitute sugar

Beat until substitute sugar dissolves and add:

4 Cups heavy cream  
 2 Tablespoons Almond extract  
 1 Tablespoon Vanilla extract

Beat until well combined until soft peaks form. Fill 2 16 oz containers with the ice cream mixture and pop into the freezer, or use an ice cream maker. This ice cream is even better than my French vanilla! This is really good stuff! And as always, my ice creams all are easy scoop same texture as store bought! Posted by Sapphire1.

### Low Cal Mock Ice Cream (Carb)

2/3 cup non fat dry milk  
 2/3 cup ice water  
 sweetener1 to equal 1/2 cup of sugar  
 2tsps vanilla extract  
 2 tsps lemon juice  
 1/8 tsp of nutmeg

Place dry milk in deep bowl; add remaining ingredients. Beat at low speed of electric mixer for 1 minute or until well blended, then beat at high speed 8 minutes or until mixture is the consistency of thick cream and measures about 4 cups. Freeze for 3 hrs or until mixture is firm and similar to ice cream. 4 servings. Posted by smoothies2.

### Protein Ice Cream/Popsicles

1 scoop SS protein shake (or 1 scoop protein powder and 1 tsp sugar free flavouring)  
 2 oz cream  
 6 oz water

Combine ingredients and shake. Pour into small cups or popsicle molds. Freeze. Ready in about 1/2 hour or so. Makes 4 popsicles. Posted by twiggy88.

### Dreamsicle Treat

1 Box Sugar Free Orange Jello  
 1 Cup Boiling Water  
 1 Cup Non Fat Yogurt  
 1/2 Cup Skim Milk  
 1 t Vanilla  
 4 Packets Splenda

Disregard the jello preparation instructions listed on the box!

\*\*\*First Method\*\*\*

In a medium bowl (choose a tupperware type with a lid that you can freeze so you can save yourself some dishwashing!) combine the boiling water with the jello mix. Allow to sit to cool to room temperature. To the jello mix, add yogurt, skim milk, vanilla, & splenda. Mix well. Cover and freeze until firm \*or\* freeze a couple of hours and then fluff with a fork and continue freezing. This creates "pieces" of jello that will end up like little bits of orange. When frozen, scoop up and into bowls and enjoy. (This will have a sherbet/soft icy texture.)

\*\*\*2nd Method\*\*\*

Pour unfrozen mixture into popsicle molds, freeze overnight. This may be a Carb, but it's also 0 fat and sweet. After I have dinner and I'm up hours later watching tv or a movie, this is perfect, because I just can't bring myself to eat ice cream that is full of cream. I'd rather have this! I heard of a recipe a while back and worked with it until I finally came up with the result I wanted. This is truly my saving grace at night or even in the morning a for a sweet treat instead of craving a doughnut. Posted by - AngelPie

### Orange Dreamsicle Dessert

2 - 3oz. packages of orange sugar free jello  
 2 - 8oz. package cream cheese  
 12 - 16 Oz. heavy whipping cream

Boil 2 cups water. Pour over jello. Cream the room temperature cream cheese and whipping cream together. Add to jello. Put in fridge for about 1 hour. Posted by jodisky.

### Watermelon-Blueberry Ice Pops

5 cups diced seedless watermelon  
 sweetener equal to 2/3 c sugar  
 Scant 1/4 c fresh lemon juice  
 1 c blueberries

Process melon, sweetener, and lemon juice in food processor until smooth. Pass through a fine sieve into a large measuring cup. Discard solids. Stir berries into watermelon mixture. Divide among ten 4 oz ice pop molds. Freeze overnight. I found this recipe in the latest issue of Martha Stewart's magazine Kids. I adjusted it some and it turned out great. My kids really like it. Posted by weesers.

### Strawberry Sorbet

1 lb strawberries cut into slices  
 2 tbsp lemon juice  
 1 lemon, zested  
 3/4 c sugar substitute  
 1/2 c water  
 1/4 tsp salt

In a blender or food processor, puree the berries, lemon juice & lemon zest. Set aside. In small saucepan bring sugar sub., water & salt to a boil. Reduce heat to simmer and cook 5 min or until slightly thickened. Add syrup to berry mixture. Place in ice cream mixer and churn according to manufacturer's directions. As seen on Food Network. Posted by Grace Barse.

### Black Cherry Sorbet

2 2/3 cups fresh or frozen black cherries, pits removed  
1/3 cup of water

2 tablespoons somersweet  
2 tablespoons orange juice

Place all ingredients in food processor or blender and blend until smooth. Taste puree and add more somersweet if needed. If using frozen berries there is no need to chill the mixture. If using fresh cherries, chill the sorbet for at least 2 hours or overnight. Then follow ice cream maker's instructions.

### Texas Summertime Frozen Torte

For crust:

1/2 stick butter softened  
1 egg  
1/2 cup whey protein powder  
6 pkgs. splenda (your taste)  
1 tsp. vanilla

Mix well and pour into small cake pan 8x8 sq or round. Place in preheated 350 deg oven. Bake for about 10 minutes or until top browns. Remove from pan and place enough cake in food processor to grind up 3/4 cup crumbs. Spread 1/2 cup crumbs into 8 x 8 square cake pan. Set aside.

For the filling ingredients:

3 eggs separated  
1/4 cup Torani SF syrup (I used raspberry)  
6 pkgs splenda  
1/8 tsp. salt  
1 cup heavy cream

In double boiler combine 3 egg yolks (save whites), Torani syrup (add more splenda if needed to your taste or even more syrup for stronger flavor), & 1/8 tsp salt. Mix well, heat mixture until small bubbles appear around the edge (stir constantly), immediately remove from heat & hot water. Careful not to overdo & cook the yolks. Put this in refrigerator to cool. Meanwhile beat the 3 egg whites until soft peaks form & add 6 pkgs splenda & beat until stiff peaks form. In another bowl beat heavy cream until soft & fluffy peaks form (I added 4 pkgs splenda but you don't have to). Take syrup & yolk mixture from the fridge (should be sort of jelled by now) & fold in beaten egg whites & whipped cream carefully so mixture stays fluffy. Pour over crumbs in the 8 x 8 pan. Take remaining 1/4 cup crumbs & sprinkle over the top. Cover with saran wrap & place in freezer for about 2 or 3 hours until frozen. Now I just couldn't help myself here & I know I shouldn't have done it but.....I had some frozen unsweetened raspberries which I thawed & sweetened with splenda & 3 or 4 TBS water & let it sit in fridge to form more juice. When I cut the frozen torte, I put a Tablespoon of raspberries over each serving of the torte. Talk about good on a hot summer night. You can use any flavor Torani syrup. I'm thinking next time I make this I will use peach syrup & possibly throw in some chopped peaches. I don't think this should cause too much of an imbalance. This is soooooo goooooood! & you can make it any flavor you want. It has a faux graham cracker crust using whey protein powder. I use a brand from GNC, Virtually Tasteless 100% ANY WHEY, plain. Posted by LilLooLoo.

### Sister Pat's Custard

3 eggs, slightly beaten  
5 Tablespoons somersweet  
1/2 tsp. vanilla  
1/8 tsp. almond extract

1 1/2 cups heavy cream  
1/2 cup water  
cinnamon & nutmeg (dash)

Blend eggs, somersweet, vanilla & almond extract. Place heavy cream & water in small saucepan on top of stove, and heat until just warm. Do not boil. Add the warmed cream to the egg mixture & stir well. Pour into custard cups. Sprinkle cinnamon & nutmeg on top. Place custard cups in a deep roasting pan. Add one inch of hot water to roasting pan. Place in 400 degree oven for 25 to 30 mins. or until set. By Pat Polito.



## Chunky Cinnamon Applesauce

As many apples as you want  
Cinnamon to taste  
Whole cloves to taste

Core and chop apples coarsely (I don't bother peeling, but you may if you prefer) into a pot. Sprinkle with cinnamon and a couple whole cloves (Remember, you can always add more if you want but be careful at first because it's easy to overdo the cloves.) Place pot on stove at low heat. Apples will break down, creating their own juice. You can add a little water at first to help the process along, but you barely need to add any. As the apples break down, stir continuously to mush them and spread the cinnamon-y juice around. Allow mixture to reduce to desired consistency. This is so easy and makes the house smell so good! By erica56.

## Baked Apple

Core out the center of several apples. Don't cut though the bottom. Place in a baking dish. Put in the hole, cinnamon, nutmeg and a pinch of mace. Can add sweetener if you want to. I sometimes add a sprinkle of butter buds. Add 1/4 inch boiling water to the dish. Bake in a preheated 375 degree oven for 35 to 40 minutes. Level two: Add butter to spices before baking. Top with sweetened whipped cream. Posted by mjlibbey.

## Caramelized Apples (or Crustless Apple Pie!)

6 Tbsp unsalted butter, divided  
1 1/4 cups sugar substitute, divided (pref fructose)  
4-5 pounds crisp, not-too-sweet apples, like Granny Smith, peeled, cored and sliced  
1/2 tsp ground cinnamon

Heat oven to 400 degrees. Combine 4 Tbsp butter with 1 cup sugar substitute and a Tbsp of water in a 10 or 12 inch nonstick, ovenproof skillet. Place on stove on medium heat. Cook, shaking pan occasionally (do not stir), until sugar substitute melts into butter and mixture bubbles. Turn off heat, then add apples in layers. About halfway through, dot with some of the remaining butter and sugar substitute. Use rest of butter and sugar substitute on top, along with cinnamon if you like. Put in preheated oven. Bake, undisturbed, until apples give up their liquid, the liquid evaporates and sides are dark brown and sticky-looking. This will take around 45 minutes, but it could be considerably longer or shorter, depending on the water content of the apples. (Be sure to watch - - if it bakes to long, you'll never get it out of the pan!) Remove from oven and let cool. Serve straight from the pan - -or, for a more attractive presentation, invert onto a plate. Serve with flavored whipped cream! Our newspaper (Rochester D&C) had this recipe in this morning. I'm thinking crystalline fructose would need to be used, as it is in the caramel sauce recipe? Posted by suzysun55.

## Mock Apple Pie

My Aunt uses zucchini to make a mock apple pie- she cuts it in half lengthwise and scoops out the seeds- peels it, put in a bowl and pours boiling water over it- lets it sit a few minutes to soften - then uses it as you would apple slices- taste like it with cinnamon and sweetener and a spot of butter- top with zero carb baking mix cut with butter and sweetener for an apple crisp!!! Posted by Medicmom.

## Crock Pot Apples

When I make the apples, I just cut them up & through them in the crock pot. I never really measure the sweetener & cinnamon. It's up to individual taste. I probably put about 1/4 cup of sweetener if that, & just pour in cinnamon. I never measure, just pour in, stir & make sure all of the apples are covered with at least the cinnamon. I am making some right now!! angelzoe @ SS site. Thanks angelzoe78! I made the apples tonight, but I also added a sprinkling of lemon juice & freshly ground nutmeg. They are deeeeeelish!!!! I had another brainstorm with your apple crock pot idea. The apples tasted just like pie filling, so I used some of my whole wheat phyllo dough & made like a strudel. YUMMMM, I can smell it baking now & can't wait to taste! I think this would work well with pears too! I actually made friends with a local bakery & they order whole wheat phyllo for me through their supplier, but I think that you can get it at Whole Foods too. Mizztucker. \* note\* Please note that using the phyllo dough would make this level 2.

### Warm Grilled Peaches

6 peaches, cut in half  
 1/2 cup oil  
 1/2 cup of splenda (or less somersweet)

Mix together oil and sugar. Cut peaches in half and remove pit. Brush peaches with oil mixture then grill until brown. Depending if you are level one or two, you can top with ice cream or ff yoghurt, Davinci's SS fav syrup or somersize topping. Posted by Skye2.

### Rhubarb Fool

1 Cup Stewed Rhubarb  
 1 Cup whipped cream (I start with about 1/2 cup cream and it whips up to a cup)

Fold stewed Rhubarb into whipped cream. Chill and enjoy!!! I really loved the tart/sweet/creamy texture of this. Plus when I made the stewed rhubarb, I added strawberry extract, cinnamon and vanilla extract as well. It makes the rhubarb taste absolutely luxurious! If you need the recipe for stewed Rhubarb, it is:

#### Stewed Rhubarb

One bag frozen rhubarb (about five/six cups)  
 1/3 cup Splenda or Brown Sugar Twin granular.  
 1 tsp vanilla extract  
 1 tsp strawberry extract  
 1/2 tsp cinnamon  
 (adjust seasonings to taste)  
 1 cup water

(A note: I threw in a packet of Crystal Light strawberry/banana flavored drink crystal to up the strawberry flavor (the singles ones that come 8 packets to a box). I really liked it, but cut down your sweetener.) Place ingredients in a non-reactive pot and simmer until all rhubarb had broken down into a jam-like sauce consistency (About 10 minutes). Place in a jar and refrigerate overnight to let flavors develop. Freeze in 1/2 pint jars - I get about three. (This keeps only about 1 week in the fridge, as there is not much sugar in to act as a preservative, as it does in conventional jams.) I came across this recipe in a Chatelaine cookbook I own. I was so excited I went out and bought whipping cream at twice the price just to try it! It is DIVINE!!!! Posted by BelovedUgly.

### Rhubarb Fluff

Cut 1 lb rhubarb into 1" pieces. Cover with 1 c splenda + 2 T splenda, and 1/2 t salt. Cook until tender. Soften 1 T unflavored gelatin in 2 T water, and add to rhubarb. Cool until mounds. Fold in 1 c of whipped heavy cream. Chill. Yummy! I got this recipe from a cookbook called "Cooking Through the Years" - it is a local town's centennial cookbook. I just substitute splenda for the sugar - I'm sure somersweet would work too. Posted by cubbiegal.

## Luscious Layer Lemon Pie

### First Layer

8 ounces softened cream cheese  
 1 egg  
 ½ teaspoon vanilla  
 2 Tablespoons cream  
 sweetener of choice equal to 1/2 cup sugar  
 2 teaspoons finely grated lemon peel  
 1 Tablespoon fresh lemon juice

### Second Layer

1 envelope unflavored gelatin (I use Knox)  
 sweetener of choice equal to 2/3 cup sugar  
 4 beaten egg yolks (beat lightly with a whisk)  
 2/3 cups water  
 1/3 cup fresh lemon juice  
 2 Tablespoons unsalted butter  
 1 teaspoon finely grated lemon peel

### Third Layer

8 ounces mascarpone cheese (sold by the imported, fancy cheeses)  
 sweetener of choice equal to 1/2 cup sugar  
 1/2 teaspoon vanilla  
 1 teaspoon fresh lemon juice  
 2 teaspoons finely grated lemon peel  
 1 cup heavy cream  
 sweetener of choice equal to 1/2 cup sugar

Layer One. Preheat oven to 350. In a mixing bowl, beat the softened cream cheese, and sweetener until light and fluffy. Add the egg, vanilla, and lemon juice and beat until well combined. Stir in the cream, and lemon peel. Pour into a greased 9 inch pie plate and bake for approximately 20 minutes. Remove from oven and cool to room temperature.

Layer Two. In a medium sized saucepan, stir together the gelatin, sweetener, and water. Add in the lemon juice, lemon peel, butter, and egg yolks. Cook over medium heat until thickened and bubbling....stirring occasionally. Continue to cook and stir for an additional 2 minutes, then remove from heat. Cool to room temperature...giving it a stir occasionally.

Third Layer. In medium sized bowl, stir together the mascarpone, vanilla, sweetener, lemon juice, and peel until well combined and smooth. There's no need to use the mixer, just mix it up well with a spoon. Cover and chill in the refrigerator until ready to assemble the pie. When the second layer has cooled to room temperature, beat the 1 cup heavy cream and sweetener in a large bowl until stiff peaks form. Fold HALF the whipped cream into the bowl with the second layer. Gently combine, then pour over the first layer in pie plate. Let chill in the refrigerator until the second layer sets. Fold the remaining whipped cream into the mascarpone cheese mixture and return the bowl to the refrigerator. After an hour or two, the second layer should be set. Once it is set, pour the third layer (mascarpone mixture) on top and return to the refrigerator and chill for several hours. When ready to serve, run a knife around the outside edge of the pie plate, slice and enjoy! sweetiepie @ SS site. Deb's notes: This is a "more involved" recipe, but it's really good if you like lemon! It took me about 2.5 large lemons. I'm going to attempt to take some of the left over zest and 'smoosh' splenda into it and use as a garnish on top. This is MUCH better tasting if you do let the flavors blend for several hours prior to eating. A packet of gelatine = approximately 2 and 1/4 teaspoons (Knox brand packet).

