

## **Apple Spread**

Serving Size: ½ c.

Calories: 80

Carbohydrate: 14g

-To make apple spread, core and chop up enough apples (choose very sweet and crisp varieties, such as McIntosh, Jonagold, and Fuji) to almost fill your largest pot.

-Cook them in about an inch of water or apple cider until uniformly soft.

-Puree in food processor and return to pot.

-Add cinnamon, cloves, ginger, and allspice. Bring mixture to a boil.

-Reduce heat, and simmer until thickened.

Your spread should keep for up to two months refrigerated in an airtight container.

## **Easy Split Pea Soup**

1 cup= 30g carbohydrate

180 calories

Split peas are relatively low in carbohydrates and have a lower Glycemic index than some other legumes, and because they are quick cooking and have the consistency of some favorite American comfort goods, split pea soup makes for a great meal on a chilly day.

-Add 2 quarts of cold water to 2 ¼ cups of well-rinsed split peas.

-Let soak overnight, or just simmer for 2 minutes and soak for an hour.

-Bring to a boil, turn down heat, and simmer covered for about an hour and a half.

-Add seasonings (salt, fresh pepper, nutmeg) and diced vegetables, such as onion, celery, carrots, and leeks.

-Cook uncovered until veggies are tender.

## **Cauliflower Mac & Cheese**

1 cup = 30 g carbohydrate

300 calories

One way to use cauliflower is to steam or boil it, chop it roughly, and then substitute it for half the macaroni in your favorite reduced-fat mac and cheese recipe. Another is to make a roasted cauliflower casserole, leaving out the pasta all together.

-Chop cauliflower into chunks, and arrange in baking dish.

-Add two to three cloves of garlic, minced.

- Drizzle with olive oil, and squeeze a lemon over the pieces.
- Season with salt and pepper.
- Bake in a 400-degree F oven for 20 minutes or until the tops are browned.
- Remove and sprinkle generously with grated parmesan.

## **Turkey Wrap**

1 wrap= Approximately 12g carbohydrate  
 Approximately 80 calories

Choose a low carb tortilla (or wrap), which will likely be made with soy or whole grain flour. You can take your wrap one step further on the health meter while also making something a bit more substantial, by doing more than rolling up a few slices of turkey. Lunch meats are notoriously high sodium, and they also contain nitrites or nitrates, preservatives that are potentially carcinogenic.

- Brown ground turkey in a sauté pan with some olive oil and spices.
  - ~You can use a dash of salt and pepper or sprinkle on chili powder and a little cayenne if you like a bit of fire.
- Spoon your seasoned turkey onto your lettuce leaves or low carb wrap.
- Add shredded cheese, diced tomatoes, and avocado chunks.
- Roll and enjoy!

## **French Fries**

Jicama ½ c sliced= 6g carbohydrate  
 25 calories

Sweet Potatoes ½ c mashed= 29g carbohydrate  
 125 calories

Using sweet potatoes or the crunchy vegetable called jicama (pronounced hik-a-ma), you can enjoy crisp, salty fried now and then without worry.

\*As in some individuals, white potatoes may cause a more rapid increase in blood sugars.

- Peel sweet potatoes, and then slice them up lengthwise like steak fries.
- Toss gently with extra virgin olive oil and seasonings of your choice.
- Bake at 425 degrees F for 10 minutes on each side.

-Jicama can be sliced thin (like matchsticks) and made either in the oven the same way (cut time in half) or fried in a pan with a high-heat oil such as canola oil, grapeseed oil or refined sesame oil.

- You can also slice jicama super-thin like potato chips.
- Experiment with different spices on your fries, such as onion or garlic salt, paprika, or taco seasoning.

## Sweet Potato Casserole

- For a leaner casserole, take multiple sweet potatoes and pierce sides with a fork.
- Place on oven rack and roast at 400 degrees F for about 1 hour.
- Take potatoes out of the oven, scoop out insides, transfer to a casserole dish and top with a little bit of SPLENDA Brown Sugar Blend (if desired) and chopped pecans.
- Place under broiler for a few minutes for a caramelized topping.
- The roasting of the sweet potatoes brings out the natural sweetness and make for a delicious side dish.

