

HERE'S TO YOUR HEALTH!

**Delicious and Healthy Recipes for
Smart Entertaining**



**Holy Trinity Catholic Church
Health Ministry
Recipes tested by Kelly Roshon & Josh Estes
2008**

We certainly hope you will enjoy these recipes!

Some of these are recipes submitted by Holy Trinity parishioners and then (lovingly!) remade by Kelly and Josh into much healthier forms of the same dish, keeping the flavor but losing the extra fat, sugar, etc. Some are from other sources, and those are credited beneath the recipe titles.

ALL will provide you with nourishment, enjoyment, and just plain good times!

So, from all of us in Health Ministries here at Trinity...“Here’s to your health!!”



Wake-up Casserole Makeover

3 russet potatoes (or equivalent amount of other potato), quartered
5 oz breakfast sausage, casing removed (4 small links)
2 tsp extra-virgin olive oil
1 med onion, chopped
1 red or green bell pepper, chopped
1 tsp salt
1 tsp pepper

1 tsp paprika
1 TBS chopped fresh parsley or 1 tsp dried parsley
4 large eggs
4 large egg whites
2.5 cups low-fat milk
1 tsp dry mustard
2/3 cup sharp cheddar cheese, divided

1. Preheat oven to 350.
2. Coat a 9-by-13 inch baking dish with cooking spray.
3. Place potatoes in a medium saucepan and cover with cold, lightly salted water. Bring to a boil and boil until potatoes are just tender, 5 to 10 minutes. Drain and cool. Cut into 1/2-inch cubes. (You should have 2 cups of cubed potatoes.)
4. Cook sausage in a skillet over medium heat, crumbling with a fork, until browned. Transfer to the prepared baking dish, covering the bottom surface.
5. Heat oil in a same skillet that was used to cook sausage over medium heat. Add onion and pepper and sauté until the onion is limp and translucent, about 5 minutes. Add the potatoes and continue to sauté until golden brown, about 10 to 12 minutes. (Lower heat slightly if pan becomes too hot.) Season with salt, pepper, paprika and parsley while cooking.
6. Arrange potato mixture on top of sausage in baking dish.
7. Whisk eggs, egg whites, mustard and milk in large bowl. Stir in 1/3 cup cheddar. Pour egg mixture evenly over sausage, potatoes, onion, and pepper.
8. Sprinkle casserole with remaining 1/3 cup cheddar. Bake, uncovered, 40-50 minutes. Serve hot.

Nutritional Information

Serves 12

Per serving: 144 calories; 7 g fat (3 g sat, 2 g mono); 87 mg cholesterol; 10 g carbohydrate; 10 g protein; 1 g fiber; 344 mg sodium; 115 mg potassium.

Nutrition bonus! Vitamin C (29% daily value), Selenium (17% dv)

TIP: Leave the potato skins on for a fiber bonus!



Sweet Potato Soufflé Makeover

Recipe from eatingwell.com

2 1/2 pounds sweet potatoes (3 medium), peeled and cut into 2-inch chunks
2 large eggs
1 tablespoon canola oil
1 tablespoon honey
1/2 cup 1% milk
2 teaspoons freshly grated orange zest
1 teaspoon vanilla extract
1/2 teaspoon salt, or to taste

Topping

1/2 cup whole-wheat flour
1/3 cup packed brown sugar
4 teaspoons frozen orange juice concentrate
1 tablespoon canola oil
1 tablespoon butter, melted
1/2 cup chopped pecans (1 3/4 ounces)



1. Place sweet potatoes in a large saucepan; cover with lightly salted water and bring to a boil. Cover and cook over medium heat until tender, 10 to 15 minutes. Drain well and return to the pan. Mash with a potato masher. Measure out 3 cups. (Reserve any extra for another use.)
2. Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) baking dish with cooking spray.
3. Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potato and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish.
4. To prepare topping: Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the sweet potato mixture.
5. Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes.

Nutrition Information

Serves 10

Per serving: 223 calories; 10 g fat (2 g sat, 5 g mono); 46 mg cholesterol; 31 g carbohydrate; 4 g protein; 4 g fiber; 163 mg sodium

Nutrition Bonus! Vitamin A (280% daily value), Vitamin C (25% dv).