## Mock Pumpkin Cream Cheese Pie with Hazelnut Frosting

Spaghetti Squash cut lengthwise (the smaller ones puree nicer)  
 2 eggs  
 1-1/2 Tbls Somersweet  
 1/2 tsp Salt  
 1 tsp ground cinnamon  
 1/2 tsp ground cloves  
 1/2 tsp ground allspice  
 1/2 tsp ground nutmeg  
 2/3 cup softened cream cheese  
 1/2 cup Cream

I didn't want the regular pumpkin pie – which is delish by the way – and I didn't want to make a whole pumpkin cheesecake. So here is my combination of Starlight's and September's Mock Pumpkin Pie and the Pumpkin Cheesecake. It is still a work in progress and I will tweak it a little more, but it was pretty good if I say so myself. Preheat oven to 350. Cook Spaghetti squash by cutting in half lengthwise and putting face down in a baking pan with water about an inch up the sides of the squash. Bake for 1 hour 15 min. (Do not microwave squash for this recipe, baking it adds flavor.) When ready to take out, drain pan and scrape out squash with spoon into pan. Measure a heaping 2 cups of squash and place in food processor and puree thoroughly. Place in sieve to drain excess water and let sit. Preheat Oven to 425. In large bowl whisk eggs for about 30 seconds then add all ingredients from Somersweet to nutmeg. Whisk together to blend. Pour in Spaghetti Squash puree and whisk until well combined. In separate bowl use hand mixer to smooth and fluff the softened cream cheese. Add it and cream to squash mixture and blend with mixer until even color and smooth. Pour into buttered pie pan (not a tin) and bake for 15 min, then lower temperature to 350 and bake for another 30 min or until toothpick or knife come out clean. Cool on rack for 30 min then use a butter knife to release the sides as it shrinks as it cools. Let sit for another 30 minutes then refrigerate for 30 min. Once cooled, top with whipped cream OR frost with:

Rainy's Hazelnut Cream Cheese Frosting:

4oz Cream Cheese Softened  
 1/2 cup heavy whipping cream (I use Manufactured Cream)  
 1-1/2 Tbs. Torani's Sugar Free Hazelnut Syrup

Place all ingredients in a medium sized bowl and whip until smooth. By rainy1mom.

## September's Mock Pumpkin Pie

2/3 cup sweetener (I used 2 T. SomerSweet)  
 1 teaspoon ground cinnamon  
 1/2 teaspoon salt  
 1/2 teaspoon ground ginger  
 1/4 teaspoon ground cloves  
 2 eggs  
 3 1/2 cups pureed spaghetti squash  
 1 1/4 cups cream  
 \* you can substitute 1 1/2 Tablespoon of Pumpkin pie spice for the cinnamon, ginger, and cloves)

To cook the spaghetti squash, I usually cut it in half lengthwise, put it in a large baking pan, with an inch of water, and bake it for an hour. It gets a roasted flavor that tastes more like pumpkin that way. If you can find the orange spaghetti squash, that's even better! Preheat oven to 425 F. Combine sweetener, salt, cinnamon, ginger and cloves in small bowl. Beat eggs lightly in large bowl. Stir in pureed squash and sweetener-spice mixture. Gradually stir in cream. Pour into buttered pie pan. Bake for 15 minutes. Reduce temperature to 350 F.; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Level One - Pro/Fats. By September.

### Cuznvin's Pumped Up Pumpkin Pie

3 to 3 1/2 cups Pureed Spaghetti Squash	1 can Nestle Table Cream (found in the latin aisle in my supermarket)
3 Tbls Somersweet	1/4 cup Heavy Cream
1 teas Nutmeg	4 eggs
1 Tbls Cinnamon	2 egg yolks
1/2 teas Sea Salt	1/2 tbls Vanilla
1 1/2 teas ground Ginger	
1/2 teas ground Cloves	

I cooked my spaghetti squash by cutting it in half, seeding it, spraying the flesh with Pam and baking it cut side down in a 350 degree oven for an hour or so. Combine all ingredients. Pour into a deep dish pie plate which has been sprayed with Pam. You can fill it up pretty well since it didn't puff up at all. I baked it for 15 minutes in a 425 degree oven and then for another 50-60 mins in a 350 degree oven. The edges were browning rather quickly so next time I may just bake it the whole time at 350 until set and slightly brown. Cool and refrigerate. Serve with whipped cream slightly sweetened with Somersweet and 1 capful of vanilla. Sprinkle Cinnamon on top for a festive look. You can condense your own cream by cooking it stove top. Just pour your cream (double the amount because you will cook/condense it down to half) and keep a good eye on it, stirring often. Don't leave it unattended as it will burn (trust me on this - ha!) The end product will be a very thick condensed cream. Note: mkk234 - can use sour cream mixed with cream to replace the table cream.

### Squash Pie (Mock Pumpkin Pie)

Sweetener to equal 3/4 cup of sugar  
 1/2 teaspoon salt  
 1 teaspoon ground cinnamon  
 1/2 teaspoon ground ginger  
 1/4 teaspoon ground cloves

Combine above ingredients in small bowl.

2 eggs

Bake spaghetti squash a few hours ahead of time (I usually bake it a day ahead. That way all the flavorful liquid is absorbed back into the squash and not lost), cool and fork. Puree and then measure 1 3/4 cups.

1 1/2 cups heavy cream

Beat eggs lightly in large bowl. Stir in squash and dry ingredients. Gradually stir in cream. Pour into a pie shell (level two) or non-stick pie plate. Bake in preheated 425\* oven for 15 minutes. Turn oven down to 350\* and bake 40 to 50 minutes more. Until knife inserted in center comes out clean. Serve with sweetened whipped cream. This is the recipe from the Libby's pumpkin can. Posted by mjlibbey.

### Bayou La Batre Rum Cream Pie

5 egg yolks  
 3/4 cup splenda (or your taste)  
 2 1/2 Tbs. unsweetened gelatin  
 1/2 cup cold water  
 3/4 cup heavy cream  
 Rum Flavored Extract to taste

Beat egg yolks until light then add the splenda. Soak gelatin in cold water, put over low heat until dissolved and pour over splenda and egg mixture stirring briskly. Whip cream until stiff and fold into the egg mixture and the rum extract. Chill slightly until mixture begins to set. Then pour into the previously posted egg white pie crust shell. Return to refrigerator and chill until set. Posted by LilLooLoo.

## Mock Coconut Cream Pie

### Pie Shell:

2 large egg whites	1/2 teaspoon vanilla
pinch cream of tartar	7 tablespoons splenda (or your taste)

In bowl add egg whites with cream of tartar & beat until begins to stiffen. Then add splenda slowly & taste for sweetness as you continue to beat the whites. Continue beating until stiff peaks form. Spray with pam plain or butter flavor a 9 inch non stick pie tin (glass burns to easily). Spread meringue on the bottom & sides. Bake in a pre-heated 275 degree oven for one hour or until crisp. Turn oven off & leave the shell in the oven for 30 mins. Remove & cool. Fill with desired legal pre-cooked pie filling. I have filled with legal chess pie filling & returned the cooked filled crust to oven to cook the filling. I covered the crust edges so as not to completely burn it up. I also have added a meringue icing over the pie filling making sure the meringue covered the crust completely & returned to oven for few minutes to brown the meringue icing. The crust remains crusty just like a real pie crust.

### Filling:

Splenda to taste	1/2 tsp. vanilla extract
4 oz. cream cheese	1/2 tsp almond extract
1 egg beaten	3/4 tsp. coconut extract
1 cup heavy cream	

In a small bowl beat egg with 1/4 cup heavy cream and set aside. Pour remainder of cream in sauce pan. Add cream cheese and cook on medium heat stirring constantly until cheese melts. Add beaten egg mixture and stir constantly until starts to thicken add the extracts and continue stirring until thick or pudding consistency. Pour into the egg shell pie crust. Refrigerate until ready to serve. By LilLooLoo.

## That Raspberry Thing

Make one recipe Septembers "layer 1":

Mix 1 stick of room temp butter, 1 cup vanilla protein powder, 1/4 C sugar equivalent together (mixture will be crumbly), pat in bottom of 9x9 pan. Bake @ 325 for 10-12 minutes, until LIGHT brown. Let Cool, then crumble.

1 Stick of softened butter  
 2 Eggs  
 1 C powdered sugar sub (I use Wheylo brand)  
 2 C raspberries  
 1/2 pint whipping cream

Lightly pat 3/4 of crumbs in 9x9 pan. Beat butter with powder sugar sub until blended. Add eggs, one at a time - beat after each one. Spread mixture on top of crumbs and cover with 2 cups drained raspberries. Top with whipping cream - whipped & sweetened to taste. Sprinkle with remaining crumbs. Cover, and refrigerate 6 hours. I've also used the "crumbs" for cheesecake crust, and as pie crust for Pumpkin pie. I SS'd a dessert called -That Raspberry Thing, it would be almost level 1 because of the fruit. Posted by GardenGirl.

## Raspberry Russian Cream

1 cup plus 3 Tablespoons heavy whipping cream	1 cup sour cream
1 small pkg of sugarless raspberry jello	2 teaspoons vanilla extract

In a medium saucepan, mix together cream & jello. Heat over medium-high heat until jello is thoroughly dissolved. Smash the bits of jello against sides of pan to dissolve them. Remove from heat & cool until slightly thickened - about 5 to 10 mins. Fold in sour cream & vanilla with a whisk. Pour into custard cups or a bowl. Chill 3 hours. I top it off with whip cream when I eat it. I usually triple this recipe & put it in 9 1/2 x 12 pan, so I can bring them out like slices. Posted by Jillybean, original poster unknown.

## Lemon Tarts

### Meringues:

3 egg whites  
1/2 teaspoon cream of tartar  
3 tablespoons sugar (Splenda)

### Filling:

3/4 cup sugar (Splenda)  
Sugar substitute equivalent to 1/2 cup sugar (I used all Somersweet in both cases)  
3 Tablespoons cornstarch (can omit)  
1 1/3 cups cold water  
3 egg yolks, beaten  
1/4 cup lemon juice  
1 teaspoon grated lemon peel  
Lemon slices & mint springs (for decoration)

For meringue, in a mixing bowl, beat egg whites & cream of tartar on medium speed until soft peaks form. Gradually add sugar; beat on high until stiff peaks form. Drop meringue into eight mounds on parchment-lined baking sheets. Shape into 4" cups with back of a spoon. Bake at 225 for 55 min. Turn oven off and do not open door; let meringues dry in oven for about 1 hour. For filling, in a saucepan, combine sugar substitute and cornstarch. Gradually stir in water until smooth. Bring to a boil over medium heat; cook & stir for 2 minutes. Remove from heat, stir about 1/2 of the hot mixture into egg yolks; return to the pan, stirring constantly. Bring to a gentle boil. Cook & stir 2 minutes longer. Remove from heat. Gently stir in lemon juice & peel. Cool to room temperature without stirring. Cover & refrigerate for at least 1 hour. Just before serving, fill meringue shells with mixture. Garnish with lemon slices & mint. You might have to play with the pudding consistency a little since you'll be leaving out the cornstarch. But, it's worth it! Just don't overcook the meringues, or they'll crumble (voice of experience!!) Here is the recipe I found in the Light and Tasty Magazine. I used SomerSweet where they called for Splenda/sugar. It calls for cornstarch, but the eggs will make it thicken enough to make it a good pudding. It's just not quite as thick as with cornstarch. Hope you enjoy!! Posted by popsjk2.

## Easiest Dessert Ever

I just discovered the simplest dessert ever. All it takes is frozen coffee and Somersweet! Put five cups of frozen coffee in the blender, add a teaspoon or more of Somersweet and a 1/4 cup not frozen coffee and blend. It comes out this beautiful light brown color and tastes foamy and sweet. U can add a little cream if you want, but it's great otherwise. Pour into tall glasses and serve. This is a real time saver and sooo good. I freeze my coffee in plastic tupperware, the size depending on how much coffee, but usually 2-cup. (tip: To make blending frozen coffee easier- run a little hot water around the tupperware to loosen the coffee from the tupperware and then place frozen coffee block in doubled plastic bag. Slam the plastic bag on pavement to break up the coffee. Its much easier on your blender!) The non-frozen coffee is usually room temp, cold works for me too, tho. By sweetpea34.

## Coffee Cream

1/2 cup strong sweet decaf coffee.  
some gelatin  
cup of heavy cream.

Dissolve gelatin in coffee (I really can't say the amount of it.) Whip the cream until quite hard. Slowly pour coffee-mix into whipped cream. Mix all together. Put into refrigerator until done.

## Tiramisu

6 egg yolks  
 1-pound Mascarpone cheese  
 1 ¼ cups espresso, cooled  
 ¼ cup DaVinci SF Kahuli Caffè syrup  
 24 "ladyfingers"  
 Wondercocoa (can be eliminated with level one but makes this almost level one with it)

Ladyfingers: I used the infamous Pro/fat Bun recipe from DebB but increased egg yolks to 6 and the Splenda to ¼ cup. I sprayed an 11 x 17 cookie sheet with Pam. Do not use the flat sheet. Spread the mixture evenly. I then sprinkled 3 teaspoons of splenda over the batter, letting it sit for about 3 minutes. I then baked this for 50 minutes. You do want them to be browned and a little drier than the buns. I sliced this into 32 pieces. In a large bowl, using an electric mixer with whisk attachment, beat egg yolks and sugar until thick and pale, for a good 5 minutes. Add Mascarpone cheese and beat until smooth. Add 1 tablespoon of espresso and 1 tablespoon Kahuli Caffè SF syrup; mix until thoroughly combined. In a small shallow dish, add remaining espresso and Kahuli Caffè SF syrup. Dip each ladyfinger into this for only 5 seconds. Letting the ladyfingers soak too long will cause them to fall apart. Place the soaked ladyfinger on the bottom of a 13 by 9 inch baking dish, breaking them in half if necessary in order to fit the bottom. Spread evenly 1/2 of the Mascarpone mixture over the ladyfingers. Arrange another layer of soaked ladyfingers and top with remaining Mascarpone mixture. Cover tiramisu with plastic wrap and refrigerate for at least 2 hours, up to 8 hours. Before serving, sprinkle with Wondercocoa for almost level one. I have adapted a recipe I saw on the Food Network. It is setting up as I post this. Taste test of "ladyfingers" and the filling are great. Think this will really work. (By onaquest)

## Tiramisu

First, make the cream:  
 3 tablespoons Splenda  
 2 egg yolks  
 2 oz cream cheese  
 5 oz mascarpone cheese,  
 3 tsp apple cider vinegar  
 7 oz heavy whipping cream

With an electric mixer, whip Splenda and egg yolks on high speed until pale yellow and thick. With mixer on medium speed, add cream cheese and whip until smooth. Add mascarpone and 3 tsp apple cider vinegar - Mix until incorporated. Whip the heavy cream to stiff peaks and fold into the mixture. Refrigerate. While the cream is chilling in the fridge, make Cuznvin's Crazy Coffee Cake (recipe in "Up and At 'Em" forum. Omit the crumb topping. While the coffee cake is baking, make the "espresso" mix:

Combine:  
 2 cups strong decaf coffee  
 2 Tbsp Splenda  
 1 tsp apple cider vinegar

When coffee cake is baked and cooled, cut it into ladyfinger slices. You can put them in the toaster if you want a crisper (not so soggy) layer of lady fingers. Now, dip the ladyfingers into the espresso mix and layer them on the bottom of a deep dish. Don't drench them completely, unless you like it soggy. Dollop half of the cream mixture of the ladyfingers layer. Create a second layer of espresso-dipped ladyfingers. And top with the remaining cream mixture. For Level one - sprinkle cinnamon on top. For Almost Level one - sprinkle a mixture of Wondercocoa and Splenda. For best results, refrigerate it for a couple of hours before serving. But if you are impatient like me, just dig right in! Simply put: this is the BEST SSized dessert I've ever eaten. Wow. Really. Actually, it's one of the best desserts I've tasted EVER. This is a SSized version of the famous Carlucci recipe found here: <http://www.heavenlytiramisu.com/rcp-124.htm>. Posted by RenaissanceGirl.



