

## Quinoa with Caramelized Vegetables - Serves 6

1/2 cup quinoa  
3 cup vegetable broth  
1/4 cup onion, diced  
1/4 cup celery, diced  
1/4 cup carrot, diced  
1 1/2 teaspoons garlic, diced  
2 tablespoons olive oil  
1 1/2 teaspoons fresh sage, chopped  
1/2 cup green apple, chopped  
1/4 cup parsley, chopped  
1/4 teaspoon black pepper  
1 teaspoon salt

In a medium sauce pan, boil quinoa in vegetable broth until tender for about 10 minutes. Strain off quinoa, reserving 1 cup of broth to add later.

In a hot pan, sauté onion, carrot, celery, and garlic in oil until caramelized. Reduce heat, and add sage, apple, quinoa, salt, pepper, parsley and remaining broth. Mix well, keep on low heat and cover for another ten minutes to heat through.

*Nutrition Information:*

*157 calories and 22 grams carbohydrates per 1/2 cup serving*



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# Light Pumpkin Cheesecake - Serves 10

1 1/4 pound reduced fat cream cheese  
4 eggs  
3/4 cup Splenda sugar substitute  
1/3 cup pumpkin (fresh or canned)  
1/8 teaspoon cinnamon  
1/8 teaspoon nutmeg  
1 teaspoon vanilla extract  
1 1/2 cup graham cracker crumbs  
4 tablespoons margarine  
1 tablespoon brown sugar  
1/4 teaspoon salt

In food processor, combine softened cream cheese, eggs, Splenda, pumpkin, cinnamon, nutmeg and vanilla. Mix until smooth.

In mixing bowl, combine melted margarine, graham cracker, brown sugar and salt. Mix until well incorporated. Press and form into

a 9" pie pan or spring form pan to create crust. Place crust in refrigerator for 10 minutes to allow crust to set.

Preheat oven to 325 degrees. Place a pan of water on the lower oven rack. Place cheesecake on upper rack above the water pan. Bake for approximately 1 hour. When the pan is tapped, the cake should be nearly firm. Allow cheesecake to cool completely in refrigerator before cutting. Cut into 8-10 pieces.

#### *Nutrition Information:*

*247 calories and 19 grams carbohydrates per serving; light cheesecake.*

*413 calories and 34 grams carbohydrates per serving, original cheesecake.*



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## Smashed New Potatoes with Celery Root - Serves 6

3 cups red potatoes, quartered  
1 cup celery root  
1/4 inch diced  
3 green onions, sliced  
1 tablespoon fresh thyme, chopped  
1/4 teaspoon black pepper  
2 teaspoon salt  
1/4 teaspoon garlic powder  
1/4 cup buttermilk  
1 1/4 tablespoon butter

In medium sauce pan, boil potatoes and celery root in water until very tender. Strain off water. Return potatoes and celery root to sauce pan and add remaining ingredients.

Mix until ingredients are incorporated but with a chunky rustic appearance. Adjust seasoning if necessary.

*Nutrition Information:*

*76 calories and 14 grams carbohydrates per 1/2 cup serving.*



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# Cranberry Raspberry Granita - Serves 6

Prep time: 6 hours and 30 minutes,  
mostly unattended

2 cups 100% cran-raspberry juice

1 ½ cups raspberries  
(fresh or frozen, thawed and drained)

½ cup Splenda

In a blender, combine the juice and raspberries. Mix well. Pour the mixture through a fine-mesh sieve placed over a mixing bowl. Press the mixture gently through the sieve, as necessary, to

extract as much juice as possible. Discard the mixture in the sieve or reserve for another use.

Add the Splenda to the strained juice mixture and stir to mix well. Cover and freeze. Stir thoroughly with a fork about every 30 minutes, for 6 hours or so, until the granita is frozen in a crumbly, grainy texture.

*Nutrition Information:*

*Carbohydrate per serving 18g  
71 calories and 18 g carbohydrates  
per 1/2 cup serving*



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