Pumpkin Cake Makeover

Recipe from eatingwell.com

Cake

1 1/2 cups whole-wheat pastry flour
1 cup all-purpose flour
2 teaspoons baking soda
3/4 teaspoon salt
2 teaspoons ground cinnamon
1 teaspoon ground allspice
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves

2 large eggs
1 large egg white
1 1/2 cups packed light brown sugar
1 15-ounce can unseasoned pumpkin puree
1/3 cup orange juice
1/4 cup canola oil
1 teaspoon vanilla extract
1/2 cup walnuts, chopped, toasted
and divided (see Tip)

Caramel-Walnut Glaze

3 tablespoons packed light brown sugar
2 tablespoons low fat milk or evaporated fat-free milk
2 teaspoons butter

1. To prepare cake: Preheat oven to 350°F. Coat a 12-cup Bundt or tube pan with cooking spray. Dust pan with flour, tilting to coat and tapping out the excess (or use cooking spray with flour).
2. Whisk whole-wheat flour, all-purpose flour, baking soda, salt, cinnamon, allspice, nutmeg and cloves in a medium bowl.
3. Combine eggs, egg white and 1 1/2 cups brown sugar in a large mixing bowl. Beat with an electric mixer until fluffy, 3 to 5 minutes. Add pumpkin, orange juice, oil and vanilla; beat until smooth.
4. Add the dry ingredients to the wet ingredients and stir until just combined. Set aside 2 tablespoons walnuts for the glaze and fold the rest into the batter. Scrape the batter into the prepared pan. Bake the cake until a skewer inserted in the center comes out clean, 50 to 60 minutes. Transfer to a wire rack. Let cool in the pan for 10 minutes.
5. To prepare glaze & finish cake: Combine 3 tablespoons brown sugar, milk and butter in a small saucepan. Bring to a boil over medium heat, stirring frequently. Cook for 1 minute. Remove from heat and stir in the reserved 2 tablespoons walnuts.
6. Turn the cake out onto the rack; place the rack over a baking sheet. Drizzle the warm glaze over the top and sides of the cake. Transfer to a serving plate; spoon any glaze from the baking sheet over the cake. Let cool completely.

Nutrition Information

16 servings

Per serving: 229 calories; 7 g fat (1 g sat, 3 g mono); 28 mg cholesterol; 38 g carbohydrate; 4 g protein; 3 g fiber; 281 mg sodium; 104 mg potassium.

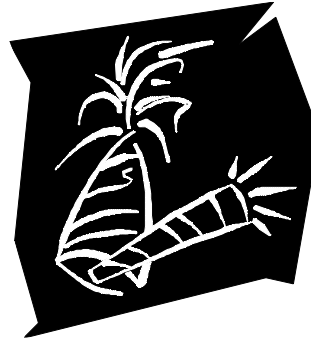
Nutrition bonus: Vitamin A (84% daily value).

TIP: Walnuts are an omega-3 powerhouse! Omega-3 fatty acids have been shown to reduce the risk of coronary heart disease. To toast chopped walnuts: Place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

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Dried Beef Cheese Spread Makeover

16 oz butter beans
1 scallion
1 clove garlic
1 cup plain yogurt
1 cup parm. cheese or cream cheese
1 TBS EVOO
1 TBS red wine vinegar
2-3 lg. packages dried beef
Maybe rosemary



Mix all ingredients together well in food processor and chill well to firm before serving.

NUTRITION INFORMATION: Per 2-tablespoon serving: 35 calories; 2 g fat (0 g sat, 1 g mono); 2 mg cholesterol; 5 g carbohydrate; 2 g protein; 1 g fiber; 132 mg sodium; 102 mg potassium.

Cocktail Meatball Makeover

Sauce

4 8-ounce cans tomato sauce
1 small onion, minced
1/2 red bell pepper, seeded and minced
1/2 green bell pepper, seeded and minced
1/4 cup packed brown sugar

1/4 cup lemon juice
1/4 cup minced fresh parsley
2 cloves garlic, minced
1 tsp. Italian seasoning blend
1/2 teaspoon freshly ground pepper

Meatballs

1 medium-sized red potato, peeled
1 small onion, cut into large chunks
2 egg whites
1 teaspoon Italian seasoning blend

1 clove garlic
1 teaspoon salt
1/2 teaspoon freshly ground pepper
2 1/2 pounds ground turkey

1. To make sauce: Combine tomato sauce, onion, red and green bell pepper, sugar, lemon juice, parsley, garlic, Italian seasoning blend and pepper in a large saucepan. Simmer over medium-low heat for 30 minutes.
2. To make meatballs: Puree potato, onions, egg whites, Italian seasonings, garlic, salt and pepper in a food processor or blender until smooth. Transfer to a large bowl. Add turkey and mix thoroughly. Shape the mixture into 1-inch balls.
3. Add the meatballs to the sauce. Shake to coat meatballs with sauce. Partially cover and simmer on low heat without stirring for 30 minutes. Uncover and simmer until sauce thickens, about 30 minutes longer. Shake the pot several times during cooking to avoid sticking.