**Butter Toffee**

1/2 C water  
1/2 C Somersweet

Whisk together in a heavy sauce pan until completely dissolved and bring to a boil. Cook without stirring until reduced, foamy, and golden. Will take 20 minutes or more, watch carefully so as not to burn. Whisk in:

1 C heavy cream

Bring back to a boil and continue to cook without stirring until it reaches 245 degrees with a candy thermometer. Could take up to 30 minutes or longer. Whisk in 2 T butter and pour into a buttered dish. Let cool to room temp and place in frig until needed. May cover with melted chocolate. Skinny in River City @ SS site.

**Butter Toffee without Maltitol**

1 cup whey low D  
1 cup salted butter  
z carb dark chocolate bar (optional)

Melt butter over medium heat. Just as butter is almost all melted, add whey low D & reduce heat to medium/low. Stir constantly to prevent burning & continue cooking & stirring until candy thermometer reaches 300\*, about 8-10 mins. Pour into a baking dish lined with non stick foil, 8x8 or 11x8 depending on how thick you want it. Let set up for about 4 mins. Break up z carb chocolate bar & place pieces of chocolate on top. Let sit again about 3 mins for chocolate to melt, then spread chocolate over the top. Let chocolate firm up before breaking into pieces. You can use unsalted butter but it's not as tasty. I don't use a candy thermometer, I eye ball it as I have been making this for years before somersizing. Try not to over cook as it will not look burnt but will taste burnt. \*If you do not cook long enough however, it will stay soft. You can also break it up into little pieces & add it to Teri T's ice cream for a vanilla toffee ice cream treat! This is my grandma's recipe that I somersized. It's so easy! Posted by showgirl.

**Toffee**

I made toffee!! I found the recipe in a Betty Crocker cook book. And I improvised. I boiled 1 stick butter w/ 3t. Somersweet for about 7 min, stirring constantly. Then pour into a buttered 9x9 pan. Sprinkle w/ chopped chocolate, it will melt and then you can spread it over your toffee. If your chocolate is unsweetened, you can melt it first and add some Somersweet, then pour it over. Sunshine @ SS site.

**Real Caramel Candy**

1 cup of fructose	would be about 3/4 cup)
1 tbs butter	1 tbs SF caramel syrup
1 can 170 ml of Nestle carnation thick cream (that	1 tbs vanilla whey powder

Cook on medium heat, when it's bubbling, stir for 17 min. It will get thicker and thicker... pour in a small size pan so it will be about 1/2 to 1 inch thick. Put in fridge overnight... Voila... caramel candy...Cut in little squares or eat it with a spoon, it's delicious... I did a little experiment with TeriT's caramel sauce and change it a little bit to make caramel. By SSalafrench.

**Pickled Watermelon Rind**

9 cups water, divided	3-1/2 cups Sugar (Splenda or Somersweet)
4 cups watermelon rind, peeled and cut into	3 cinnamon Sticks
1" chunks	1/2 teas. (16 whole cloves)
1 cup white vinegar	

In a soup pot, combine 8 cups of water and the watermelon rind and bring to a boil over high heat. Boil for 15 minutes, or until fork-tender; drain. Return the watermelon rind to the pot and add the vinegar, the remaining 1 cup water, the sugar, cinnamon sticks, and the whole cloves. Boil for 35 to 40 minutes, or until the rind is almost transparent, stirring occasionally. Let cool for 15 minutes, then place in a container, seal tightly, and chill overnight before serving. Makes 2 Cups. GARNET2002.

## Le Cirque Crème Brulee

3 cups heavy cream  
 7 eggs  
 1/4 cup + 2T sugar equivalent  
 Pinch of salt  
 1 vanilla bean, split lengthwise  
 Optional - DaVinci SF Vanilla Syrup

Heat cream with vanilla bean and salt in medium saucepan until shimmery on top, when bubbles are just starting to form at the sides. Note: When splitting the vanilla bean lengthwise, scrape the seeds out into the cream with a paring knife. In a large bowl, mix 7 egg yolks with sweetener equivalent, and 1 T syrup (syrup is optional) with a wooden spoon. Remove the bean from the cream. I use a pair of tongs to remove the bean, and then I grip the top of the bean with tongs and squeeze/scrape the juice and remaining beans out along the bean. Very slowly add the heated cream into the yolk mixture, lightly stirring the entire time. It is easiest to dip about 1/3 cup of cream mixture out first, and slowly pour it in the mixture while stirring with a wooden spoon. Repeat this several more times, and then add the rest from the pan slowly. Transfer mixture to a large measuring cup or something with a pour spout. Slowly pour the mixture evenly into 6 ramekins. Bake at 300 degrees for about 20 minutes, until set on the edges, but still wiggly in the center. Cool on a wire rack. Refrigerate overnight, or a minimum of 3 hours. When ready to serve, evenly spoon Somersweet or Whey Low across the entire top surface. Caramelize with a kitchen torch. I serve these with a thinly sliced strawberry on top of each dish, or 4 blackberries (which would make it Almost Level One), and a spritz of vanilla-sweetened whipped cream. Note - if you use deeper ramekins, the cooking time will be longer. I use shallow ramekins. 6 servings. I adapted this from several recipes, including one posted from Le Cirque restaurant in NY, as well as Nanz from the old boards. Posted by hoffs.

## Pumpkin Creme Brulee

2 cups heavy cream  
 1/3 cup pourable sweetener(splenda)  
 5 large egg \*yolks\*  
 1/3 cup cooked and pureed spaghetti squash  
 1/4 teaspoon ground cinnamon  
 1/4 teaspoon ground ginger  
 pinch of ground cloves  
 5 drops each of yellow and red food colouring (optional-to yield orange look)  
 SomerSweet

Preheat oven to 325 degrees(you'll be using the lower part of oven). Heat cream and sweetener in a heavy medium saucepan just until it begins to bubble around edges. DO NOT BOIL the cream. Place the egg \*yolks\* in a mixing bowl and whisk slightly. Add hot cream mixture in a steady stream while continuing to whisk lightly until yolks and cream are well mixed, but \*\*DO NOT OVER BEAT to avoid creating a FOAM.\*\* Add pureed spaghetti squash, cinnamon, ginger, cloves and lightly mix until all ingredients are well incorporated. Strain mixture through a sieve to remove any bits of unmixed egg, \*this is very important\*. Pour mixture into six 4 oz. small custard cups (ramekins), leaving room at the top for the SomerSweet coating. Place cups in a pan and fill pan with hot water that comes halfway up the sides of the custard cups. Place the pan in the lower part of heated oven and bake for 25 minutes until the custard just barely wiggle in the centre. Be careful not to overcook the custard. Remove pan from the oven, place it on a rack, and allow the custard to cool to room temperature. Remove custard from water bath, cover, and refrigerate for at least 6 hours or overnight. Custard mixture may be made the day before and keep perfectly well in the refrigerator for at least up to 24 hours. Just before serving, remove the custard from the refrigerator and coat the entire tops with a thin even layer of SomerSweet. Using a small blowtorch, caramelize the sweetener by starting in the centre and working in circles to the edge of the cups. Serve immediately so that the contrast between warm, crisp, caramelized topping and the cold custard is maintained. YIELDS 6- 4oz. custard cups or 3 cups of mix. Note: If not using the small blowtorch to caramelize the SomerSweet, place cups in a tray surrounded by ice, and placed about 2 inches under a heated broiler until the sweetener has caramelized. \*\*You may adjust your spices to whatever you like. Pumpkin Pie Spice is a great substitute. \*\* \*\*\*\*For a L2 treat you may add 1 Tablespoon of dark rum to the mixture\*\*\*\*\* This recipe is always a hit with my family. Its so creamy and good. Perfect for this time of the year. Twinkle.

### Cappuchino Cream Brulee

I took about 1/4 cup of the heavy cream and added 1 tbs of instant decaf coffee crystals and microwaved it for about 30 seconds to dissolve the coffee crystals and added it to the rest of the recipe. By Sunnyca.

### SomerSized Fructose Caramel Sauce

1/2 cup water	2 cups heavy cream
1/2 cup pure crystalline fructose	pinch of baking soda
4 T. unsalted butter	

Dissolve water & fructose. Boil over medium heat until thermometer reaches 200-220 degrees (about 8 minutes). Add 2 T. of butter and cream and slow boil for 15-20 minutes. You should boil this until the consistency is thick but still pourable, as it will thicken as it cools. Remove from heat and add remaining butter and baking soda. Let cool and transfer to small jar and refrigerate. KidsMom.

### Marshmallows

3 egg whites  
 1 ½ cups sweetener (¾ C. each Splenda –not packets, and crystalline fructose)  
 ¼ cup water  
 1 packet gelatin  
 ½ t. salt  
 1 T. vanilla

Sprinkle gelatin over water to soften (about 2-3 minutes-I usually get everything else together during this process). In a double-boiler, combine all ingredients and whip (on high) with a hand mixer for 12-15 minutes. I typically fill the boiler pan about 1/3, or just enough so the water won't touch the bottom of the pan when it boils. Then bring it to a boil (with a lid or whatever), reduce the heat, and set the bowl of ingredients on top. From 1-10 my setting usually reads between 3 & 4 for temp during the cooking process. Spread into a container of choice (I use an 8x8 Pyrex), and chill in refrigerator for a couple hours. When thoroughly set marshmallows will easily cut with a wet knife. I like to use my kitchen torch to toast them—YUMMY!!! My sister Vicki sent me the original of this recipe. I tweaked it a bit to get the result I wanted. Posted by RaeSK.

### Marshmallow Creme

2 envelopes of unflavored gelatin  
 ¾ c fructose  
 2t vanilla  
 ¼ c water  
 ½ c boiling water  
 ½ t vanilla flavored oil  
 3 egg whites

Sprinkle gelatin over cold water in a bowl, set aside 5 mins. Add to boiling water in a saucepan, cook till dissolved. Remove from heat. Cool to thick syrup. Stir in fructose & vanilla & flavored oil. Beat egg whites until soft peaks begin. Very slowly pour in gelatin mixture. Beat until light & fluffy. Store in airtight container in the fridge. This will turn into marshmallow when cold. You can heat it up in a microwave for a few seconds & it will be cream again. I found this recipe under [www.recipezaar.com](http://www.recipezaar.com) I substituted some for it but it is good. Posted by mzladyt.

### Coloured Sugar

Put 2 cups of Whey Low White sugar substitute in a small mixing bowl & add about 4 or so drops of food coloring of your choice. Mix with a fork until well blended and then store in air tight containers. The decorating uses for this are endless! You can also use this in recipes like cake mixing to color your cakes and cookies etc... You can use these colored sugars to top off cookies before going into the oven or on cakes or what ever you can think to do with them. It makes holiday baking a snap! By the way I only used the Whey Low sugar substitute because it is the only one so far that stands up to liquids, and won't melt the sugar on first impact! Posted by LKsapfire1.

## DESSERTS – Almost Level One

### No Bake Cheesecake

2tbsp butter	1 cup heavy cream
2tsps Somersweet	8oz cream cheese
2tbsps cocoa	1tsp vanilla
tbsps heavy cream	3 tbsp Somersweet

Melt in saucepan, sprinkle in first measure of Somersweet and cocoa, add tbsps heavy cream. Boil 2 - 3 mins, set aside to cool. In mixing bowl pour cup of heavy cream, beat until thick. In different mixing bowl, beat cream cheese till nice and smooth. Add vanilla, 3 tbsp Somersweet, and beat another 1 - 2 mins. Fold whipping cream mixture into creamcheese mixture. Put into cake pan - whatever size you want - then put the cooled chocolate sauce over top the creamcheese mixture and set in fridge for 3hrs. You can either put the chocolate sauce at the bottom of the cake pan and then the creamcheese mixture on top or the other way around. When set, add your favourite fruit to the top or just eat it the way it is. I made this up this morning! Chrissy\_1. It tastes yummy, or so I think.

### Mocha Cheesecake Bars

2 8 oz packages cream cheese, softened  
 2 Tbl. SugarNot (1 T SugarNot = ½ C sugar)  
 2/3 cup sour cream  
 2 large eggs  
 4 Oz. unsweetened chocolate, melted with 2 Tbl. SugarNot (you can use less chocolate if you want).  
 1/2 cup freshly brewed decaf coffee  
 2 Tsp. vanilla extract

With electric mixer, beat cream cheese until very smooth and fluffy. Add the melted chocolate and coffee and quickly beat until smooth. Add sugar and sour cream and blend until thoroughly mixed. Add eggs and vanilla and beat until well blended and smooth. Pour into greased/buttered 8-inch square pan and bake in middle of 350 degree preheated oven for one hour. Turn off oven and crack door one inch. Leave cheesecake for one hour. Remove and cool to room temperature. Frost with the yummy Buttercream Frosting recipe. Posted by tutu.

### Ro's Holiday Special

CAKE RECIPE: 350 oven -- parchment lined pan sprayed with butter.

14 oz SF semisweet chips

MELTED WITH a stick and a half of salted butter over low heat until melted and smooth.

Remove from heat but give it a stir about every minute or two

In bowl, 6 large egg yolks beaten with 3T Splenda for about 4 minutes.

In separate bowl 6 large egg whites beaten till soft peak. Add 3T Splenda (one at a time) and continue beating till stiff peak and shiny.

The melted chocolate should be lukewarm by now. Sprinkle in 2 or three good shakes of Cayenne Pepper (~1/8 tsp). Add 2 tsp pure vanilla extract. Stir until blended. Add the egg yolk and Splenda mixture to the chocolate and again stir until blended. Fold in egg white and Splenda mixture. Bake for 50 minutes or until top has slight cracks. Remove and gently press top of cake for evenness. Invert and remove parchment to cool.

ICING: (Susan's recipe)

6 oz. SF dark chocolate (I used 4 da Vinci bars). Melt over low heat in 1 cup heavy cream. Add 1 tsp pure vanilla and shake or two of cayenne. Stir until smooth. Let it hardened a bit on stove or in frig to consistency of icing. Take cooled cake and coat top of cake with SF marshmallow fluff or omit if desired. Ice entire cake with chocolate cream mixture. Refrigerate overnight or until icing hardens. Dip knife/slicer in tepid water with each slice. Similar but different recipe for the chocolate cake to end all cakes! And just in time for the holidays! By my calculation, it costs about \$16 but worth every penny. I made this in a 9" springform pan but next time will use the smaller springforms to make 2 double layer cakes (I have four smaller pans) or if you want this for a crowd make the 9" recipe twice if you want it double layered or even use a 1/2 sheet pan. By – roinmd.

### Zucchini Brown Betty

4-6 med. zucchini (peeled, cut lengthwise, seed thoroughly removed, sliced into 1/4-inch thick slices to resemble apple slices)

1/4 c. Splenda

1/4 c. granulated maltitol (or equiv)

1/8 c. granulated brown maltitol (or equiv)

1 t. cinnamon

1/4 t. each, nutmeg, allspice, salt

3/4 t. Cream of Tarter

1 T. cornstarch

1 c. lowcarb granola (I used Cinnamon Nut-Rageous at 1 carb per 1/2 cup)

Cold butter

Preheat oven to 375. Drop zucchini slices into boiling water until tender, 2-3 minutes. Drain and cool. DO NOT OVERCOOK. Remove any excess seeds you may have missed. VERY IMPORTANT. In a bowl, toss all ingredients except granola and butter until well coated. Mound zucchini into pie plate that's been lightly buttered. Scatter granola on top, dot with butter. Bake 35 minutes. Tent with foil to avoid granola from burning. I saw a version of apple pie on another recipe site and one of the reviews said "my grandmother always made her apple pie with zucchini slices. We thought that other people were substituting apples for grammas 'zucchini pie". I have tweaked it to make it more somersized. I hope you all enjoy it. Do be sure to discard all the seeds as it takes away from the presentation and flavor. Posted by Cathy.

