

The Betty Crocker logo, featuring the brand name in a white script font inside a red oval, which is part of a larger red spoon graphic.

107 recipes
all with photos

90
YEARS OF
BETTY
CROCKER!

all-time Best Recipes

Chocolate Lover's
Dream Cake, page 83

Volume 21, Number 5A

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59



88



66



105



43

featuring

2 The History of Food:
100 Years of Great Eating

4 Blast from the Past Party

6 Retro & New Twist Appetizers

All-time favorite nibbles plus their updated counterparts with a twist.

32 Appetizers & Snacks

Can't-say-no munchies, perfect for parties, picnics, tailgating and easy entertaining all year...plus everyday snacking!

46 Salads & Sandwiches

Perfect for lunch or a light dinner, these recipes offer a selection of pasta, main-dish and side salads as well as tasty wraps and sandwiches.

64 Weeknight Main Dishes

Sizzling grilled chicken, steaks and pork chops plus other quick and easy suppers.

80 Cakes, Pies & Cheesecakes

Save plenty of room to indulge in this irresistible selection of desserts ideal for year-round entertaining.

98 Cookies, Bars & Brownies

From our favorite chocolate chip cookies to heavenly sweet brownies, these best-loved treats are sure to make their way to your recipe box.

111 Index

Chat with Betty!

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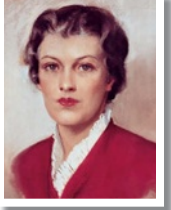






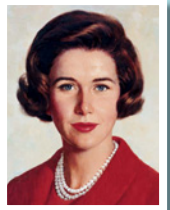



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The History of Food:

What's happening around us (and what tickles our taste buds)
has transformed our eating choices over the past century.

Take a peek at how we've been eating over the past 100 years.

1910s	1920s	1930s	1940s	1950s	1960s
<p>Old-world heritage vs. newly formed unity (aka melting pot) + World War I rationing</p> <ul style="list-style-type: none"> Lasagna with American cheese  <ul style="list-style-type: none"> Chop suey with ground beef How Much? A loaf of bread cost 3¢ 	<p>Prohibition meets speakeasies; culinary experimentation with foreign foods after soldiers return from the war</p> <ul style="list-style-type: none"> Soft drinks were gulped down like never before Betty Crocker Is Born. She is created to reply to cooking- and baking-related questions received from consumers. Pineapple upside-down cake  <ul style="list-style-type: none"> A Sign of the Times Tea sandwiches, chafing-dish recipes 	<p>Cookbooks suggest shortcuts for cooking, economical recipes and direction for wives to "powder their noses" before serving the meal</p> <ul style="list-style-type: none"> How Much? A quart of milk cost 14¢  <ul style="list-style-type: none"> 1936: First official portrait of Betty Crocker is released.  <ul style="list-style-type: none"> Cocktails All the Rage Martini, old fashioned, Manhattan, etc. 	<p>Protein-stretching meals, rationing and substitutions</p> <ul style="list-style-type: none"> Mock Apple Pie (crackers replace apples) Eggless cakes, sugarless cookies  <ul style="list-style-type: none"> Meatless meals and casseroles to make meat go farther 	<p>Fill-you-up meals from prepackaged foods and renewed interest in foreign cuisines from returning GIs</p> <ul style="list-style-type: none"> Betty Crocker's first <i>Picture Cook Book</i> introduced  <ul style="list-style-type: none"> Backyard Symbol of American Status The Grill  <ul style="list-style-type: none"> Themed dinners popular for entertaining 1955: Betty Crocker or June Cleaver? 	<p>Showy French food, soul food and anything you can light on fire</p> <ul style="list-style-type: none"> Jacqueline Kennedyish Betty Crocker circa 1965  <ul style="list-style-type: none"> Fondue, steak Diane and bananas Foster 

100 YEARS of great eating

1970s

All about choices—salad bars are big. Tough times = economical meals

- Hamburger Helper®, granola bars introduced



- **All Business Betty.** This 1972 Betty is created to represent the recent significant contributions women are making outside of the home.



- **How Much?** A candy bar cost 15¢



- **The Latest Thing:** Slow cookers



1980s

Easy family meals contrast with complicated party foods

- **Updated 'Do.** 1980 Betty keeps up with the times.