Nutrition Information:

16 servings

Per serving: 282 calories; 9 g fat (3 g sat, 0 g mono); 81 mg cholesterol; 21 g carbohydrate; 3 g fiber; 31 g protein; 1018 mg sodium; 553 mg potassium.

Baked Hash Brown Makeover

6 russet potatoes (6-8 ounces each), scrubbed, cut in pieces, like has browns, not stuffed potatoes
1 tablespoon extra-virgin olive oil
Salt & freshly ground pepper to taste
3/4 cup low-fat cottage cheese
4 ounces creamy goat cheese, cut into pieces (any of your favorite cheese will work, try cheddar!)
1/3 cup chopped scallions
2 tablespoons chopped fresh parsley

1. Pierce potatoes with a fork and wrap each one in a double thickness of microwave-safe paper towel. Microwave on high for a total of 20 to 30 minutes, turning over and rearranging potatoes once, or until soft when pinched. (Alternatively, place pierced potatoes directly on oven rack and bake at 450°F for 50 to 60 minutes.)
2. Preheat oven to 425°F.
3. As soon as the potatoes are cool enough to handle, slice off top third (lengthwise) of each. Scoop potato flesh into a mixing bowl, reserving potato-skin shells. Sprinkle oil over potato flesh, season with salt and pepper and mash with a potato masher.
4. Puree cottage cheese in a food processor. Add goat cheese and process until smooth. Scrape cheese mixture into mashed potatoes and mix with the potato masher. Gently fold in scallions and parsley with a rubber spatula. Taste and adjust seasonings. Mound potato filling into potato shells. Use the tines of a fork to give the tops a decorative finish.
5. Set stuffed potatoes on a baking sheet or in a shallow baking dish and bake until golden and heated through, 30 to 40 minutes. Serve hot.

Nutrition Information:

6 servings

Per serving: 229 calories; 7 g fat (3 g sat, 3 g mono); 10 mg cholesterol; 32 g carbohydrate; 11 g protein; 2 g fiber; 243 mg sodium; 761 mg potassium.

Nutrition bonus: Potassium (22% daily value), Vitamin A (21% dv).

Artichoke Dip Makeover

2 14-ounce cans artichoke hearts, rinsed
2 cups plus 2 tablespoons freshly grated Parmesan cheese
1/2 cup reduced-fat mayonnaise
2 cloves garlic, minced
2 teaspoons freshly grated lemon zest, preferably organic
Cayenne pepper to taste
Salt & freshly ground pepper to taste

1. Preheat oven to 400°F. Chop artichoke hearts in a food processor. Add 2 cups Parmesan, mayonnaise, garlic, lemon zest and cayenne; puree until smooth. Season with salt and pepper. Place in two gratin or shallow baking dishes (2-cup capacity). Sprinkle each dish with 1 tablespoon Parmesan.
2. Bake the dip until golden on top and heated through, 10 to 20 minutes.

Nutrition Information:

Per tablespoon: 31 calories; 2 g fat (1 g sat, 0 g mono); 3 mg cholesterol; 3 g carbohydrate; 2 g protein; 1 g fiber; 109 mg sodium.

Chicken Pot Pie Makeover

Recipe from eatingwell.com

1/2 cup white wine, optional	pieces
1/2 teaspoon salt	8 small red Bliss potatoes cut into quarters
2 sprigs fresh thyme, or 1/2 teaspoon dried	2 cups green beans cut into 1-inch lengths
8 boneless, skinless chicken breasts, about 4 ounces each	1 pound mushrooms, quartered
4 cups low-sodium chicken broth	2 tablespoons butter
4 carrots, peeled and cut into 1/2-inch pieces	1/2 cup flour
2 parsnips or turnips, peeled and cut into 1/2-inch	freshly ground black pepper