### Fast, Easy, Low-Fat, Pro-Fat Brownie Crepes

1 egg

3 egg whites

1 1/2 Tbsp. of Wondercocoa (or regular cocoa)

2 1/2 tsp. vanilla extract

2 heaping Tbsp. of Splenda

Blend with a hand mixer for 2 minutes. Melt a small amount of butter in a small crepe or omelette pan. Flip and cook on other side. This will make 2-4 crepes. Yummy topped with sweetened whipped cream, or sugar free vanilla syrup. - Almost Level One (this was posted previously on the boards by someone else). They are great for breakfast or a snack. Posted by tmmars.

### Cindi's Brownies

1 stick (1/2 cup) butter, (plus 1 tablespoon more for greasing the pan)

16 ounces (1 lb) SUGAR FREE milk chocolate-- coarsely chopped (You could use SUGAR FREE Semi-Sweet Chocolate if desired...but increase sweetener to equal 3/4 cup sugar)

5 large eggs, at room temperature, separated

1 TBL Sugar Not (or sugar substitute to equal 1/2 cup sugar)

2 teaspoons pure vanilla extract

1/2 teaspoon salt

Preheat oven to 350F. Grease an 11" X 7" (2.2 qt) glass pan with the 1 tablespoon of butter. Set metal bowl over a simmering water or a double boiler, melt chocolate and stick of butter. Stir occasionally until smooth and creamy. Remove from heat. In another bowl, beat egg yolks, sweetener and vanilla, stopping to scrape sides of bowl once or twice, for about three minutes. In a third bowl, beat egg whites with the salt until stiff. Slowly stir melted chocolate into egg yolk mixture, a little chocolate at a time to "temper" the eggs and keep them from scrambling. Fold in egg whites. Pour batter in buttered pan, bake on center rack for 35 - 40 minutes. When cake is cool, cut into squares. Store brownies in the refrigerator. This recipe was developed by Cindi and they are awesome !! Posted by Teri T.

### Real Tasting Brownies

1/2 cup butter (1 stick)	2 teaspoon of vanilla extract
1/2 cup fructose (1 cup of splenda if your using that)	2 eggs
1/2 cup protein powder (I used chocolate)	1/2 cup wonder cocoa

Mix all ingredients in bowl with mixer and pour in a greased 8 x 8 baking pan. Bake at 350 degrees for 15 to 20 minutes. This recipe is the closest ss recipe I have ever tasted that taste like Real Brownies!! I hope you enjoy them as much as I do. Mdastrup @ SS site

### September's Fabulous Espresso Brownies

4 eggs	3 tbl. instant coffee crystals
2 cups Splenda or 4 tblsp. Somersweet	1 tbl. vanilla
1 stick unsalted butter, melted	1/2 cup whey protein powder
8 oz. softened cream cheese	1/2 tsp. salt
1/2 cup wondercocoa, sifted	1/2 tsp. baking powder

Preheat oven to 325 F. Grease an 8 x 8 pan. Use an electric mixer to blend eggs, sweetener, vanilla, melted butter & softened cream cheese. Sift in wondercocoa & when well blended, add whey protein powder, coffee, baking powder, & salt. Bake at 325 F for 30 min. in 8 x 8 inch pan. I LOVE to make these into 12 muffins instead of using the 8 x 8 pan. I cook them for 15 mins then check them till they are done. These brownies travel really well as muffins, & it gives you a small serving! They also freeze well. Almost Level One (pro/fat). By September.

### Chocolate Cake/Brownies

Chocolate Cake:

1/3 cup Hellman's or Best Foods Mayo  
 4 Tbls Somersweet  
 2 eggs  
 1/2 Cup Cocoa (Wondercocoa if you prefer Caffeine free)  
 3 Tbls Egg White Powder  
 3/4 Teaspoon Baking Powder  
 3/4 Teaspoon Baking Soda  
 1/2 cup Heavy Cream  
 1 Tbls Vanilla

In a separate bowl, mix all wet ingreds with Egg White powder until smooth(this is important!) Add dry ingreds and mix well. Bake in a greased 8 x 8 pan at 350 for 16 minutes. I used a greased nonstick pan.

FOR BROWNIES:

Add 1/2 jar Suzanne Somers Fudge Sauce, decrease Baking Soda to 1/2 teaspoon and reduce Somersweet to 3 TBLS

FOR GINGERBREAD:

Use Chocolate cake recipe with the following changes: Substitute 1/2 cup Whey Protein Powder( I used Naturade Vanilla Flavor) for the Cocoa and add:

1 1/2 teas Ground Ginger  
 2 teas Cinnamon  
 1 1/2 teas ground Nutmeg  
 1/2 teas cloves  
 pinch of salt

Bake at 350 for 16 minutes. With the help of September, I have created this versatile batter that you can make into Chocolate cake, brownies or GINGERBREAD Cake! By CUZNVIN

### Dense Bittersweet Chocolate Cake

1 pound unsalted butter  
 1 pound high quality bittersweet chocolate, chopped  
 1 cup coffee, brewed strong  
 8 extra-large eggs  
 1 cup sugar  
 1 tablespoon vanilla extract

Preheat the oven to 350 degrees F. Butter the sides and bottom of a 10-inch springform pan and set aside. In the top of a double boiler, combine the butter, chocolate and coffee and melt slowly, stirring occasionally, until smooth. Remove from the heat and let cool for 5 minutes. In a medium mixing bowl, whisk together the eggs, sugar and vanilla until frothy. Whisk the eggs into the melted chocolate until combined. Pour the mixture into the prepared pan. Bake for 1 hour and cool on a wire rack until it reaches room temperature. Remove the sides of the pan, cover with plastic wrap and refrigerate overnight, before serving. Prep Time: 15 minutes Cook Time: 1 hour 15 minutes. Inactive Prep Time: 1 hour. Yield: 12 to 14 servings. Recipe courtesy Ina Pinkney. I saw this today and it looked so good. Posted by mzladyt.

### Ro's Mississippi Mud Chocolate Cake with Icing

Cake RECIPE: 350 oven -- bundt pan sprayed with Pam or buttered.

14 oz SF (NOT no sugar) semisweet chips or bars (Suzanne's, pure delight bars work well). Melt with a stick and a half (1.5) of salted butter over low heat until melted and smooth. Remove from heat but give it a stir about every minute or two. In bowl, 6 large egg yolks beaten with 3T Splenda for about 4 minutes. In separate bowl beat 6 large egg whites til soft peak. Add 3T Splenda (one at a time) and continue beating till stiff peak and shiny. The melted chocolate should be lukewarm by now. Sprinkle in 2 or three good shakes of Cayenne Pepper (~1/8 tsp). Add 2 tsp pure vanilla extract. Stir until blended. Add the egg yolk and Splenda mixture to the chocolate and again stir until blended. Fold in the beaten egg whites. Bake for 50 minutes or until top has slight cracks. Remove and gently press top of cake for evenness. Invert to cool.

ICING: (Susan's recipe)

6 oz. SF dark chocolate - melt over low heat in 1 cup heavy cream. Add 1 tsp pure vanilla and a shake or two of cayenne. Stir until smooth. Let it hardened a bit on stove or in frig to consistency of icing. Take cooled cake and coat top of cake with icing. Refrigerate overnight or until icing hardens. Dip knife/slicer in tepid water with each slice. This is my recipe for the chocolate cake to end all cakes! And just in time for the holidays! By my calculation, it costs about \$16 but worth every penny. I prefer to make this made in a bundt pan but have used a 9" springform pan as well. By RoinMD.

### Delicious Buttercream Frosting

2 oz chocolate melted and cooled - dark chocolate for chocolate frosting and white choc for everything else  
 1/3 c heavy cream  
 1 stick butter- softened  
 6 pkg sugar sub- I use 1/3 c SS  
 1 T cocoa for choc frosting or just leave out for others  
 1/2 t extract- use choc extract for choc - I used coconut for white icing on Vin's ginger cake  
 1 t vanilla

Whisk cream into melted choc. With mixer, beat in rest of ingredients till smooth and creamy, and gets very fluffy. I found this on Atkins and tweaked a little, it's very sweet and good. This will frost 24 cupcakes or cake. I only use this for frosting now - it really works and is the most like the old buttercream we are all used to! Posted by lovessing.

### Spaghetti Squash "Pumpkin" Spice Bars

2 c. WW flour  
 2 T vital wheat gluten (optional)  
 2 tsp baking powder  
 2 tsp ground cinnamon  
 1 tsp baking soda  
 1/4 tsp salt  
 egg whites to equal 4 whole eggs (or 1/4 cup powdered egg whites)  
 2 cups pureed cooked spaghetti squash  
 1 2/3 Splenda  
 1 c Fat Free yogurt or sour cream

Bars - Stir together first 5 ingredients in med bowl (flour through salt). In large bowl, on med speed, beat egg whites, with squash 1 2/3c Splenda and 1c yogurt. Combine flour mixture with squash/egg mixture. Spread in jelly roll pan. Bake @ 350F for 25 -30 minutes. Done when wooden pick comes out clean when inserted in center of bars.

Frosting - Beat together till fluffy:

11 oz FF cream cheese  
 1/4 c sour cream  
 1 tsp vanilla  
 1 c Splenda

Cool Bars on rack before frosting. Store in refrigerator. Posted by Ishtar.

### Chocolate Lace Cups

Line each of 2 muffin cups from medium muffin tin with a piece of foil; place tin in freezer to chill foil. Meanwhile, microwave 2 ounces of sugar free chocolate in a small microwave bowl on medium 1 1/2 minutes; stir until chocolate is completely melted. Drizzle chocolate with a spoon onto bottoms and up sides of prepared cups. Freeze 5 minutes. Carefully remove cups from pan; gently peel off and discard foil. Fill with berries and whipped cream. P.S. holes in the finished cups are OK! This works with white or dark chocolate. I just melt Ross chocolate bars for this. Posted by TL.

### Choco-Hoto-Pots

2 oz. unsweetened chocolate (I used hersheys)  
 1 stick unsalted butter  
 2 large eggs  
 1 cup fructose (orig. recipe called for 3/4 cup, but it used semi-sweet choc. and I used unsweetened)  
 3 T. whey protein powder  
 1/2 teas. vanilla  
 2 Zcarb dark chocolate bars chopped (may substitute 1/2 cup of any sugar free choc)

Place baking sheet in an oven preheated to 400°. Butter four 2/3-cup ramekins and set aside. Using a microwave oven or double boiler, melt together the unsweetened chocolate and the butter. Set aside to cool. In a separate bowl, combine eggs, sugar and protein powder. Add cooled chocolate mixture, and mix until blended. Fold in chopped chocolate. Divide mixture evenly among ramekins and place on baking sheet. Bake until tops are shiny and cracked and chocolate beneath is hot and gooey, about 18 minutes. Place each ramekin on a small plate with a teaspoon and serve, reminding children that ramekins and chocolate are hot. Notes: I served these by inverting ramekin on dessert plate and they popped right out. I topped with SSed vanilla ice cream. Could also top with whipped cream. They are delicious and quite a nice dessert for company. Adapted from a Nigella Lawson recipe by - kidsmom



### Chocolate Crème de Pots

2 tablespoons somersweet or 2/3 cup sugar  
 6 tablespoons wondercocoa  
 1 cup heavy cream  
 2 egg yolks, slightly beaten  
 1/4 cup butter (1/2 stick), softened  
 1 teaspoon vanilla  
 Sweetened whipped cream for topping

In a medium saucepan combine somersweet, cocoa. Gradually add cream. Mix well (no lumps). Cook over medium heat, stirring constantly, until steam is rising and it starts to stick a little on the bottom of the pan. (If it's over cooked, it will separate. Can't get it to come together again.) Remove from heat, gradually stir in yolks, then butter and vanilla. Blend well: pour into ramekins or parfaits. Cool, then chill. Nice layered with sweetened whipped cream in parfaits. Mary

### 5 Minute Easy Chocolate Pudding

1/2 oz un-sweetened bakers (I use Dark)  
 6 oz cream cheese (cold is okay)  
 1 tsp. Somersweet  
 1/4 cup cream

Cut up chocolate into smaller pieces for smoother melting and place into small glass mixing bowl. Microwave for 1.5 min. Slice cream cheese into 4 slices and add to bowl and microwave for 30-50 seconds more. Add Somersweet and mix with spoon until smooth and all chocolate is blended. Add cream and beat with spoon or small mixer until smooth fluffy consistency. Serve immediately for 2 or cover and chill for later. At 9pm, certain times of the month I get a chocolate craving that only this can cure. Measurements are approximate so please feel free to tweak it! By rain1mom.

### Chocolate Pudding

3 Cups – Cream  
 1 Cup – ½ & ½  
 6 Tbl. – Wonder Cocoa  
 1 Cup – Splenda  
 3 Tsp. – Vanilla Extract\*  
 3 Eggs

Place all the ingredients in a saucepan and cook on medium heat until mixture thickens. Pour into a large bowl, or individual serving bowls and refrigerate for about 3 hours or overnight. Or, you can put it in the freezer, and it will be more like eating a fudge-sicle. \* If you like, you can substitute other flavors instead of vanilla, i.e. Raspberry, Orange, Mint, Cherry, etc. -Betsy- that home site

### Creamy Chocolate Pudding

1/3 cup granulated Splenda  
 1 tablespoon cornstarch  
 1 tablespoon WonderCocoa  
 1/8 teaspoon salt  
 1 cup half water/half heavy cream  
 1 egg yolk, slightly beaten  
 1/2 teaspoon vanilla

In a medium saucepan, combine sugar, cornstarch, cocoa & salt over medium heat; stir in milk & egg yolk. Cook over medium heat, stirring constantly, until the mixture comes to a boil; continue to cook, stirring, for 1 minute. Remove from heat & stir in vanilla. Pour into two serving dishes. Refrigerate for at least one hour before serving.