- Microwave popcorn explodes onto the market.



- Mud pie



1990s

Interest in healthier foods, ready-prepared foods, new and unusual produce

- Beer can chicken



- Bread machines popular as the latest kitchen appliance

- Carambola or "star fruit"



- **1996:** The current image of Betty is a combination of 75 real-life women of diverse backgrounds and ages.



2000s

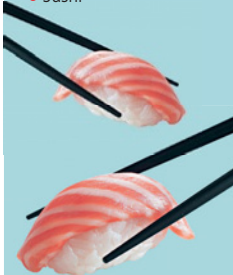
Ethnic variety as well as familiar comfort foods

- Celebrity chefs and cooking channels

- **Monstrous or Munchkin?** Super-sized or mini versions of everything



- Sushi



2010s

Simplicity, locally grown produce, global cuisine, health-consciousness

- Interest in foods/recipes for health—gluten free, food allergies, low-sodium

- Renewed interest in canning



- Sliders, whoopie pies and red velvet cake



- Betty Crocker's all-new 11th edition is introduced in September 2011.



- **Birthday Girl!** Betty Crocker turns 90! Girl, you REALLY don't age!

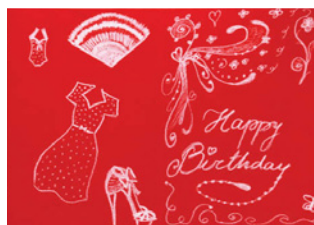


Blast from the Past Party

Celebrate a milestone birthday or just have fun! Pick your favorite decade (or the decade the birthday guy or gal was born in). Below you'll find a terrific retro menu as well as tips for great invitations, decorating, party favors and more!

Retro Appetizer Party Menu (for 15)

- Baked Spinach-Artichoke Dip ... [page 10](#)
- Original Chex® Party Mix ... [page 20](#)
- Italian Stuffed Mushrooms ... [page 22](#)
- Swiss Cheese Fondue ... [page 24](#)
- Shrimp Cocktail Platter ... [page 26](#)
- Hot and Saucy Cocktail Meatballs ... [page 28](#)
- Sparkling Citrus Punch ... [page 30](#)



INVITATIONS

Look to party stores or online for a wide variety of invitation options. Like the look of custom invites? Make your own on your computer with desktop publishing software—or go green by designing and sending your invites with free social-planning websites.

If it's a birthday, use a picture of the celebrant when he/she was young. Add clip art of famous people, or include major

events or fun facts from the decade you are using as a theme. Here are some typical items associated with each decade:

- '50s: Elvis, vinyl records, poodle skirts, jukeboxes
- '60s: Tie-dyed shirts, smiley faces, peace signs and lava lamps
- '70s: Disco balls, mood rings, platform shoes

Back to the '50s Party

YOU'RE COOL! THE '50s WERE ALL ABOUT SLURPING MALTS AND THE JITTERBUG.

• **DECORATE** Re-create the '50s by decorating with vinyl records, fuzzy dice, pictures of Elvis and classic cars. Invite guests to dress in leather jackets, with greased-back hair and sunglasses for the guys, or poodle skirts and cardigans with pony tails for the gals. Set up a malt and soda counter (ask a friend to be the soda jerk).

• **PARTY PROP/GIFT** If using this theme for a milestone birthday, consider purchasing a vinyl record formed into a serving bowl, available online (do you know the celebrant's favorite song from the '50s?) to use for the party and then give as a gift to the birthday gal/guy. Simply line the record bowl with plastic wrap or set a clear glass or plastic dish inside to fill with your snack of choice.

• **CANDY BUFFET** A special touch for a trip down memory lane! Set up a buffet of favorite candies from the '50s in glass apothecary jars, decorative tins or Chinese take-out containers. Check drugstores, specialty food or gift stores for nostalgic candies or purchase online.





Psychedelic '60s Party

CRAZY, MAN! THE '60s WERE ALL ABOUT PEACE, LOVE AND FLOWER POWER.

● **DECORATE** Re-create the '60s by decorating with lava lamps, strings of beads hung from a doorway, smiley faces and peace signs. Change out lightbulbs in some rooms of your house with different-colored bulbs for a "groovy" feeling. (Replacing bulbs in a small room, like the bathroom, will give a better effect and be a fun surprise.) Gather beanbag chairs and floor cushions. Invite guests to dress in tie-dyed shirts or hippie attire.