ADD RECIPE TO MAKE CRUST

1 9-inch pie crust or 1/2 sheet of puff pastry

1. In a large saucepan combine the wine, salt and thyme. Add the chicken breasts and enough broth to cover them. Bring the liquid to a boil, reduce the heat and simmer for 15 minutes. Remove the saucepan from the heat and let the chicken cool in the liquid for 10 minutes.
2. Remove the chicken from the broth with tongs and set aside. When the chicken is cool enough to handle, cut it into small pieces and place it in a large casserole baking dish.
3. Meanwhile, add the carrots, parsnips and potatoes to the broth and heat over high heat. Simmer until they are just tender, about 10 minutes. Transfer them to the baking dish with a slotted spoon. Add the green beans and mushrooms to the simmering broth and cook until they are just tender, about 3 minutes and then transfer them with the slotted spoon to the baking dish.
4. Strain the broth and reserve it in a bowl. Melt the butter in the now empty saucepan over medium heat. Add the flour and stir for 3 or 4 minutes. Whisk in the reserved broth, slowly at first and then more quickly. Bring the sauce mixture to a boil and cook until the mixture thickens enough to coat a spoon. Pour the sauce into the baking dish and season well with salt and pepper.
5. Roll out the dough until it is 1/4 of an inch thick.
6. (This can be done in advance and stored separately in the refrigerator for 1 day.)
7. Preheat the oven to 400°F.
8. Place the dough on top of the baking dish and trim it so that it fits inside the dish. Cut a few slits in the dough to allow the steam to escape. Place the pie in the oven and bake until the crust is golden brown and the sauce is bubbling. Let the potpie stand for 10 minutes before serving.

Nutrition Information:

8 servings

530 calories; 16 g fat; 5 g saturated fat; 34 g protein; 524 mg sodium; 62 g carbs, 8 g fiber.



Sausage Balls Makeover

Recipe from eatingwell.com

1/2 cup bulgur (see Ingredient Note) rinsed,	1 large egg
2 tablespoons extra-virgin olive oil,	1 large egg white
8 cloves garlic, very thinly sliced	1 pound lean ground beef
1 teaspoon dried oregano	1 cup finely shredded Parmesan cheese
1 teaspoon crushed red pepper	1 teaspoon ground cinnamon
2 28-ounce cans diced tomatoes	1/2teaspoon freshly ground pepper, plus more to taste
4 cups diced plum tomatoes (about 1 1/2 pounds)	1/8 teaspoon salt
2 cups cubed whole-wheat country bread	1/2 teaspoon sugar (optional)

1. Place bulgur in a medium bowl and cover generously with hot water. Let soak for 30 minutes. Drain the bulgur in a fine sieve, pressing on it to remove excess liquid.
2. Meanwhile, heat 1 tablespoon oil in a large Dutch oven over medium-low heat. Add garlic, oregano and crushed red pepper; cook, stirring, until softened but not browned, about 1 minute. Stir in canned tomatoes and plum tomatoes; increase heat to medium-high and bring to a simmer. Reduce heat to low. Partially cover and let simmer while you prepare meatballs.
3. Place bread in a medium bowl. Cover with cold water. Let soak for a few minutes. Drain and squeeze out moisture.
4. Whisk egg and egg white in a large bowl. Add the drained bulgur, the bread, beef, Parmesan, cinnamon, pepper and salt. Gently combine with a potato masher and/or your hands. Form into 20 oval meatballs, each about 2 inches long.
5. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half the meatballs and cook, turning occasionally, until browned all over, 3 to 4 minutes. Transfer to a paper towel-lined plate; blot with paper towels. Brown the remaining meatballs.
6. Mash the simmering tomato sauce with a potato masher to break down any large chunks of tomato. Add the meatballs to the sauce. Simmer over low heat, partially covered, for 50 minutes.
7. Taste the sauce and add sugar, if it seems tart, and additional pepper to taste. Serve the meatballs with the sauce.

NUTRITION INFORMATION: Per serving: 283 calories; 11 g fat (4 g sat, 4 g mono); 73 mg cholesterol; 20 g carbohydrate; 23 g protein; 5 g fiber; 687 mg sodium; 271 mg potassium. Nutrition bonus: Vitamin C (60% daily value), Vitamin A (30% dv). 1 Carbohydrate Serving Exchanges: 1/2 starch, 1 vegetable, 2 1/2 lean meat.

TIP: Ingredient note: Bulgur is parboiled, dried and coarsely ground (or cracked) wheat berries. Don't confuse bulgur with cracked wheat, which is simply that—cracked wheat. Cracked wheat must be cooked for up to an hour whereas bulgur simply needs to soak in hot water for most uses. Look for it in the natural-foods section of large supermarkets, near other grains, or online at kalustyans.com. Cover and refrigerate for up to 3 days or freeze for up to 3 months.