## Chocolate Pudding

2 cups heavy, whipping cream	½ teaspoon cinnamon ****
1/4 cup of Wondercocoa **	2-3 egg yolks *****
2 teaspoons vanilla extract	2 teaspoons gelatin *****
1 - 1 ½ cups equivalent of sugar substitute ***	6 tablespoons heavy, whipping cream*****
1/4 teaspoon salt	

\*\*\* If you prefer a darker chocolate pudding, increase Wondercocoa by 1-2 tablespoons. However, sweetener will also have to be increased to taste. \*\*\* Everyone's tastes differ, some will like their pudding sweeter, and others less sweet. Start out by adding the smaller amount of sweetener and then tasting the pudding as it cooks. If it is not sweet enough, slowly add the remaining sweetener, until desired sweetness is achieved. Please keep in mind with this recipe that as the pudding chills, it tends to become less sweet \*\*\* Cinnamon is optional, though I find it adds a nice bit of flavour to the chocolate. \*\*\* If you prefer a softer, more fluid pudding, use 2 egg yolks. If you prefer a firmer pudding, use 3 egg yolks. \*\*\*The gelatin and second amount of cream are optional. If you want to make a much firmer, chocolate custard, use the gelatin and second amount of cream. \*\*\* Place cream in the top of a double boiler or saucepan over medium heat on the stove top. Cover with a lid and bring to a slow boil, which will take about 10 minutes. Keep an eye on the cream so it does not boil over. In the meantime, fill the bottom of a double boiler half full of water and bring to a boil over medium heat on the stove top. Once cream has begun to boil, place over bottom of double boiler. Add Wondercocoa, vanilla extract, sweetener, salt, and cinnamon (optional). Stir with a whisk until thoroughly blended. In a separate bowl, beat egg yolks until just mixed. Reduce heat to medium low. VERY SLOWLY and while stirring or whisking CONTINUOUSLY (to prevent the eggs from curdling), pour the egg yolks into the cocoa/cream mixture. Cook for 12 minutes, until pudding has slightly thickened. (At this point, pudding will not be very thick, but it will thicken upon chilling). While cooking, stir the pudding CONSTANTLY (to again prevent the eggs from curdling). Remove pudding from heat. Pour pudding into individual ramekin or serving dishes. Cover with plastic wrap, leaving a small part of the top of the dish open to allow steam to escape. Chill in the refrigerator until thickened, about 2-3 hours. Serve with a dollop of freshly sweetened, whipped cream and enjoy! Store in the refrigerator, covered, for several days. \*\*\* If you are using the gelatin and second amount of heavy whipping cream to create a thicker pudding, do the following: After six minutes of cooking the pudding mixture with the egg yolks in it over medium low heat over the double boiler, remove from heat (to prevent eggs from curdling while you prepare gelatin). Pour cream in a small bowl. Sprinkle gelatin over cream and mix thoroughly. Place pudding mixture back over heat. After another three minutes of cooking the pudding and stirring constantly (meaning total cooking time of pudding has now been 9 minutes), add gelatin/cream mixture to the pudding. Continuously stir pudding while it cooks for another three minutes. Now, total cooking time for the pudding should be 12 minutes. Remove pudding from heat. Pour pudding into individual ramekin or serving dishes. Cover with plastic wrap, leaving a small part of the top of the dish open to allow steam to escape. Chill in the refrigerator until thickened, about 2-3 hours. Serve with a dollop of freshly sweetened, whipped cream and enjoy! Store in the refrigerator, covered, for several days. Chocolate pudding, who doesn't love this simple to prepare, yet delicious dessert? Creamy, thick, sweet, and full of that "oh so good" chocolatey flavour, this is a dessert that will leave children and adults alike smiling with anticipation and a new taste sensation. Preparation Time: 15 minutes. Chilling Time: 3 hours. Serving Size: 4. Peter Neuman

## Rich Chocolate Pudding

4 egg yolks  
 1/4 cup splenda  
 1 teaspoon vanilla  
 6 tablespoons cocoa powder -- (unsweetened)  
 1 pinch salt  
 1/2 pound mascarpone cheese -- 250g or cream cheese  
 1/2 cup heavy cream

In top of double boiler or is large metal bowl over saucepan of hot water, without bowl touching water, whisk yolks & sugar until light, about 3 minutes. Continue whisking over heat until mixture falls in ribbons when whisk is lifted above bowl. Whisk in vanilla, cocoa & salt. Whisk in mascarpone. Remove top of double boiler or bowl from hot water. Press waxed paper against the surface of pudding. Refrigerate to chill, about 1 hour. Beat cream in small bowl until stiff peaks form, fold into pudding. Recipe By :Mamakatt @ carb-lite

### Blender Cocoa Pudding

1/4 cup cold water  
 1 envelope unflavored gelatin  
 1/4 cup very hot water  
 4 teaspoons sweet balance (2/3 cup splenda)  
 1/4 cup wondercocoa  
 1 teaspoon vanilla  
 1 cup whipping cream (or skim evaporated milk)  
 3/4 cup crushed ice  
 Garnish with sweetened whipped cream (or sweetened whipped skim milk)

Sprinkle gelatin over cold water in a blender, let stand for several minutes to soften. Add the hot water, blend 2 minutes on low speed or until gelatin is dissolved. Add sweet balance, cocoa and vanilla; blend well. Add cream (skim evaporated milk) and crushed ice; continue processing until ice is liquefied, no longer. Allow to stand several minutes to begin setting up. Pour into a bowl, cover and refrigerate 10 minutes. Take out and whip with a whisk (will make it more like pudding instead of gelatin). Pour into serving dishes or keep in same bowl. Return to refrigerator and chill 10 more minutes. If you would like to use skim milk instead, combine 1/3 cup nonfat dry milk with 1 cup skim milk. The original recipe uses 2/3 cups sugar. To make mocha pudding, add 1 teaspoon instant decaf coffee to the hot water. (Works pro/fat or carb.) Mary @ SS site.

### Nookie Pudding

8 ounces cream cheese -- softened  
 1 cup heavy cream  
 3 teaspoons vanilla  
 8 packages artificial sweetener -- to taste  
 1 teaspoon unsweetened cocoa powder

Whip the cream cheese and 1/2 cup whipping cream in mixer. Add vanilla, artificial sweetener, cocoa, and remaining 1/2 cup of whipping cream. Blend until thick and creamy. Atkins site.

### Low Carb Cannoli Parfaits

#### Chocolate Chips:

1-ounce unsweetened chocolate, chopped  
 1/2 cup sugar substitute (recommended: Splenda)  
 1 tablespoon hot water  
 1 tablespoon heavy cream

#### Cannoli Cream:

1 cup heavy cream  
 1/3 cup sugar substitute (recommended: Splenda)  
 1/4 teaspoon real almond extract  
 1 teaspoon no sugar added vanilla extract  
 1/3 cup whole milk ricotta cheese

Place the unsweetened chocolate in a heatproof bowl and melt over a saucepan of simmering water. Whisk in sugar substitute and thin with the hot water and heavy cream. Whisk to blend thoroughly. Remove from heat, spread on a plate, and place in the freezer for about 10 minutes. Cut into small chunks after chilling. While the chocolate is chilling, make the cannoli cream. With an electric mixer on high, whip heavy cream just until frothy, and then add sugar substitute and almond and vanilla extracts. Continue to whip on high until stiff peaks form. Be careful not to over-whip, or cream will break. Gently fold in the ricotta cheese and almost all of the chilled chocolate chunks, saving a few chips for garnish. Spoon cannoli cream into parfait glasses, top with remaining chocolate chips, and refrigerate for at least 1 hour before serving. This recipe is from the new show called "Low Carb and Lovin' It". Recipe courtesy George Stella. Prep Time: 20 minutes. Cook Time: 5 minutes. Inactive Prep Time: 1 hour. Yield: 4 servings. Posted by - pammyjoy1

### Triple Chocolate Trifle

- 1 double recipe of CUZNVIN's chocolate cake
- 1 double recipe of Suzanne's light chocolate mousse
- 1 recipe of Suzanne's fudge sauce (mine was dark chocolate)

Cut cake into cubes. Cover bottom of a trifle bowl (glass bowl with tall straight sides) with cake cubes. Drizzle with fudge sauce. Cover with half of the mousse. Repeat the 3 layers. Drizzle fudge sauce on top for decoration. This can be made the day before & refrigerated. I adapted this from a pre-SS recipe and made it for my Super Bowl party. It vanished in about 5 minutes! The glass bowl is pretty as you can see the layers. Posted by indyemmer1.

### Chocolate Trifle Cake

- 1 box Somersize Brownie Mix
- 2 jars Somersize Hot Fudge Sauce
- 1 1/2 cups whipped cream sweetened with Splenda or SomerSweet Sugar Free Flavored Syrup
- Chopped Somersize Toffee, Truffles, or Baking Bars (your choice)

Prepare 1 batch of Brownie mix for a 9x13 size pan. Prick brownies with a fork & drizzle a sugar free flavored syrup over the brownies. Place drizzled brownies into the fridge & let set for 3 hours. When set, cut brownies widthwise into fourths. Line bottom of a glass trifle bowl with a fourth of the brownies (don't worry about having it perfectly laid out). Pour about a 1/4 cup of the SS Hot Fudge Sauce on top of the cake layer. Then top the cake-fudge with chopped Somersweet toffee, chopped SS Baking Bars or chopped truffles. Slather on whipped cream, spreading evenly over the cake. Repeat, ending with a layer of brownie & candy bits. I was watching Paula's Home Cooking on the Food Network the other day, & she made this chocolate trifle cake with hot fudge, whipped cream, & toffee chunks. I figured it could be Somersized like this. Posted by alexwakurdadup.

### White Chocolate Truffles

- 3/4 Cup of heavy cream
- 2 4.9 oz White Chocolate baking bars
- 1/4 teaspoon of vanilla

Break up chocolate -- I used a food processor; heat cream to nearly boiling, pour the hot cream over the melted chocolate, let sit for 20-30 secs; add the 1/4 teaspoon of vanilla, whisk for 30 secs or so in the food processor. I poured it into a fairly deep container and let it cool and solidify in the refig overnight. I used a small ice cream scoop to make nearly perfect balls -- which can be made smoother and better looking (?) by rolling between the palms of your hands. These can be dusted with sugar free powdered sugar or served plain. I tried dusting them with cocoa, but I made kind of a mess -- maybe someone else will have better luck. Very good, but WARNING: I don't recommend eating more than 2 truffles at one time because the maltitol used in the SS white chocolate baking bars has a strong laxative effect. That said: a good delicious, simple recipe. Posted by sasquatch.

### Chocolate Peppermint Bark

- 1 Somersweet Dark Chocolate Baking Bar(4.9 oz)
- 1 Somersweet White Chocolate Baking Bar (4.9 Oz)
- 1 tsp peppermint extract
- 8 - Sugar Free Peppermint Swirl hard candies, crushed (I used Estee brand)

Place parchment paper in the bottom of a loaf pan. In microwave or on stove top melt dark chocolate over low heat until smooth. Add peppermint extract & mix well. Spread chocolate mixture in an even layer over parchment paper & chill until very firm at least one hour. In microwave or on stove top melt white chocolate over low heat until smooth. Spread melted white chocolate over firm dark chocolate. Sprinkle with crushed peppermint candy & chill until firm. Remove from refrigerator for about 15 mins then cut into bite-size pieces with a large, sharp knife. Making it in the loaf pan made the bark kind of thick. May want to try it in an 8 x8 square pan if you want it thinner. On the front cover of the Holiday 2003 Williams-Sonoma catalog is this beautiful peppermint bark that I can't stop thinking about, so I tried to re-create it. It is divine & is keeping me from eating M&M's. By tmmares.

## Fudge

4 8oz Cream Cheese, cubed  
 1 cup butter  
 2 tblsp vanilla extract  
 6-8 tbsp Somersweet  
 1 cup Wondercocoa

In a saucepan over medium heat, melt the cheese and butter together, stirring constantly until smooth. Remove from heat and add the vanilla, Somersweet and Wondercocoa. Mix until well blended. Pour into 9 inch square pan. Place pan in refrigerator until firm. I created this recipe out of desperation. I think you will love it. By grouchojll. The base recipe, without the wondercocoa, can be used with all kind of flavors. It really is great. You do need to blot off the excess butter on top. But it is great with davinci syrups or extracts. I just made this tonight using unsweetened chocolate and it is much better. I used Nestle's and used 4 squares. I added it to the cream cheese.

## Refrigerator Fudge 2

2 tbsp. butter  
 1/2 cup heavy cream  
 4 ounces cream cheese  
 2 tablespoons wondercocoa  
 1/2 tsp. vanilla  
 2 Tbl. SB

In a small saucepan, over low heat, melt butter. Add heavy cream and cream cheese, and whisk until smooth. Add Splenda and adjust for taste. Heat until bubbling, stirring constantly. Reduce heat and stir in cocoa and vanilla. Blend well. Pour into a small buttered dish. Place in the refrigerator to set for three to four hours. I do my recipe in a microwave safe bowl and cook in microwave at full power and check every 30 seconds. One other thing that I do is let it set in the bowl I make it in.

Some ideas:

Eat it while it is still warm, tastes like a chocolate pudding cake.

Eat it when it is cool, but not set, tastes like pudding.

Eat it after it is set, tastes like candy.

Eat it anytime, tastes awesome.

Don't forget to add whipped, sweetened heavy cream on top. YUM!

Idea number two:

My seven year old suggested making my favorite cheesecake recipe and then putting my fudge recipe on top of the cheesecake after it is cool. It is to die for!!! I also include the whipped cream here.

Idea number three:

Make the fudge, and double the cream cheese only. Let it set completely. Use a scoop to make balls, place on waxed paper and freeze. Make a chocolate sauce to dip them in (use neuman's truffle recipe dipping sauce, thank you Neuman!!)

These are all by far my favorite dessert treats. I want to thank whoever posted the refrigerator fudge recipes. I love them. (And again, I take no credit for the recipe, just the variations.) tutu @ SS board

## Sort of Fudge

1 stick butter  
 8 oz cream cheese  
 1/2 cup sweetener  
 1/2 cup water  
 3 oz bakers chocolate squares  
 1 T. chocolate syrup like ATKINS (no carbs)

Melt it all together and put in brownie type pan and freeze. This has a slight bitter taste so adjust it to your taste. Posted by Moonhaze70.

## Decadent Chocolate Fudge

Have ready & set aside the following:

Large baking pan, butter entire inside [I used a 14.5"x10.5"x2"]

1 1/2 Cups Davinci Deluce de Leche syrup with 1 packet Knox gelatin sprinkled on it

4 bars milk chocolate and 1 bar white chocolate of the SS Baking bars, broken in pieces. Note: It is best to also have all other ingredients pre-measured and ready!

In a Large Non stick or heavy buttered pot over medium heat to start with, combine:

2 Sticks butter [= one cup]

4 Cups Heavy cream

3 1/2 Cups brown sugar substitute, I used Whey Low Gold

The 1 1/2 cups of the Davinci Deluce de Leche syrup with the 1 packet of gelatin

1/2 cup SS Maple syrup

1 10oz jar of Steels sugar free Praline sauce, with the nuts removed.[Nuts at top of jar so are easy to remove!]

1 Tablespoon almond extract

1 teaspoon vanilla extract

2 teaspoons maple extract

Bring to a medium heat boil just until it starts to boil, then turn down to medium low or low depending on your stove! What you want is a soft easy boil. If the mixture keeps climbing up almost to the top of the pot then you need to turn your heat down a little. You can also control any boil by moving it on & off the stove if your stove cooks hotter than most! Cook for one hour. After one hour, do the ice water test->[Put a couple ice cubes in a cup & cover with cold water just until the ice is covered. Take a teaspoon of the fudge mixture & put over the ice in the ice water. Mixture should pull itself together sticking to itself & not dissipating. If it does not do that yet, cook it for 15 to 20 minutes more & it will.] Then add the broken up pieces of the 4 milk & 1 white chocolate SS baking bars. As soon as they melt add 1/2 cup of Atkins ThickenThin No Sugar Thickener. Use an electric beater on low speed to mix it in about one minute. Don't worry it will not get lumpy! When you have done that, turn stove off & remove from the heat & add 5 cups powdered sugar substitute. I used Whey Low! Beat on low speed till mixed well then on medium speed for 2 minutes. Pour into prepared pan & let cool. When cool, cover with plastic wrap & let sit over night to set up. It may take longer depending on the temp of your home, but it will set up. When set cut into squares & store in air tight containers in the freezer. Though this fudge takes a while to cook & constant stirring is needed, you'll love the end results! Posted by Sapphire1.

## Fudgesicles

In a saucepan, melt 1 cube (1/2cup) butter. Add 1 pint (2cups) heavy cream and heat until quite warm. Take off heat and add 2/3cup(sifted) Wondercocoa, sugar substitute equal to 1 1/2cups sugar, and 2 tsp vanilla. Beat this mixture with a mixer for a few minutes until well blended and pour into popsicle molds or 2 icecube trays that has been sprayed with PAM (toothpicks can be inserted when partially frozen). Freeze for a couple hours until firm.

## Berrycreamsicles

These can also be made by substituting 2cups of simmered and pureed berries for the Wondercocoa and adjusting the sweetener to taste. Posted by Just Me.

## Cinnamon Cookies

1/3 cup instant plain oatmeal

1 TBSP cinnamon

1 scoop somersweet

1/2 cup strawberry puree

(I just blenderized some strawberries then measured out 1/2 cup)

Combine all ingredients and mix well. Use 1 TBSP of the mix for each cookie. Spoon cookie mix onto a baking sheet, flatten with a fork. Bake at 350F for 15 min, then poke each cookie with a fork, bake another 10 minutes. Let cool, enjoy. Makes 8 cookies. (Almost level 1.) Could be made level by using ss maple syrup instead of strawberry puree. But I haven't tried those. twiggy88.

## Almond Roca Tea Cookies

Preheat oven to 320\* [Not 325!] I used Non stick pans but I tried them on a regular pan and they still did not stick. Note: During baking be sure to rinse your pans in cold water to get the pans cool again between each set or they could burn if your oven runs on the hot side! Make sure you dry them too! I kept my spatula clean also!