## Mashed Potatoes

1c= Approximately 20g carbohydrates  
Approximately 110 calories

- A medium potato contains about 33 grams of carbs and 3 grams of fiber per cup. Then use an equal amount of either turnips (about 8g of carbs and 3g of fiber per cup), rutabaga (about 15g of carbs and 3g of fiber per cup), cauliflower (about 3g of carbs and 2g of fiber per cup) or some combination of the three.
- Boil or microwave the potatoes and vegetables, and mash these up together.
- Add a mixture of one-half softened butter and one-half healthy, trans-free vegetable oil spread.
- Then add warm low fat milk, and beat in until smooth.
- Salt and pepper to taste.
- For extra flavor, add minced garlic (raw or gently cooked) to the butter mixture, or mix in some grated parmesan, romano, or asiago cheese.

## Brown Rice with Vegetables

Serves: 8

Carbohydrate: 21g

Calories: 141

### Ingredients:

- 1 c. brown rice, uncooked
- 1 Tbsp. olive oil
- 2 c. reduced-sodium chicken broth (or water)
- 4 scallions (green onions including tops)
- 2 c. total- chopped red, green or yellow bell peppers, celery, mushrooms, asparagus, peas or carrots

2 Tbsp. lemon juice

Optional: Ground black pepper, chopped fresh parsley.

**Preparation:**

-In a large saucepan, over medium heat, sauté the rice in oil for about 2 minutes stirring frequently.

-Reduce heat, slowly add broth, and simmer covered without stirring or opening the lid for about 30 minutes.

-In the meantime, chop scallions including green tops into small pieces. Do the same with your choice of vegetables.

-When the rice has cooked 30 minutes, add the vegetables and lemon juice. Stir well to combine. Cover pan and continue to cook over medium heat until rice is tender but still has some texture (about 10 to 15 minutes more).

-Season with black pepper and top with chopped fresh parsley (if desired) and serve.

**Tuscan Bean Soup**

Serving size: 8oz Serves: 12

Carbohydrates: 16g

Calories: 140

**Ingredients:**

3 Tbsp. olive oil

1 medium onion, chopped (1/2 c.)

4 garlic cloves, finely chopped

4 medium carrots, sliced (2 c.)

1 ½ c. chopped cabbage

2 celery sticks, diced

1 14oz. can navy beans

1 14oz. can diced or crushed tomatoes

4 cups vegetables stock (or chicken stock)

Salt and ground pepper to taste

1 tsp. Italian seasoning

1 Tbsp. olive oil

1 lb. fresh spinach or chopped kale

**Preparation**

-Heat the oil in a large pan. Sauté oil, onion and garlic for about 5 minutes.

-Add the remaining fresh vegetables and stir fry for about 5 minutes.

-Stir in the beans, tomatoes, and stock and bring to a boil. Cover and simmer for about 30 minutes. Add seasoning.

**Soup Base:** Heat the oil and sauté the spinach/kale for a few minutes. Spoon the spinach/kale into bowls, then gently pour the soup over the spinach/kale. Add chopped fresh parsley and/or Parmesan cheese if desired.

Serve soup hot with Italian bread.

## **Cranberry Orange Muffins**

Serving size: 3oz                      Serves: 12

Carbohydrates: 22g

Calories: 140

### **Ingredients:**

2 c. all-purpose flour	½ c. 1% or skim milk
2 tsp. baking powder	1 c. sucralose granular
½ tsp. baking soda	1 Tbsp. orange zest
¼ tsp. salt	¼ c. orange juice
1 ¼ c. fresh cranberries	2 Tbsp. sucralose granular
1 large egg (optional)	1 Tbsp. reduced-sugar orange marmalade
¼ c. canola oil	
½ c. orange juice	

### **Preparation:**

- Preheat oven to 375 degree F.
- Spray muffin cups with nonstick cooking spray or line with muffins liners.
- Measure flour, baking powder, soda, salt, and cranberries into a large bowl and stir. Set aside.
  