Sausage Party Ryes Makeover

- 1 lb. sausage alternative (for example, Morning Star Brand soy crumbles)
- 1 lb. very lean beef
- 1 lb. Velveeta light cheese
- 1 Med Onion chopped
- 1 tsp garlic salt
- 1 tsp. oregano
- 2 loaves of Pepperidge Farm mini rye bread loaves

1) Brown both meats and drain well.

2) Melt cheese in microwave and add to meat along with other ingredients except bread; blend well. Spread on pieces of bread.

3) Place on cookie sheet and bake at 400 degrees until brown.

If you wish to prepare ahead – place each piece on cookie sheet covered w/wax paper. Place in freezer. Once set place in zip lock bag and store. Remove from freezer to thaw somewhat before cooking.

“Nothing would be more tiresome than eating and drinking...if God had not made them a pleasure as well as a necessity.”

Voltaire (French Philosopher)

“It is difficult to think anything but pleasant thoughts while eating a homegrown tomato.”

Lewis Grizzard (American Comedian)



Sour Cream Coffee Cake Makeover

Recipe from foodfit.com

For variety, try adding chopped fruit to the batter before baking it. Since fruit is naturally sweet, try adding fruit and decrease the amount of sugar used by half.

1 cup whole-wheat pastry flour
1 cup sugar
2 teaspoons baking powder
1 teaspoon baking soda

1 teaspoon nonfat sour cream
2 eggs, lightly beaten
teaspoon vanilla
1 teaspoon orange extract

Topping

2 tablespoons whole-wheat pastry flour
5 tablespoons brown sugar

2 tablespoons chopped pecans
1 tablespoon unsalted butter or margarine

Preheat the oven to 350 degrees. Lightly coat an 8" x 8" baking pan with no-stick spray.

To make the cake:

- 1) In a large bowl, combine the flour, sugar, baking powder and baking soda.
- 2) In a medium bowl, whisk together the sour cream, eggs, vanilla and orange extract.
- 3) Pour into the flour mixture and stir until combined.
- 4) Pour the batter into the prepared pan and set aside.

To make the topping:

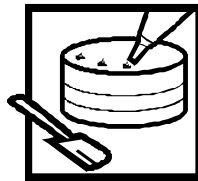
1) In a blender or food processor, combine the flour, brown sugar, pecans and butter or margarine. Blend until the mixture forms fine crumbs.

2) Sprinkle over the batter.

Bake for 35 minutes, or until the center looks set and a toothpick inserted into the center comes out moist but not wet. Cool on a rack before slicing.

Preparation Time: 10 minutes. Baking Time: 35 minutes.

Serves 16; Per serving: 136 calories, 2.1 g. total fat (14% of calories), 0.6 g. monounsaturated fat, 0.3 g. polyunsaturated fat, 0.7 g. saturated fat, 4 g. protein, 26.5 g. carbohydrate, 1.6 g. dietary fiber, 29 mg. cholesterol, 130 mg. sodium



Granola dream bars

Recipe by Sheila Hively

Crust

1/2 cup or 1 stick unsalted butter room temperature
1/4 cup brown sugar
1/2 cup whole wheat pastry flour

1/4 cup white flour
1/2 cup ground almond meal
1/4 teaspoon salt

Layer two

2 eggs
1/2 cup honey
1 teaspoon vanilla extract
1 Tablespoon whole wheat pastry flour
1 teaspoon baking powder
1/4 teaspoon salt

1 1/4 cups granola- (can use a mixture of granola and dried fruit and nuts in any combination. I used a granola that is real healthy that had dried blueberries in it and added a few pecans) to make the crust, cram together the butter, and sugar.

- 1) Then mix in the flours and almond meal, and salt.
- 2) Press into the bottom of a 9-inch baking pan.
- 3) Bake for 15 minutes at 350 degrees.