In a Large mixing bowl combine the following:

1 Cup butter  
2 Eggs  
2/3 Cups of Torani Almond Roca Sugar-free Syrup  
2 Cups Whey Low Gold substitute brown sugar  
1 1/2 teaspoons almond extract  
1 teaspoon vanilla

Start to beat on low speed then work up to high until all these ingredients are well combined and the butter is mostly in very small lumps. Don't worry, the butter will come together later! Then add:

1 Cup Vanilla whey protein powder and beat on medium until well blended. Butter will start to get more creamy now. Then add 1 more Cup of Vanilla Whey protein powder and beat until butter is well blended in, about 2 minutes. Then add the following:

1/2 cup Vanilla bake mix (I used carbolite)  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
1/2 teaspoon baking soda  
1/2 teaspoon Cinnamon

Beat until well combined and quite a bit thicker than cake mix, about 4 minutes. The batter will be gooey but don't worry about it! It's supposed to be! Use just a teaspoon size dollop, and evenly space out only 6 to a cookie sheet. Bake in a 320\* oven for only about 5 to 7 minutes. I baked mine for 7 minutes in my oven. What you want here is golden on top but not burnt on the bottom. They will puff up then flatten out. Let cool slightly on the pan before removing to either wax paper or Non stick foil. If you do not let them cool slightly they may stick a little. Rinse your pan and spatula in cold water and dry between each batch. I had 3 pans going, but do what is easy for yourself. Store in air tight containers. Makes about 4 to 5 dozen 3 to 4 inch cookies! The flavor of these cookies are really very awesome! These cookies have a soft but firm texture and are crispy around the edges. These cookies also spread out a lot, so when dropping by the teaspoon onto the cookie sheet only put 6 per pan. They will spread out to 3 to 4 inches! We made ice cream sandwiches with them last night with my French Vanilla ice cream and WOW were they gooooo! They are soft cookies but still firm with crispy edges! Posted by Sapphire1.

## Chocolate Meringue Cookies

3 egg whites at room temp  
dash of salt  
1/4 tsp cream of tartar  
sugar sub to equal 3/4 of sugar (I used a mixture of somersweet and whey low d-DO NOT USE FRUCTOSE, IT WILL NOT SET UP)  
1/2 teaspoon vanilla  
1 tablespoon wondercocoa (or more if you like it more intense)

Preheat oven to 225. Combine egg whites, salt and cream of tartar. Beat until soft peaks form, about 2-3 minutes. Add sugar sub one tablespoon at a time and beat until stiff peaks form, about five minutes more. Add vanilla and cocoa and beat just until combined. Line 2 baking sheets with parchment paper. Drop by teaspoonfuls or use a piping bag to make pretty dollups. Bake in oven for 2 hours. If you have to put two baking sheets on separate oven racks, it is ok to open oven after 1st hour to rotate. Remove from oven and let cool. Immediately store in airtight container as they start to get sticky if left out. \*\*You could try adding vanilla protein powder for vanilla meringue. I tried not putting cocoa in this recipe and it just tasted like sweet foam. It needed more body. These are a great CRUNCHY snack. Posted by showgirl.

### Crispy Brown Rice Treats

3 egg whites	1 packet gelatin
1 ½ cups sweetener (¾ C. each Splenda –not packets, and crystalline fructose)	½ t. salt
¼ cup water	1 T. vanilla
	5 C. unsweetened brown rice cereal (like Erewhon)

Sprinkle gelatin over water to soften (about 2-3 mins-I usually get everything else together during this process). In a double-boiler, combine all ingredients & whip on high with a hand mixer for 12-15 mins. Take marshmallow creme off boiling water pan. One cup at a time add Crispy Brown Rice Cereal. Spread mixture into an 8 x 8 pyrex (or similar) pan. Refrigerate for about an hour. Cut and EAT!!!! These are almost level one carbos. By RaeSK. Ok, maybe I should have eaten one before posting the recipe. It sounded good in theory. If anyone is feeling creative and lucky please give these a try and see if you can fix them. They're not crispy at all and a little bleh, texture wise. The flavor isn't bad. It's actually kinda yummy with the brown rice-it's adds a nutty sort of flavor to them

### Luscious Vanilla and Maple ice creams

[For the vanilla Ice cream]

In a large mixing bowl add:

4 Cups Heavy cream  
6 to 8 Tablespoons vanilla extract (I used 8) Sounds like a lot but it isn't.  
2 Cups of the Whey low for ice cream substitute sugar

Beat on high until it starts to sort of thicken then add 2 Cups 1/2 & 1/2 and continue beating for about 5 mins or so until it becomes very bubbly/frothy & the whey low for ice cream substitute sugar has dissolved. Take half of the mixture & pour into a 16oz container, e.g. like a large cool whip container. Put the lid on and pop into the freezer.

[For the Maple ice cream]

To the remaining half of the mixture add:

1 1/2 to 2 Tablespoons of Maple extract  
1/4 Cup of the whey low gold brown sugar substitute

Beat on medium speed about 5 mins until whey low gold has dissolved, then pour mixture into another 16oz container, cover and pop that into the freezer. That's it! So easy! So good! I do not know if you can use other substitute sugars for these ice creams as I now only use the Whey Low, but feel free to experiment yourself! This recipe makes two 16oz containers of very luscious vanilla and maple ice creams! They are so very easy to make and you don't need an ice cream maker though I am sure you can use one if you wish! These ice creams are easy to scoop! I made some more this morning and they are already almost done in my freezer.

### Easy Chocolate Cream de Menthe Ice cream

In a large mixing bowl combine the following:

1 Cup Whey Low for ice cream substitute sugar  
1/2 Cup Davinci Cream de menthe syrup  
1/2 Cup Torani French vanilla syrup  
3 teaspoons Vanilla extract

Beat until substitute sugar has dissolved, then add 3 Cups heavy cream & beat until it just starts to thicken, then add 1 packet of somersize chocolate mousse, & beat until pretty thick but still able to pour it! Pour into air tight container & freeze or use your ice cream maker! Makes just under 2 16oz containers. This ice cream has a very light & fluffy texture & a wonderful chocolate flavor with a hint of mint from the cream de menthe. Note> I used the Whey Low for ice cream, substitute sugar. I don't know how it would come out if you used other sweeteners, but I know the Whey Low always makes ice cream nice & creamy with great ice cream texture, so if you use other substitute sugars it may or may not work. Posted by Sapphire1.



### Egg Nog Ice Cream

1/2 cup Eggbeaters  
 3/4 cup Splenda (or Somersweet equiv)  
 1 cup half-n-half  
 2 cups heavy cream  
 1 tsp. rum extract  
 1 tsp. brandy extract  
 1/2 tsp. vanilla extract  
 1/8-1/4 tsp. nutmeg to taste

Combine eggbeaters and splenda in a medium bowl and beat on medium speed until thickened and pale yellow in color (approx. 2 minutes). On low speed, add half-n-half, heavy cream and extracts. Stir in nutmeg. Pour into ice cream maker and follow manufacturer's instructions. (Approx 25-30 minutes.) \*\*This is a GREAT ice cream recipe in general! You can make any flavor ice cream that you would like by changing the extracts. Omit the 3 extracts and nutmeg and replace with mint extract for mint ice cream (can even add green food coloring to make it authentic) or banana extract, strawberry extract, coconut extract or add the Lorann flavorings like peanut butter, pina colada, amaretto, etc.... Posted by Jersey Girl.

### Lime Sorbet

10 oz water  
 3 to 4 lime  
 1/3 cup of fructose  
 4 oz gin (optional)

Squeeze lime in with rest of ingredients & mix everything then put it in your icecream maker for 40 min. then keep it in the freezer until dinner. Since lime & lemon are free foods, then you can just serve this between the appetizer and the main course. Just put a tbs full of sorbet in a martini glass and voila, nice touch. The gin makes it funky but it's not even one oz per person so you choose if you want it or not. What I like to do when I make a special dinner is serve a sorbet between courses & I had a recipe so I just SS it. Serves 6 people. Posted by SSalafrench.

### Frozen Orange Mousse

3 cup Cream, divided	1/2 cups Fresh orange juice
1 tsp Vanilla	1 tbs Orange extract
3 tbs Somersweet, divided	1 jar Sugar-free Raspberries preserves
9 Egg yolks	4 tbs Water

In a bowl, whisk together 1 cup cream, vanilla, 1 tbs Somersweet and yolks. Cook over a simmering water bath, whisking often, to 183 degrees. Strain and whip until cool. Whip the remaining 2 cups cream and 2 tbs Somersweet to soft peaks. Add the orange juice and orange extract to the egg mixture. Fold in the whipped cream. Pipe the mousse into 4-ounce ramekins with paper collars taped on the outside that extend 1/2-inch above the rim. Freeze. Add 4 or more tbs water to sugar-free raspberry preserves and mix until syrup consistency. To serve, remove the paper collars, spoon raspberry preserves on top. I am assuming since this has fruit in it, it is almost level one. I made this the other night and the family loved it.

### Frozen Raspberry Yoghurt

1 1/4 cups fresh or frozen raspberries  
 1 1/4 cups non-fat yoghurt  
 1/2 cups non-fat milk  
 2 tablespoons somersweet

Place all ingredients into a food processor or blender and blend until smooth. Taste puree and add more somersweet if needed. If using frozen berries there is no need to chill the mixture. If using fresh raspberries, chill the ice cream mixture for at least 2 hours, or overnight. Follow ice cream maker instructions. Makes 1 1/2 pints. Got this recipe from Suzanne's ice cream maker recipe book. Posted by june14.

### Low Carb Neapolitan Parfaits

1 cup heavy cream  
 1/3 cup sugar substitute, plus 2 tablespoons (recommended: Splenda)  
 1 teaspoon no sugar added vanilla extract  
 1/2 tablespoon unsweetened cocoa powder  
 1 pint fresh strawberries, sliced (sprinkle with 1 tablespoon sugar substitute if not sweet)  
 Fresh mint, for garnish

With an electric mixer on high, whip the heavy cream in a bowl just until frothy and add in the 1/3 cup sugar substitute and vanilla and continue to whip just a little more to blend; do not whip all the way to soft peaks yet. Put half of the partially whipped mixture into another bowl and finish whipping it on high speed until stiff peaks form. Be careful not to over- whip, or the cream will break. Set aside the vanilla cream. To the first bowl with the other half of the partially whipped cream mixture, add in the cocoa powder and 2 tablespoons more sugar substitute and finish whipping on high until stiff peaks form, again being careful not to over- whip. This is the chocolate cream. In each of 4 parfait glasses, layer a couple spoonfuls of chocolate cream, followed by some fresh strawberry slices, and top it with a couple spoonfuls of fresh vanilla cream. Chill completely before serving. Garnish with a strawberry fan and sprig of fresh mint. Recipe courtesy George Stella. Prep Time: 20 minutes. Yield: 4 servings. Posted by - pammyjoy1

### Light Cream Cheese Dessert Sauce

4 oz. cream cheese, softened  
 sweetener, to taste  
 4-5 Tbs. heavy whipping cream\*\*  
 1 tsp. vanilla (or other SF flavoring)  
 fruit

Beat cream cheese until smooth. Add sweetener; beat. Add whipping cream and vanilla. Beat until light and well mixed (doesn't have to form peaks.) Pour over fruit or use as a dipping sauce. \*\*Use the whipping cream to thin out the cream cheese until it's a consistency you want. Our favorite way to eat this is to split a bag of frozen peaches (Ingles markets carries them already cut up, with no additives) into 2 bowls. Then pour the "sauce" over top. As you eat the peaches, the sauce gels a little and it's kind of like eating a very soft cheesecake. Extremely good and addicting! Even better than whipped cream! Came up with this just recently when I was getting ready to make some whipped topping. So good!! By melmel325.

### Teri T - Chocolate Sauce

1/2 cup butter (if you don't like salt, you can use unsalted)  
 1/3 cup pure crystalline fructose note: it won't work using Splenda, Sweet n low or artificial sweeteners)  
 1 cup heavy cream  
 1 teas. vanilla extract  
 6 tbs. Wondercocoa

In a saucepan, combine butter, Wondercocoa, and pure crystalline fructose. Whisk over medium high heat until sugar is dissolved (approx. 3- 4 mins) and it starts to bubble. Add cream very slowly (be careful, as, can boil over). Lower heat to medium and heat until it gets bubbly and cook for another 3-4 minutes. Do not burn. Let it cool and store in the refrigerator. I pour it into a plastic squeeze bottle for convenience. It will harden in the fridge but, only takes about 20-30 seconds to soften in the microwave. This version has been a favorite for our family and friends too. (Almost Level 1) By Teri T. Note: Terri, T thank you so much for your caramel recipe and this one love them both!, Just thought that I would share that I use this to dip strawberries in and have with a little whip cream ! yummm also, reheated some in micro and poured on wax paper and stuck in fridge if you can manage to leave it in there long enough :). It taste's like a fudgesicle!!!! JKK.

### Decadent Chocolate Sauce/Icing/Dip

7 Hershey SF mini chocolate bars  
 1/4 tsp vanilla  
 1 cup heavy cream  
 pinch baking soda  
 scant TBS butter

In double boiler, place broken up chocolate bars and 1 cup heavy cream until heavily thickened. (About 30 minutes.) Stir mixture constantly, scraping down sides as you stir. Add scant TBS butter, pinch baking soda and 1/2 tsp vanilla and continue to cook 10 minutes. Should be consistency of the old time 7 minute boiled icing. As you can see there is no added sweeteners as the bars are sweetened already but taste it would be your choice to add more sweetener. This is so tasty, no bitterness and to me no aftertaste. Can be used as icing for cakes, dip for berries, topping for ice cream or eat a spoonful to satisfy a sweet tooth! Posted by LilLooLoo.

### Chocolate Fondue Sauce

4 oz unsweetened chocolate  
 3/4c cream  
 1c sugar (I used 1/2c fructose)  
 1 tsp vanilla

Melt it over low heat. While the family has the usual treats, I use pro/fat cake pieces if I have them, but usually just strawberries for me. I converted this from a Joy of Cooking recipe. The leftovers are great to eat as chocolate treat - just spoon it out of the dish from the fridge! Posted by Marie172.

### Fat Free Fruit Dip

10-12 oz fat-free ricotta  
 6 oz fat-free plain yogurt  
 1 tsp vanilla  
 2 tsp lemon juice  
 1 Tbls sugar-free honey

Mix together and serve with fresh strawberries, blueberries, raspberries, etc. Posted by JODY4151.

### Chocolate Fruit

Barefoot Contessa just showed a fabulous dessert. Take frozen berries, she doesn't recommend strawberries, black and raspberries are best. Pour them on a plate frozen for 5 mins. Heat Suzanne's white chocolate fondue sauce and pour over the berries for a great dessert. The hot chocolate and the frozen berries are fabulous. Posted by KathyJG

### Raisinettes

You can make raisinettes by freezing blueberries, coating them with chocolate, then freezing again. Posted by mjlibbey.

## DESSERTS – Level Two

### Baklava

1/2 lb butter	2 cups SF lemon syrup
1/2 lb whole wheat filo, thawed	1/2 cup water
1/4 cup splenda/ carbolite sweetener (4 tbs)	3 drops of honey flavoring
1 tbs cinnamon	Slice of lemon
3 cups finely chopped pecans / walnuts	Strip of orange rind (optional)
1 egg	Stick of cinnamon
Syrup:	2 tsp Thick n Thin, or xanthan gum, or other LC thickener

Combine nuts, Splenda, egg and cinnamon and set aside. Melt butter and brush bottom of pan. Add 3-4 sheets of filo, brushing each with butter. Spread with nut mixture, and repeat process until all the nut mixture is used. Add another 3-4 filo sheets and brush top sheet with butter. Cut into diamond shapes. Cut halfway through the layers using the pattern shown. (Note: Do NOT cut from corner to corner.) This is done now since it will be very fragile when it comes out of the oven. Bake at 325 F. for 45 min. Lower heat to 300 F and bake 15 min until golden. Boil all syrup ingredients, for about 20 min. Remove lemon, orange and cinnamon. Remove from heat and add thickener. Let cool some and spoon over pastry. Re-cut into diamond shapes, I got about 30. I had to look a little but eventually found whole wheat filo sheets that have an ecc of 6 per sheet. Now if this new found honey substitute works without too many GI symptoms the syrup could be made this way:

1 C. Lemon SF syrup  
 1 C. Honey Substitute  
 Slice of lemon  
 Strip of orange rind (optional)  
 Stick of cinnamon

Boil it until it is reduced and a little thicker and use in the way described above. Birgit @ LLVLC. Level 2.