- In a small bowl, whisk together the egg, oil, orange juice, marmalade, sucralose, and orange zest.
- Make a well in the center of the dry ingredients and pour in the milk mixture.
- Using a large spoon or spatula, mix just until all the flour is moistened. Do not over mix.
- Spoon the batter into the prepared muffin tins, filling them 2/3 full.
- Bake for 20 minutes or until a toothpick comes out clean when inserted into the center of the muffin.
  
- While muffins are baking, place the ¼ cup orange juice and 2 tablespoons of sucralose (and marmalade if desired) into a small dish or microwavable bowl.
- Heat gently until mixture reduced by half.
- Remove muffins from the oven and brush each muffin with the orange mixture.
- Remove muffins from tins and place on rack to cool.

## **Chocolate Mocha Mousse Cake**

Serving size: 3oz                      Serves: 12

Carbohydrate: 17g

### **Ingredients:**

1 ½ cups cold skim milk                      1 cup light whipped topping  
1 8-oz. package light cream cheese        1 3-oz. package ladyfingers, split  
2 Tbsp. instant coffee                        2 Tbsp. rum extract  
1 Tbsp. hot water  
1 package (4-serving size) chocolate flavored sugar-free instant pudding and pie filling  
Strawberries or dry cocoa powder for garnish

### **Preparation:**

- Pour ½ c. of the milk into the blender container and add cream cheese; cover.
- Blend until smooth.
- Blend in the remaining 1 cup of milk.
- Dissolve the instant coffee in water; add to the blender with the rum extract.
- Add the pudding mix; cover.
- Blend until smooth, scraping down the sides occasionally.
- Pour into a large bowl.
- Gently stir in the whipped topping.
- Cut the ladyfingers in half crosswise. Cover the bottom of an 8-inch spring form pan with the ladyfingers halves. Place the remaining halves, cut-ends down, around the sides of the pan.
- Spoon the pudding mixture into the pan.
- Chill until firm, about 3 hours. Remove side of the pan.
- Garnish with fresh strawberries or dry cocoa powder.

## **Chocolate Chip Pumpkin Bars**

Servings per Recipe: 24

Calories: 150

Carbohydrates: 21g

### **Ingredients:**

1 1/3c. flour  
¼ c. SLENDA Brown Sugar Blend  
½ c. SLENDA Sugar Blend, divided  
1 c. old-fashioned oats  
½ c. chopped walnuts or pecans  
¾ c. light margarine  
1 (8 ounce) container fat free cream cheese

3 eggs  
1 (15 ounces) can pumpkins  
1 Tbsp. pumpkin pie spice  
1 c. mini chocolate chips

### **Preparation:**

- Preheat oven to 350 degrees F. Line a 13x9 pan with foil and spray with a non-stick cooking spray. Set aside.
- Combine flour, SPLENDA Brown Sugar Blend, half of the SPLENDA Sugar Blend, oats and walnuts. Cut in the margarine with a fork until the mixture is crumbly
- Press all but one cup of the crust mixture into the bottom of the prepared pan.
- Bake for 15 minutes. Allow to cool.
- Beat cream cheese, eggs, the remaining half of the SPLENDA Sugar Blend, the pumpkin and the pumpkin pie spice until it is well blended.
- Pour the cream cheese mixture over the pre-bakes crust and sprinkle with the 1 cup of remaining crust and the chocolate chips.
- Bake for 25 minutes or until set. Lift from pan to cool. Cut into 24 bars.