For the top layer,

- 1) Beat the eggs until light and then beat in the honey and vanilla.
- 2) Combine the flour, baking powder, and salt.
- 3) Stir into the egg mixture and then add the remaining ingredients.
- 4) Pour this mixture over the pre-baked crust and bake 20 minutes longer at 350 degrees.
- 5) Cool and cut into bars

Thumbprint cookies

Recipe by Sheila Hively

1/2 cup, 1 stick unsalted butter
1/4 cup oil
1/2 cup brown sugar
1/4 cup honey
2 Tablespoons nonfat dry mild powder
1 1/2 teaspoons vanilla extract
1 large egg

3/4 cup whole wheat pastry flour
1 cup white flour
2 teaspoons baking powder
1/4 teaspoons salt
3/4 cup wheat germ
2 egg whites
3/4 cups very finely chopped pecans
Reduced sugar raspberry preserves

- 1) Cream together the butter, oil, sugar and honey until fluffy.
- 2) Then add the dry milk, vanilla and egg; beat well.
- 3) Combine the flours, baking powder and salt.
- 4) Add to creamed mixture along with the wheat germ. Dough will be a little soft. You can chill the dough for up to an hour if you would like.
- 5) Roll into small balls and dip them first into the egg white then the pecans.
- 6) Place them on the cookie sheet and make a small thumb press into the middle of each cookie.
- 7) Then place a 1/4 teaspoon of raspberry jam into each center. Bake 8 minutes at 400.

Updated Mac and Cheese

3 tablespoons plain dry bread-crumbs
1 teaspoon extra-virgin olive oil
1/4 teaspoon paprika
1 16-ounce or 10-ounce package frozen spinach
1 3/4 cups 1% milk, divided
3 tablespoons all-purpose flour
2 cups grated extra-sharp Cheddar cheese (6 ounces)

1 cup low-fat (1%) cottage cheese
1/8 teaspoon ground nutmeg
1/2 teaspoon salt, or to taste
Freshly ground pepper to taste
8 ounces (2 cups) whole-wheat elbow macaroni or penne

1. Put a large pot of lightly salted water on to boil. Preheat oven to 450°F. Coat an 8-inch square (2-quart) baking dish with cooking spray.
2. Mix bread-crumbs, oil and paprika in a small bowl. Cook spinach according to package directions. Drain and refresh under cold water; press out excess moisture.
3. Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.
4. Cook pasta for 4 minutes, or until not quite tender. (It will continue to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the bread-crumbs mixture.
5. Bake the casserole until bubbly and golden, 25 to 30 minutes.

NUTRITION INFORMATION: Per serving: 503 calories; 17 g fat (9 g sat, 2 g mono); 54 mg cholesterol; 60 g carbohydrate; 31 g protein; 8 g fiber; 935 mg sodium.

Nutrition bonus: Vitamin A (200% daily value), Calcium (60% dv), Folate (27% dv).

MAKE AHEAD TIP: Prepare through Step 4. Cover and refrigerate for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator, if necessary, and then bake for 35 to 45 minutes



Applesauce-Apple cake

Recipe from Sheila Hively

1 1/2 cups whole wheat pastry flour
1 cup regular unbleached all purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon allspice
1 Tablespoon cocoa

1 cup (2 sticks) unsalted butter
1 cup brown sugar (you can use regular or if you want less sugar you can use the new Splenda brown sugar)
2 large eggs
1 1/2 cups unsweetened applesauce
2 cups peeled and finely diced granny smith apples or any tart baking apple
1 cup chopped walnuts or pecan

1. Whisk together the flour, baking soda, baking powder, salt, spices and cocoa in a medium bowl. Set aside.
2. In a separate bowl, cream together the brown sugar and butter until smooth and fluffy. Beat in the eggs one at a time. Mix in the applesauce.
3. Add the dry ingredients to the sugar mixture, blend only enough to mix the flour in, do not over mix. Fold in the apples and the walnuts.
4. Bake in a Bundt cake pan at 350 degrees for 50 to 55 minutes.
5. When cake is cool set on wire rack for 10 minutes and remove from pan to wire rack and continue to cool.
6. If you like you can sprinkle the cake when cool with dusting of powdered sugar.

Caesar Salad Dressing

Recipe from eatingwell.com

Makes about 1 cup

Ingredients:

1 clove garlic, crushed
1 cup low-fat cottage cheese
1 cup nonfat plain yogurt
1 cup freshly grated Parmesan cheese

5 teaspoons white-wine vinegar
1 teaspoon Worcestershire sauce
1 teaspoon salt, or to taste
Freshly ground pepper to taste

Puree garlic and cottage cheese in a blender or food processor until smooth. Add yogurt, Parmesan, vinegar and Worcestershire and pulse to blend. Season with salt and pepper.

Cover and refrigerate for up to 2 days.

Nutrition Information:

Per tablespoon: 13 calories; 0 g fat (0 g sat, 0 g mono); 1 mg cholesterol; 1 g carbohydrate; 1 g protein; 0 g fiber; 62 mg sodium.