Here's a recipe for lemon syrup (more of a Lebanese rather than Greek flavor)

1 cup water  
 2 cups sugar sub. (I use whey low D)  
 1 teasp lemon juice (prevents syrup from crystalizing)

Cook on stove top for about 30 min on low heat, after it starts to boil, stirring and watching carefully. Remove from heat, add your favorite flavouring. I use rose water.

### Chocolate Sparkle Cookies

1/2 pound (8oz.) dark chocolate	1/3 cup sugar (I used a sub.)
3 tablespoons soft butter	3/4 cup ground almonds
2 eggs	powdered sugar sub for top

Melt the chocolate in top of dbl. boiler, remove from heat and add butter bit at a time till melted. Beat eggs with electric mixer gradually adding the sugar until ribbons form when falling off beaters, takes time for this. Fold in choc, butter mixture into eggs. Gently add the ground almonds. Cover, put in fridge overnight. Line baking sheet with parchment paper (not wax paper) drop 1 inch balls in sugar place on cookie sheet about 2 inches apart. Bake at 325 for 9 to 12 min or until middle of cookie is no longer wet, when cool can dust with pdw. Sugar. I use my cuisinart to grind the almonds, the recipe doesn't say how fine to grind, but I have never had a bad batch a few "nut lumps" are great in this cookie. I used sugar sub in the recipe didn't roll them in sugar before baking, but did dust them with pdw. sugar when warm. My granddaughter did make these without chilling, but boy is it a mess very sticky, but they tasted just as good. Real level two cookies. These cookies are soooo good and they have the same ingredients as the Almond Choc. Torte in SS GetSkinny page 247. From pastry Chef Thomas Haas of the Senses Bakery in Vancouver B.C. Posted by sunnyfour.

### Oatmeal Crumble Cookies

10 T. butter, softened	1/2 tsp. cinnamon
1 1/4 c. Splenda	1/4 tsp. salt
1/3 c. white whole wheat flour	1 egg
1/2 c. Grape Nuts	1 t. vanilla
1/2 c. Oats (quick or regular)	1/4 c. semi-sweet mini morsels (optional)
1/2 tsp. baking soda	

Cream butter & Splenda. Add vanilla & egg. In separate bowl, combine dry ingredients. Add wet to dry & combine. Add chocolate chips if desired. Spoon by teaspoons onto ungreased cookie sheet. Bake approx. 7 mins at 350. Posted by caeahome. I've made them again & increased the butter by 3 T & added another egg. I think this makes them a bit moister! They would be definitely level 2 but you could omit the chocolate chips & lessen it a bit.

### Meringue Pecan Chocolate Chip Cookies

4 egg whites room temp	3/4 c Splenda
1/4 t salt	12 oz sugar free choc chips or I use whatever sf choc I have and break it into chunks
1 t vanilla	1 c Pecans finely chopped
I also add a couple drops of choc. Loran oil	

Whip egg whites to soft peaks - add salt & beat till stiff - reduce speed & add Splenda little at a time. Add vanilla & choc. Oil, beat till glossy - about 2 min.- gently add choc chips & Pecans. Drop by teaspoons onto parchment lined sheet - seems like they make about 12 - bake about 45 min on 250 deg - I think I actually baked mine about an hr. I found this on Food TV & changed it a little. These are better than the flour ones . Posted by lovessing.

### Nutty Cheesecake Bites

1 pkg. (8oz) cream cheese, softened	1/4 teaspoon vanilla extract
1/2 cup Carb options Peanut spread	Finely chopped peanuts or unsweetened coconut
1/4 cup Splenda	

In medium bowl, with electric mixer on medium, combine all ingredients except peanuts, scraping down sides of bowl as needed. Chill 30 mins or until firm. Roll into 3/4-inch balls, then roll in the peanuts or coconut. Chill an additional 15 mins before serving. You could probably use peanut butter extract instead of the PB but I don't know how much. These are really good. Posted by Smolitor.

### Pizzelles

6 eggs	not and it worked great)
1/4 Cup Vegetable Oil	2 Teaspoons Baking Powder (can omit Baking Powder & Salt)
1/4 Cup butter	1/4 Teaspoon Salt
1/4 Cup Shortening -- Coconut Oil (or can use twice as much butter, or, I had Apricot oil which I used and it worked great)	1 1/2 Teaspoons Anise Seed or Extract
1 cup splenda	1 1/2 Cups Almond Flour
1/2 cup Maltitol Sugar OR all Splenda (I used Sugar	1/2 Cup Vanilla Protein Powder

Blend ingredients together, adding one at a time. Drop approximately a heaping teaspoon onto center of each cookie section. Close lid & allow to cook for about 45 secs or until lightly brown. Cookies may be served flat, or rolled into a cylinder & served with whipped cream or filling. If rolling, cookies must be hot during rolling & held in shape till cool. Yield: 52 cookies, 5 inch. The gal that posted this, said that 1/2 the recipe made about 45 cookies. I'm so excited... you guys, I finally came up with a recipe for LC Pizzelles!! (they are Italian cookies, waffle like, very thin, with a design made by the waffle maker you use, flavored with either anise, lemon, almond, vanilla, your choice). Very light, waffle like cookies!! These do not taste lc or fake in any way. I subbed chocolate for 1/2 the batch for flavorings, I added 2 tsp of chocolate extract, & 1 tsp of unsweetened cocoa powder. I used additional butter instead of shortening since I didn't have any of that. I skipped the salt & baking powder because we like them really thin & the recipe I've always used didn't call for it. Didi @ LCF Posted on SS site by DebB.

## Berry Pie

Crust (make 2 batches of this, one for the bottom and one for the top):

2 C whole wheat pastry flour sifted  
 ½ tsp sea salt  
 4 Tbsp oil  
 cold water

Add salt to flour in a bowl. Stir in the oil with the back of a fork. Add cold water as needed while stirring until dough starts to stick together. Form a ball with your hands. Roll out between two sheets of wax paper. Slightly wet counter so wax paper doesn't slide around.

Filling:

2/3 c fructose  
 3 Tbsp cornstarch  
 ½ tsp cinnamon  
 ¼ tsp nutmeg  
 1/8 tsp ginger  
 5 c fresh blackberries, raspberries or boysenberries  
 1 c fresh sliced strawberries  
 little bit of milk and fructose

In a large bowl, combine fructose, cornstarch, & spices. Add berries & toss to coat. Transfer mixture to pie crust. Top with additional crust. Brush crust with milk & sprinkle with fructose. Protect crust edges with foil or crust shield. Bake at 375 for 25 mins. Remove foil or crust shield & bake an additional 25 mins until filling is bubbly. This recipe makes a large deep dish pie. I am not crazy about the crust, but it works. Posted by weesers. Note by wired\_foxterror: can use Thick n Thin to thicken instead of cornstarch.

## Blackberry Cobbler

1 1/4 cups pastry flour, divided (whole wheat)  
 1 1/2 teaspoons baking powder  
 1/4 teaspoon salt  
 1/2 cup butter, plus 3 tablespoons  
 1 1/4 cups whey low, divided  
 1 egg  
 1 cup 2% Carb Countdown Beverage (milk)  
 1 teaspoon vanilla  
 3 cups fresh, unsweetened blackberries  
 1/2 teaspoon cinnamon

Preheat oven to 325. Combine 1 cup flour, baking powder and salt. Set aside. In mixing bowl, beat together 1/2 cup butter (soften) and 1/2 cup whey low until fluffy. Add egg and beat. Combine milk and vanilla and add with dry ingredients to the butter mixture. Pour into a greased 2 quart casserole. Spoon the berries over the batter and sprinkle 1/4 cup of whey low over berries. Combine the remaining 1/2 cup whey low, 1/4 cup flour, cinnamon, and 3 tablespoons soften butter. Mix until crumbly. Sprinkle over the berries. Bake for 45-50 minutes until golden brown. Topped with sugar free ice cream or whipped cream. I had this for the 4th of July and it was a big hit. Posted by Cheryl Lynne.

### Super Creamy Strawberry Ice Cream

1/2 cup frozen strawberries  
 Sweetener to taste  
 Drop of vanilla extract  
 1/4 - 1/3 cup cream -- depends on how you like it

Add all items to your food processor. I puree for about 1 full minute to make sure the strawberries get chopped up. Great treat for level 2 person. By mec76.

### Orange Sherbet

1 packet sf orange gelatin  
 2 c. boiling water  
 2 c plain yogurt  
 5 Tbsp Splenda  
 ¼ c vanilla whey protein powder  
 2 Tbsp lemon juice  
 Juice and grated rind of 1 orange - to make almost level one - could increase lemon juice a bit and not add the orange juice.

Combine boiling water and gelatin in mixing bowl. Stir until completely dissolved. Allow to cool slightly. (Don't want to break the blender container.) Add gelatin mixture to blender container. Turn blender onto low speed and add other ingredients, one at a time, adding the yogurt in several additions - so as not to clog the blender!!! Once all is blended, let everything cool until it is very syrupy. Then pour into an ice cream freezer and freeze according to directions. OR pour into popsicle molds and freeze - then, Voila - orange creamsicles! Yield = 8 servings. From Low Carb BBQ Book by Dana Carpender, posted by suzysun55.

### Old Fashioned Blueberry Cake or Muffins

2 cups White Whole Wheat Flour	1/4 cup SF pancake syrup
2 tsp Baking Powder	OR: SF berry flavored syrup.
3/4 tsp salt	1/2 cup liquid egg whites ( FF egg sub)
1 cup Splenda / or 3T SomerSweet	1 tsp Vanilla
1/2 cup FF sour Cream	1/2 cup Skim Milk
1 cup blueberries	

Preheat oven to 350 F. Line 8" square baking pan with parchment paper or line 12 Muffin pan wells with cup cake papers. 2 1/2" foil Baking Cups work best. Stir all dry ingredients together. Set aside. In large bowl beat together Sour cream, & Syrup. Add eggs- Beat. Alternately stir in flour mixture and milk. Beat till well incorporated. Fold in blueberries. Spoon into pans and Bake 25 min for med. cupcakes. OR: Bake 55-60 minutes in 8" cake pan. Posted by ishtar.

### Chocolate Cake or Fudge

1/2 C half & half  
 8oz pack Suzanne's chocolate chips  
 1/2 cup butter (room temp)  
 1/2 tsp vanilla  
 4 egg yolks

Heat oven to 350. Coat a 7" spring form pan with nonstick cooking spray. Heat half & half over low heat until tiny bubbles appear around edges of pan. Add choc. Chips, stirring until melted and smooth, stir in butter and vanilla until butter is melted. Remove from heat. Whisk a little choc. mixture into the egg yolks in small bowl. Whisk this back into the chocolate. Pour into prepared pan. Bake for 20 minutes or until just set in the middle. Let cool completely. Cover and refrigerate. Serve with whipped cream & raspberries, if desired. Posted by Grace Barse.

### Low Carb Vanilla Nut Fudge

1/3 cup real butter, softened but still cool

3/4 cup splenda

1/2 cup vanilla whey protein powder

1 tsp. pure vanilla extract

1-2 Tablespoons light tasting oil, such as canola (can substitute vegetable oil)

3/4 cup chopped nuts of choice (I used a mixture of pistachios and walnuts)

In food processor, combine butter, splenda, protein powder and vanilla until combined. (Mixture will not hold together.) Slowly drizzle in oil, 1-2 Tablespoons, until mixture forms a ball and pulls from the sides of the processor bowl. Add nuts and pulse briefly to lightly chop and combine into fudge. Using a rubber spatula, scrape out fudge, mixing with spatula to further combine nuts, and spread into a buttered dish. (I used a disposable pie pan.) Cover with plastic wrap and freeze for 15 minutes or until firm. I love the texture of this fudge, I keep it in the freezer for a quick treat. I haven't tried leaving it out on the counter to see how the texture holds up after it sets, but I think it would be fine. Today was my first attempt at making this, and I used salted pistachios that I shelled myself. Some people would not agree with using salted nuts, but I love the mixture of salt and sweet. To me, this didn't taste like sugar free, like a lot of desserts do. These yummy treats are low in carbs - only 2 grams a serving. Just don't consider these "free" or it might catch up with you! I created this fudge myself, after reading several different low-carb recipes for chocolate fudge. It is simple, quick, and the texture is almost like nougat-soft and slightly chewy. I love it way more than the sugar free chocolate versions. Posted by debsdesserts.

### Muffie's Baked Custard

8 eggs, separate 3 whites and fold in last

1/4 c. sugar free pancake syrup

cream/water or CC milk (see below for amounts)

1 t. salt

1 t. vanilla

sweetener to equal 1 c. sugar or to taste

Separate 3 eggs and put whites into a small bowl. Put the rest of the eggs in mixer bowl. Take a 4 c. measuring cup and put 1/4 c. pancake syrup into it. Fill to 4 c. line with cream/water mixture or CC milk. Beat the eggs really good, adding salt and vanilla. Slowly add the milk/syrup mixture until well blended. Beat the 3 whites until foamy and starting to set up (doesn't have to be stiff) With mixer running on low, add the beaten whites and keep stirring just until whites are mixed in but still kinda' foamy on top. Pour into a 7x11 pan and bake in a water bath at 325 degrees for 50 minutes or until set.

Hints:

1. For the water bath I use a large roasting pan with some hot water in it and set my custard pan into the water.
2. The beaten whites give a nicely browned top which is what I like but if you don't care about that you can eliminate those steps.
3. The pancake syrup is optional but adds a brown sugar flavor which we like best.
4. I taste it before baking to adjust for sweetness.

### Muffie's Pumpkin Custard

follow the above recipe, adding:

1/2 of a 15 oz. can of pumpkin

1 1/2 t. cinnamon

pinches of cloves and nutmeg

If you are the only one eating it, you can easily halve the recipe and use a smaller pan. Muffie @ LCF. Deb's notes: This is one of the few custards I love, not only because of the pumpkin/spice flavor, but it doesn't taste like a bunch of baked eggs. I like this even better than pumpkin pie. This (to me) tastes the best when thoroughly chilled, with whipped cream of course! I used 2 teaspoons vanilla, 1 & 1/4 cup splenda, 2 & 1/4 cup of 2% of the LC Hood milk and 1 & 1/2 cup cream. I did not separate the eggs or whip the whites, I just put in all 8 eggs and proceeded. Posted by DebB.



## DRINKS

### Hot Chocolate Heaven

In a large bowl I mix the following:

1 Cup Splenda  
2/3 Cup WonderCocoa  
1 tsp. cinnamon

Mix it up well and put it in a sealed jar or tupperware. When you want a cup put a glass of heavy cream in the microwave and nuke it till it is hot. Throw in 3 to 4 Tblsps. of mix and stir it up. I love eating it with a spoon...nice and slow. I also have given the mix in a basket as a gift with a cup and the little whisk. I also included the recipe for the mix. They really loved it. Let me know how you like it. Sorry it took me so long to get it to you. Posted by Gerilyn.

### Hot Chocolate

I make my own hot chocolate. I start with 2/3 c cream, 1/3c water and warm in microwave. Then add sf chocolate syrup. By Cmenow.

### Hot Chocolate

Another version is to warm 2/3c cream and 1/3c water then add sweetener, pinch salt, 1/2t vanilla and cocoa. I put in cocoa and sweetener to my own taste so can't give you specific measurements. Hope that helps. By Cmenow.

### Hot Chocolate

To make 2 cups of hot cocoa put 1 cup of water in saucepan... add 2TbIs of wondercocoa, dash of salt, 1 tsp of slimsweet(or heaping tsp of somersweet)...whisking well... and heat to boiling. Add 1 cup cream and a bit of vanilla and continue heating to desired temp. It just takes a few minutes to make and by boiling the water you don't have to be careful with heating the cream so much. By JUST ME.

### Mochaccino

Have you tried putting a spoonful of somersize hot cocoa into your coffee cup- add hot coffee (it dissolves the cocoa nicely) then adding either whipped cream or just plain heavy cream? It's better than those expensive coffee shop coffees and is almost level one!! The cocoas with just the cream are to rich for my taste- but this is super!! Posted by Medicmom.