● **SERVE FOOD BUFFET STYLE** on tie-dyed tablecloths. You can purchase these online or make your own using white sheets (find directions for tie-dyeing online). Health foods were popular, so you may wish to include bowlfuls of granola or dried fruits.

● **PARTY FAVORS** Purchase a variety of slogan buttons (available online), plastic bead necklaces and smiley stickers for guests to choose from and wear at the party.

● **PARTY GAME** Borrow or rent a karaoke machine, '60s music and toy guitar. Invite guests to sing songs from famous '60s rock bands while they "play" the guitar.

Disco Fever '70s Party

BOOGIE DOWN! THE '70s WERE ALL ABOUT DISCO BALLS, PLATFORM SHOES, POLYESTER SHIRTS AND GOLD CHAINS.

● **DECORATE** Create an area for a dance floor—your guests are going to want to boogie! Borrow or rent a disco ball and strobe lights for the area. Invite your guests to dress for the era: leisure suits and gold chains, halter tops, shiny, satin tops or polyester pantsuits and platform shoes.

● **LINE DANCE** Refresh (or learn via videos online) how to do The Hustle, then teach your guests during the party. Be sure to play lots of popular disco tunes!

● **PARTY GAME** Find '70s trivia online or purchase a '70s edition of a trivia game board game. Divide guests into groups. The group that gets the most right wins mood rings (available at accessory stores or online) or pet rocks (make your own from your yard or neighborhood).



MUSIC Play music from the decade of your party theme to really get your event into the swing of things. Don't have any music from this era yourself? You can search the Internet or satellite TV channels for free music, or download songs to your pocket-size device to play at the party.



Spicy Thai
Chicken Wings, p. 17

Retro & New Twist Appetizers

All-time favorite nibbles plus their updated counterparts with a twist.



12



23



30

8 Sausage-Cheese Balls

8 Spinach-Cheese Balls

10 Baked Spinach-Artichoke Dip

10 "Healthified" Spinach Dip
with Artichokes

12 Tex-Mex Layered Dip

12 Caribbean Layered Dip

14 Deviled Eggs

14 Shrimp Deviled Eggs

16 Buffalo Chicken Wings

17 Spicy Thai Chicken Wings

18 Gouda Cheese Ball

18 Pepper Jack Cheese Ball

20 Original Chex® Party Mix

21 Chili-Lime Chex® Mix

22 Italian Stuffed Mushrooms

23 Gorgonzola-and-Hazelnut
Stuffed Mushrooms

24 Swiss Cheese Fondue

24 Havarti-Cheddar Fondue

26 Shrimp Cocktail Platter

27 Bloody Mary Shrimp Cocktail

28 Hot and Saucy Cocktail
Meatballs

28 Asian Meatballs

30 Sparkling Citrus Punch

30 Watermelon Cooler



RETRO RECIPE

Sausage-Cheese Balls

Prep Time: 30 Minutes

Start to Finish: 55 Minutes

Servings: About 100 appetizers

- 3 cups Original Bisquick® mix
- 1 lb bulk pork sausage
- 4 cups shredded Cheddar cheese (1 lb)
- ½ cup grated Parmesan cheese
- ½ cup milk
- ½ teaspoon dried rosemary leaves, crushed
- 1½ teaspoons chopped fresh parsley or
½ teaspoon parsley flakes

- 1** Heat oven to 350°F. Spray 15x10x1-inch pan with cooking spray.
- 2** In large bowl, stir all ingredients until well mixed. Shape mixture into 1-inch balls; place in pan.
- 3** Bake uncovered 20 to 25 minutes or until no longer pink in center. Immediately remove from pan. Serve warm.