### **Black Forest Cheesecake**

8 servings  
Nutrition facts per 1/8 slice:  
Carbohydrates: 21g  
Calories: 265  
Total Fat: 15g

### **Ingredients:**

1 package (8oz) 1/3 less fat neutchatel cream cheese, softened.  
1/3 c. SPLENDA  
1 c. lite sour cream  
2 tsp. vanilla  
1 carton 8oz frozen lite whipped topping, thawed.  
1 chocolate crumb crust (8 inches)  
1/4 c. baking cocoa  
1 Tbsp. confectioner sugar  
1 can (21oz) lite cherry pie filling

### **Preparation:**

- In a large bowl, beat cream cheese and SPLENDA until smooth.
- Beat in sour cream and vanilla.
- Fold in whipped topping.
- Spread half of the mixture evenly into crust.
- Fold cocoa and confectioners' sugar into remaining whipped topping mixture; carefully spread over cream cheese layer.

- Refrigerate for at least 4 hours.
- Cut into slices; top each slice with cherry pie filling. Refrigerate leftovers.

## **Pumpkin Custard**

6 servings

Nutrition facts per 1 cup serving:

Carbohydrates: 8g

Calories: 80

### **Ingredients:**

2 eggs, well beaten

1 ½ cups skim milk

1/ ½ cups canned pumpkin

2 tablespoons Splenda ( do not use Aspartame or Equal)

1 ½ teaspoons cinnamon

½ teaspoons allspice

½ teaspoon ground cloves

½ teaspoon ginger

½ teaspoon nutmeg

1/8 teaspoon salt

### **Preparation:**

-Mix all ingredients together and blend well.

-Pour into 6 custard baking cups.

-Set cups in baking pan containing ½ inch hot water.

-Bake at 425 degrees for 10-15 minutes.

-Reduce heat to 350 degrees and bake for about 20 minutes or until a knife inserted into the center of custard comes out clean.

-Serve either warm or chilled.

## **Cranberry Orange Cheesecake**

16 Servings

Nutrition facts per slice:

Carbohydrates: 13g

Calories: 200

### **Ingredients:**

1 1/3 cup gingersnap crumbs

3 tablespoons Equal Spoonful

3 tablespoons stick butter or margarine, melted

1 cup Equal Spoonful  
2 eggs  
2 egg whites  
2 tablespoons cornstarch  
¼ teaspoon salt  
1 cup reduced-fat sour cream  
2 teaspoons vanilla  
1 cup chopped fresh or frozen cranberries  
1 ½ teaspoons grated orange peel

**Preparation:**

-Mix gingersnap crumbs, 3 tablespoons Equal and melted butter in bottom of a 9-inch springform pan. Reserve 2 tablespoons crumb mixture. Pat remaining mixture evenly onto the bottom of pan. Bake in preheated oven at 325 degrees for 8 minutes. Cool on wire rack.

-Beat cream cheese and 1 cup Equal in large bowl until fluffy; beat in eggs, egg whites, cornstarch and salt. Beat in sour cream and vanilla until blended. Gently stir in cranberries and orange peel. Pour batter into crust in pan. Sprinkle with reserved crumb mixture.

-Bake in 325 degree oven for 45-50 minutes or until center is almost set. Remove cheesecake to wire rack. Gently run metal spatula around rim of pan to loosen cake. Let cheesecake cool completely; cover refrigerate several hours or overnight before serving. To serve; remove sides of spring form pan.

**Quick Dark Chocolate Brownies**

Servings 16

Serving size 1 brownie

Calories 130

Carbohydrates 19g

**Ingredients:**

1cup sugar

1/3 cup dark chocolate cocoa powder

¼ cup whole wheat flour

¼ cup all-purpose flour

½ teaspoon baking powder

¼ teaspoon salt

2 eggs lightly beaten

½ cup canola oil

1 tsp vanilla extract

¼ cup dark chocolate chips

1/3 cup chopped almonds

**Preparation:**

- 1) Preheat oven to 350 degrees
- 2) In a large bowl, combine sugar, cocoa powder, flours, baking powder, and salt. In separate bowl, combine eggs, canola oil and vanilla. Combine egg mixture into flour mixture, mixing well. Stir in chocolate chips and almonds.
- 3) Spread batter in lightly greased 8 x 8- inch baking pan. Bake for 20-25 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack before slicing.

May use 1 cup Splenda for sugar to reduce carbohydrate to approximately 9 g carbohydrate per brownie.