### Cocoa Frappe

1 c seltzer water  
1/4 c cream  
1/4 c English toffee syrup  
2T SS Parisian cocoa mix  
6 ice cubes

Blend in blender, mmm. Posted by stilljoyful.

### Starbuck's Frozen Frappuccino

1 1/2 cups cold coffee (decaf)  
 1/2 cup whole milk (use cream & water to = 1/2 cup)  
 1/2 cup granulated sugar (substitute)  
 1 teaspoon chocolate syrup (sugar-free)  
 1/4 teaspoon salt  
 1/8 teaspoon vanilla extract  
 3 cups crushed ice or ice cubes

Combine the coffee, milk, sugar, chocolate syrup and salt in a blender and mix on medium speed for 15 seconds to dissolve sugar. Add the vanilla extract and ice then blend on high speed until smooth and creamy. Stir with a spoon if necessary to help blend. Pour drink into two 16-ounce glasses. Makes 2 large drinks. Caramel: For this version, add 2 tablespoons of caramel syrup to the recipe above and prepare as described. Top each glass with whipped cream and drizzled caramel. This is a good one - I've been saving the coffee that's left in the coffeemaker in the morning in a pitcher in the fridge to make these in the afternoon :-). They would be even better with ice cubes made from leftover coffee. Posted by DebB.

### Cappuccino

I adore a good cappuccino every now & then from \*that\* coffeehouse, and I've taken to making them at home now. Big mug of your favorite decaf coffee. Microwave nonfat milk in one of those milk frothing gadgets (30 seconds). Use a scoop (plastic white measure) of Somersweet in your coffee. Top with frothed milk. Sprinkle with Somersize cocoa (I used the Parisian). Sprinkle with another dash of cinnamon & nutmeg. The milk frother costs around \$9 purchased at TJ Maxx. Posted by christea.

### Cinnamon Cream Delight

I love this warm yummy drink and kinda just invented it. 1 mug and fill it half with whipping cream and dilute the rest with water. Add dash of vanilla about 1-2 teaspoons cinnamon and use sweetener to taste I use about 4-5 packets Splenda. Heat in microwave until hot and enjoy! I like drinking mine with a spoon it feels more like a dessert that way! By Care Bear. Note by SSingPooh - I added 1/2-1 tsp nutmeg as well and it tastes like eggnog....it's awesome!!

### Hot Lemonade

1 Tbsp. lemon juice  
 1 Tbsp. Splenda

Add hot water. I don't like tea so this is perfect. Posted by MarineWife.

### Old Fashioned Splenda Sweetened Lemonade

For the Simple Syrup:

Heat 1 cup of water with 1 cup of Splenda. Simmer for a few minutes until Splenda is completely dissolved. Remove from heat. Add just the rind of one lemon (white pith removed - use a zester). Let cool to room temperature. Remove rind.

Juice 4 large lemons to equal just shy of 1 cup of fresh lemon juice. Add juice & syrup to a pitcher. Add 3 cups of cold water. Chill. Serve with lemon slices & fresh mint. Makes 1 1/4 quarts. This is another version of homemade lemonade. Note: The simple syrup will turn yellow as it extracts the essential oils from the lemon peel. I usually make the syrup early in the am during breakfast. Let it cool. Pour the recommended water & juice in a pitcher & stash in fridge. Then when the syrup has cooled to room temp, add it to the pitcher. This syrup can also be made with the addition of fresh mint to the lemon rind and used to make Southern Sweet Tea (decaf of course!) Posted by christea.

### Lemon Herbal Iced Tea

I love Lemon Herbal Iced tea that I make. I squeeze my own lemons, and then heat up some water. I put in 2 decaf tea bags and 2 mango Passion fruit caffeine free tea bags and to keep me healthy I add 2 Echinacea tea bags. I add Splenda and when the tea cools I add lemons and water. I get my herbal tea bags from [www.yogitea.com](http://www.yogitea.com). Posted by Doreen-DJK.

### Limeade

1 lime

2 T. Splenda, Wheylow D, or sweetener of choice, (This is really to taste. If it is a large juicy lime you might need more)

water and ice to fill cup

Torani black cherry or cherry sugar free syrup or Da Vinci sugar free cherry syrup (optional)

In a 16 oz. glass squeeze the juice of one lime. Add sweetener and stir. Add water and ice to fill glass. Also add any flavoring you desire at this time. Stir and Enjoy. I have been making limades as a nice sweet treat for myself. They are fantastic. I just love them. Also, these will make excellent lime pops! Just place in popsicle mold or small cup with a popsicle stick and freeze. Very refreshing on a hot summer day. Posted by FrozH2O.

### Hot Cinnamon Tea

2 decaf Lipton tea bags with 16oz. boiled water, steeped about 4 minutes

Heavy Cream added to golden color

Somersweet, Splenda to make it nice and sweet

about 1 to 2 tsp. Cinnamon, you experiment!

Stir as you drink your tea! You will get your cinnamon and quite a taste! Like a pungent expensive syrup, perhaps. By Lark in NYC.

### Chai Tea Mix

1 T. ground ginger

1 t. ground cinnamon

1 t. ground cardamon

1/4 t. ground cloves

1/4 t. ground black pepper

Combine everything and store in a spice jar until ready to use. To make Chai Tea, combine 1 teaspoon spice mix in a saucepan along with 4 cups of water, 4 tsp. loose decaf black tea (such as Assam or Darjeeling), and 4 tsp. Splenda (or sweetener of choice). Bring to a boil, then turn heat to low and allow to steep for 10 minutes. Add 1/2 cup heavy cream, raise heat and cook until heated through. Strain into 4 cups and serve hot. I LOVE chai tea!! Here is my version. I keep some of this spice mix on hand all the time and I use it often. It is wonderful on top of crême brulee or mixed into a mock danish or even added to a vanilla protein shake! It is pretty much impossible to find a DECAF, SUGARFREE, Chai anywhere, so this is great. Posted by ybac. Note by Cmenow: nice with SF vanilla syrup added.

### Instant Chai Mix

I just mixed 1-1/2 c instant decaf tea with 2 t each of ginger and cinnamon, and 1 t each of allspice, cardamom and clove. I used an immersion blender to grind it all together (the spices won't quite dissolve in hot water, but won't be noticeable this way). Then I put it in a quart jar with about a half cup of Splenda (use the sweetener of your choice, in the amount you like). To make a cup, shake the jar well, then add 3 heaping teaspoons full to a nearly full cup of hot water, and add cream to taste. Stir often as spices sink to the bottom. Oh, so soothing! It would be yummy with sugar-free flavored syrups, too, or with skim milk if you're having it with a carb meal. Posted by weesers.

### Chocolate Paralyzer

1 Can diet Coke, caffeine free  
 1 oz. heavy cream  
 1 tsp. Watkins chocolate extract

Pour Coke into a glass & slowly add cream & then extract. Mix gently & put ice cubes in afterward, otherwise the cream freezes on the cubes & you get these unappetizing little bits of frozen fat in your drink. Drink & savor the idea you are drinking something perhaps a little chocolatey & naughty but totally nice. I was craving chocolate milk the other day & came up with this combination that is like a Paralyzer, just no booze. Posted by BelovedUgly.

### Root Beer Float

Ice in a glass  
 fill 1/4 heavy cream  
 3/4 soda

When I crave sweets I have this little treat. Not too often because of the artificial sweetener. Diet Pepsi would work too. (Make sure the soda is caffeine free.) It froths just like ice cream!!! Posted by luv2Bthin.

### Italian Cream Soda

1-12 Oz glass  
 Fill glass with ice until it's about 3/4 full.  
 1" torani's sugar free syrup  
 fill glass 3/4 full with club soda (or carbonated water)  
 1" cream

You can adjust any of the amounts. When we have company and I make one for myself and everyone is having something different, they want mine. Who knew it would be so good!!! This is not mine and I am afraid I don't remember whose it is but I thank her very much. It is so quick and makes a good after dinner dessert to. Posted by Blueladybug. Note by janepaxis: can replace the SF syrup with vanilla extra and sweetener of choice.

### Amaretto Toasted Almond

1oz. of sugar free Amaretto syrup  
 1oz. sugar free Kahlua flavored syrup  
 1 1/2oz. cream

Just pour all ingredients over ice in an old fashioned glass. Posted by PatPolito.

### Tom & Jerry Batter

6 eggs, separated and room temperature  
 2 1/4 cups superfine sugar, divided  
 Salt to taste  
 1 teaspoon vanilla extract  
 1 cup powdered milk  
 Boiling water  
 Rum, brandy, or whiskey  
 Nutmeg

I did a google search for "tom & jerry batter" & this was the first hit: (it's not SSed). In a small bowl, beat egg yolks until thick. In a large bowl, beat egg whites until stiff peaks form. Fold 1/2 cup sugar slowly into whites; fold into egg yolks. Add 1 2/4 cups sugar, salt, & vanilla extract. Gradually beat in powdered milk. Store, covered, in the fridge, & use as needed. To serve, place 1 heaping tablespoon of batter into a cup or mug, add boiling water & liquor (use either rum, brandy or whiskey); stir until well blended. Sprinkle with nutmeg. Level 2+. Posted by DebB.

**Bailey's Substitute**

1 can sweetened condensed milk (or use recipe below)  
 1 1/2 cups good Irish whiskey  
 1 pint heavy cream  
 2 large eggs, beaten  
 3 tablespoons Hershey's syrup (in the CAN)  
 1 tablespoon pure vanilla extract  
 1/2 teaspoon almond extract  
 1/2 teaspoon instant coffee, dissolved in 4 tbs. warm water

Mix all in a blender except cream and sweetened milk. Pour mixture in a covered container and add cream. Gently shake. Refrigerate over night. Keeps three weeks. This is a totally funky recipe for making your own Bailey's - maybe it would give you some ideas.

**Homemade sweetened condensed milk**

1/2 cup boiling water  
 3 tablespoons butter  
 1/2 cup sugar  
 1 1/3 cups dry milk

Combine ingredients and stir well. Posted by DebB

**Bailey's Substitute**

1 cup whipping cream	2 tablespoons Hershey's syrup
1 can Eagle brand sweetened condensed milk	1/4 teaspoon coconut extract
3 eggs	1&1/2 cup Irish whiskey (or less)

I have a note that using 1 cup whiskey makes one quart. \* Again - this of course is not SSed. But for the eagle brand s.c.m. - you could sweeten and condense your own cream. Just use double the amount of cream called for and condense it, stirring frequently (this will burn easily, so keep a good watch on it) until it's reduced by half and thick. DaVinci makes a chocolate syrup - not the liquid flavored syrup, but a thick, Hershey's like syrup, available at their website. There are other sugar free (thick) syrups too - I know WalMart Supercenter carries one, don't know if it's legal though. This is a recipe that I've made (pre-SSing days) for the Irish Creme. I can tell you that this one is tried and true - my husband loved it. It would have to be SSed ofcourse, but with the exception of the whiskey, I think you could SS it. Posted by DebB.

**Faux Frozen Margarita**

I bought a bottle of the DaVinci SF watermelon syrup to serve over shaved ice, but found it too sweet for my taste. So I added a splash of lime juice, and voila, a frozen watermelon (or strawberry or whatever) margarita. You can even serve it in a margarita glass with salt around the rim. By gingerg.

**Frozen Watermelon Virgin Margaritas**

4 cup watermelon, chunks, seeds removed  
 6 Tbsp fresh lime juice  
 2 Tbsp sugar (use sugar substitute)  
 4 cup ice cube(s)  
 1/8 tsp table salt  
 1/2 lime(s), cut into wedges for garnish

Combine all ingredients, except lime wedges, in a blender; purée until smooth. Divide among 4 glasses. Garnish with lime wedges. I got this from WW site. Sounds good and refreshing for the summer. Posted by matantej.

### Mom's Eggnog

6 eggs (or 1 1/2 c Eggbeaters)  
 1 C of sugar (use substitute)  
 1/2 tsp salt  
 1 Tbsp rum or vanilla flavoring  
 1 qt. 1/2 & 1/2 (use cream)  
 nutmeg  
 rum for non ssers

Beat eggs until thick. Add sugar (or substitute), beating well. Add salt and flavoring. Fold in the 1/2 & 1/2 (cream). Spike this with rum for non ssers and top with nutmeg. Very good. This is my mom's eggnog recipe. As you can see it is from before the time people worried about eating raw eggs. I have used Eggbeaters to make this and it turns out great. By weesers. Note by September: This is great egg nog! I make it with the following changes: Instead of 1 T. vanilla, I use 1 tsp vanilla, 1 tsp brandy extract, and 1 tsp rum extract. I also use 3 cups of cream and 1 cup of water instead of 4 cups of cream. Lastly, I reduce the salt to 1/4 tsp. Since this is something I make maybe once a year, I admit I \*do\* use egg beaters, even though Suzanne frowns on them, as its faster and easier than cooking egg nog. Thanks for a great recipe!

### Fat-Free Brown Rice Milk

4 cups hot water  
 1 cup freshly cooked brown rice  
 1 tsp vanilla

Place all ingredients in a blender and mix until smooth. Set for at least 30 minutes. Then, without shaking, drain liquid into container, discard rice and refrigerate. Makes about 4 1/2 cups. (Carbo Level 1) Posted by Lilith.

### Homemade Protein Shake

3T. Heavy Cream  
 3T. Just Whites (powdered egg whites)  
 1/2T. Cocoa  
 1 1/2tsp. Vanilla  
 1T. Splenda  
 8oz. Cold Water  
 Dash of Salt (Optional)  
 Ice Cubes

I put all these ingredients into my blend and go cup and mix well. My cup came with my blender. You can omit the cocoa and use any extract for the flavor you want. It was very good. It would be 12gr of protein. Posted by Kristy.

### Super Simple Shake

1 raw egg (whole)  
 1/4 c. heavy cream  
 1-2 T. \*SF chocolate syrup or flavor of choice  
 5-6 ice cubes

Blend well. It was extremely rich and creamy. I'm sure you could add one more egg for more protein as well. I just threw this together, and it was delicious. Of course the chocolate makes this ~almost~ level one. Posted by Elcarim.

## Smoothie Recipes

I like to blend frozen raspberries and enough orange juice to almost cover the berries. Simple but it tastes great.  
By Audrey-TN.

\*\*\*\*\*

Frozen strawberries, frozen cherries(no pits) a bit of splenda and a splash of water..... blend til smooth. i make mine very thick and have it in the morning. (then wait for breakfast of course). By bettynotsuzy.

\*\*\*\*\*

1 cup frozen fruit (I use a tropical blend)  
1 cup Crystal Light - various flavors  
1 carton Atkins Yogurt (4 net grams carbs and high in protein)

Blend until smooth. Mighty-nice.

\*\*\*\*\*

About 15 squirts sugar-free DaVinci syrup (fruit flavors, raspberry & a little cherry - whatever I'm in the mood for)  
1 cup water  
splash of cream  
about 2 cups frozen berries

Blend until smooth. DebB.

\*\*\*\*\*

1 cup mixed frozen berries  
5 Tbl pure protein isolate (I get mine from [www.bulkfoods.com](http://www.bulkfoods.com))  
2 Tbl SF syrup of choice-vanilla or berry is best  
a little water

Thaw berries in Microwave for about 30 seconds. Put all ingredients in blender and puree. YUMMY!!! This is almost level one. RaeSK.

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I love to chunk up a fresh mango, & throw it in the blender with a splash of OJ. Serve over ice, or blend the ice in.  
Posted by iwillrejoice.

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My favorite, a handful of frozen strawberries, a few slices of canned pineapple (unsweetened in its own juice), and a splash of 100% orange juice not from concentrate. Very simple, very good! I like mine thick also, so I don't add much liquid, or if I do, add more strawberries. A packet or two of splenda makes this a super sweet tooth craving satisfier! Posted by kellied.

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I use orange juice and frozen fruit from Costco and put in blender and that's it, could not be easier. The frozen fruit from Costco's has peaches, strawberries, pineapple, melons and grapes in it. It comes in a big bag that I think is about 5 lbs, I pay about \$7.00 for it. Posted by militarywifeandmom.