PER APPETIZER: Calories 40; Total Fat 2.5g (Saturated Fat 1.5g); Sodium 95mg; Total Carbohydrate 2g (Dietary Fiber 0g); Protein 2g

TODAY'S RECIPE

Spinach-Cheese Balls

Prep Time: 10 Minutes

Start to Finish: 25 Minutes

Servings: 30 appetizers

- 1 box (9 oz) Green Giant® frozen chopped spinach, thawed, squeezed to drain
- 1 cup Original Bisquick® mix
- 2 cups shredded mozzarella cheese (8 oz)
- 1 egg
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic salt
- 1 cup tomato pasta sauce, heated, if desired

- 1** Heat oven to 400°F. Spray cookie sheet with cooking spray.
- 2** In large bowl, mix all ingredients except pasta sauce. Shape mixture into 1-inch balls; place on cookie sheet.
- 3** Bake 10 to 15 minutes or until golden brown. Immediately remove from pan. Serve with warmed pasta sauce.

PER APPETIZER: Calories 45; Total Fat 2g (Saturated Fat 1g); Sodium 130mg; Total Carbohydrate 3g (Dietary Fiber 0g); Protein 3g

HOW-TO

To quickly thaw spinach, cut small slit in center of pouch; microwave on High 2 to 3 minutes or until thawed. Remove spinach from pouch; squeeze dry with paper towels.

THESE BITE-SIZE MORSELS
WERE CREATED IN
THE BETTY CROCKER® KITCHENS
IN THE 1970S.



RETRO RECIPE

Baked Spinach-Artichoke Dip

Prep Time: 10 Minutes

Start to Finish: 30 Minutes

Servings: 24

- 1 cup mayonnaise or salad dressing
- 1 cup freshly grated Parmesan cheese
- 1 can (14 oz) Progresso® artichoke hearts, drained, coarsely chopped
- 1 box (9 oz) Green Giant® frozen chopped spinach, thawed, squeezed to drain
- ½ cup chopped red bell pepper
- ¼ cup shredded Monterey Jack or mozzarella cheese (1 oz)
- Toasted baguette slices or assorted crackers

1 Heat oven to 350°F. In large bowl, mix mayonnaise and Parmesan cheese. Stir in artichokes, spinach and bell pepper.

2 Spoon mixture into 1-quart casserole. Sprinkle with Monterey Jack cheese.

3 Cover; bake 20 minutes or until cheese is melted. Serve warm with baguette slices or crackers.

PER SERVING (2 TABLESPOONS DIP): Calories 100; Total Fat 9g (Saturated Fat 2g); Sodium 170mg; Total Carbohydrate 3g (Dietary Fiber 1g); Protein 2g



TODAY'S RECIPE

"Healthified" Spinach Dip with Artichokes

Prep Time: 20 Minutes

Start to Finish: 45 Minutes

Servings: 10

- 4 cups lightly packed fresh baby spinach leaves (4 oz)
- 1 package (8 oz) ⅓-less-fat cream cheese (Neufchâtel), softened
- ¼ cup reduced-fat mayonnaise
- ¼ cup shredded Parmesan cheese (1 oz)
- ¼ cup fat-free (skim) milk
- 2 cloves garlic, finely chopped
- 1 teaspoon dried basil leaves
- 1 can (14 oz) Progresso® artichoke hearts, drained, coarsely chopped
- Toasted baguette slices

1 Heat oven to 350°F. Spray 1-quart shallow glass baking dish or 9-inch glass pie plate with cooking spray.

2 In 2-quart microwavable casserole, place spinach and ¼ cup water. Cover; microwave on High 2 minutes. Drain well, pressing spinach with paper towels to remove excess liquid. Chop spinach.





3 In large bowl, beat cream cheese with spoon until smooth. Beat in mayonnaise, 3 tablespoons of the Parmesan cheese, the milk, garlic and basil until well blended. Stir in spinach and artichokes. Spread evenly in baking dish. Sprinkle with remaining 1 tablespoon Parmesan cheese.

4 Bake uncovered 20 to 25 minutes or until thoroughly heated. Serve with baguette slices.

PER SERVING (2 TABLESPOONS DIP): Calories 60; Total Fat 4g (Saturated Fat 2g); Sodium 140mg; Total Carbohydrate 3g (Dietary Fiber 1g); Protein 3g

WE'VE REPLACED INGREDIENTS WITH GREAT-TASTING ALTERNATIVES TO CREATE BETTER-FOR-YOU RECIPES THAT ARE JUST AS YUMMY. THIS VERSION HAS 50% LESS FAT AND 36% FEWER CALORIES THAN THE ORIGINAL.



RETRO RECIPE

Tex-Mex Layered Dip

Prep Time: 15 Minutes

Start to Finish: 15 Minutes

Servings: 16

- 1 can (15 oz) Progresso® black beans, drained, rinsed
- 2 tablespoons Old El Paso® Thick 'n Chunky salsa
- 1½ cups sour cream
- 1 cup guacamole
- 1 cup shredded Cheddar cheese (4 oz)
- 1 small tomato, seeded, chopped (½ cup)
- 2 medium green onions, chopped (2 tablespoons)
- Tortilla chips

1 In small bowl, mix black beans and salsa. On 12- or 13-inch serving plate, spoon bean mixture into 10-inch round.

2 Spoon sour cream over beans, leaving about 1-inch border of beans around edge. Spread guacamole over sour cream, leaving border of sour cream showing.

3 Sprinkle cheese, tomato and onions over guacamole. Serve immediately, or cover with plastic wrap and refrigerate up to 6 hours. Serve with tortilla chips.

PER SERVING: Calories 130; Total Fat 8g (Saturated Fat 4g); Sodium 240mg; Total Carbohydrate 10g (Dietary Fiber 3g); Protein 5g

THIS DIP BECAME
POPULAR IN
THE 1980S, COINCIDING
WITH THE RISE IN
POPULARITY
OF MEXICAN FOOD
IN AMERICA.

TODAY'S RECIPE

Caribbean Layered Dip

Prep Time: 20 Minutes

Start to Finish: 20 Minutes

Servings: 24

- 1 package (8 oz) cream cheese, softened
- ½ cup sour cream
- 1 tablespoon Old El Paso® taco seasoning mix (from 1-oz package)
- 1 can (15 oz) Progresso® black beans, drained, rinsed
- ½ cup chopped red bell pepper
- ½ cup chopped mango
- 2 tablespoons chopped fresh cilantro
- 1 to 2 teaspoons finely chopped jalapeño chiles
- Lime-flavored or plain tortilla chips

1 In small bowl, mix cream cheese, sour cream and taco seasoning mix with spoon or electric mixer on medium speed until well mixed. On 10-inch round serving plate, spread cream cheese mixture.

2 Sprinkle black beans, bell pepper, mango, cilantro and chiles over cream cheese mixture. Serve immediately, or cover with plastic wrap and refrigerate until serving time. Serve with tortilla chips.

PER SERVING (2 TABLESPOONS DIP AND 3 CHIPS): Calories 90; Total Fat 6g (Saturated Fat 3g); Sodium 150mg; Total Carbohydrate 9g (Dietary Fiber 1g); Protein 3g

HEALTH TWIST

Trim fat to 4 grams and calories to 80 per serving by using low-fat or fat-free sour cream and reduced-fat cream cheese (Neufchâtel). For a lighter chip option, serve with baked tortilla chips.



RETRO RECIPE

Deviled Eggs

Prep Time: 15 Minutes**Start to Finish:** 1 Hour**Servings:** 12 appetizers

- 6 eggs
- 3 tablespoons mayonnaise or salad dressing
- ½ teaspoon ground mustard
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

1 Place eggs in single layer in 2-quart saucepan; add enough cold water so it is at least 1 inch above eggs. Heat to boiling; remove from heat. Cover; let stand 20 minutes. Drain; rinse with cold water. Let stand in ice water 10 minutes.

2 Peel eggs; cut lengthwise in half. Slip out yolks into medium bowl; set egg whites aside. Mash yolks with fork until smooth; stir in mayonnaise, mustard, salt and pepper.

3 Fill egg white halves with egg yolk mixture, heaping it lightly. Serve immediately, or cover and refrigerate up to 24 hours.

PER APPETIZER: Calories 55; Total Fat 5g (Saturated Fat 1g); Sodium 75mg; Total Carbohydrate 0g (Dietary Fiber 0g); Protein 3g



TODAY'S RECIPE

Shrimp Deviled Eggs

Prep Time: 30 Minutes**Start to Finish:** 30 Minutes**Servings:** 12 appetizers

- 6 hard-cooked eggs
- 2 medium green onions, thinly sliced (2 tablespoons)
- ¼ cup reduced-fat mayonnaise or salad dressing
- 1 tablespoon white vinegar
- ¼ teaspoon salt
- ¼ teaspoon red pepper sauce
- ½ cup coarsely chopped cooked salad shrimp, thawed if frozen
- 1 tablespoon cocktail sauce

1 Peel eggs; cut lengthwise in half. Slip out yolks into medium bowl; set egg whites aside. Mash yolks with fork until smooth. Reserve 1 teaspoon green part of onions for garnish. Stir mayonnaise, vinegar, salt, pepper sauce and remaining onions into yolks. Fold in shrimp.

2 Fill egg white halves with yolk mixture, heaping lightly. Serve immediately, or cover and refrigerate up to 24 hours. Just before serving, top with cocktail sauce and reserved green onions.

PER APPETIZER: Calories 80; Total Fat 6g (Saturated Fat 1.5g); Sodium 150mg; Total Carbohydrate 1g (Dietary Fiber 0g); Protein 5g

SUCCESS HINT

Cut a very thin slice off the bottom of each egg white before filling to help the eggs stay in place on the serving plate.

DO-AHEAD

You can make these deviled eggs ahead, but garnish with cocktail sauce and green onions just before serving.



RETRO RECIPE

Buffalo Chicken Wings

Prep Time: 20 Minutes

Start to Finish: 55 Minutes

Servings: 24 appetizers

- 12 chicken wings (about 2 lb)
- 2 tablespoons butter or margarine
- ½ cup Gold Medal® all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 cup barbecue sauce
- 1 tablespoon red pepper sauce
- ½ teaspoon Cajun seasoning
- ¼ teaspoon ground cumin
- Celery sticks, if desired
- Blue cheese dressing, if desired

1 Cut each chicken wing at joints to make 3 pieces; discard tip. Cut off and discard excess skin.

2 Heat oven to 425°F. In 13x9-inch pan, melt butter in oven. In large resealable food-storage plastic bag, mix flour, salt and pepper. Add chicken; seal bag and shake until chicken is completely coated with flour mixture. Place in pan.

3 Bake uncovered 20 minutes; turn chicken. In small bowl, mix barbecue sauce, pepper sauce, Cajun seasoning and cumin. Pour over chicken; toss until evenly coated with sauce. Bake uncovered 10 to 12 minutes longer or until chicken is no longer pink in center.

4 Serve chicken wings with celery and dressing.

PER APPETIZER: Calories 70; Total Fat 4g (Saturated Fat 1g); Sodium 175mg; Total Carbohydrate 3g (Dietary Fiber 0g); Protein 5g

SERVE-WITH

Carrot and zucchini sticks are also tasty served with the celery, wings and dressing.



THE ORIGINAL CHICKEN WINGS WERE FIRST SERVED IN 1964 AT THE ANCHOR BAR IN BUFFALO, NEW YORK. IN BUFFALO, CHICKEN WINGS ARE ALWAYS SERVED WITH CELERY STICKS AND BLUE CHEESE DRESSING.



TODAY'S RECIPE

Spicy Thai Chicken Wings

Prep Time: 1 Hour 25 Minutes

Start to Finish: 2 Hours 25 Minutes

Servings: 40 appetizers

- 20 chicken wings (about 4 lb)
- ¼ cup dry sherry
- ¼ cup oyster sauce
- ¼ cup honey
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons chili sauce
- 2 tablespoons grated lime peel
- 4 medium green onions, chopped (¼ cup)
- 3 cloves garlic, finely chopped

1 Cut each chicken wing at joints to make 3 pieces; discard tip. Cut off and discard excess skin.

2 In large glass bowl or large resealable food-storage plastic bag, mix remaining ingredients. Add chicken;

turn to coat with marinade. Cover bowl or seal bag and refrigerate, turning once, at least 1 hour.

3 Heat gas or charcoal grill. Remove chicken from marinade; reserve marinade. Place chicken on grill over medium heat. Cover grill; cook 45 to 60 minutes, brushing frequently with marinade and turning once, until chicken is no longer pink in center. Discard any remaining marinade.

PER APPETIZER: Calories 60; Total Fat 3g (Saturated Fat 1g); Sodium 35mg; Total Carbohydrate 3g (Dietary Fiber 0g); Protein 5g

SUBSTITUTION

Chicken broth can be used instead of the sherry. If you don't have oyster sauce, you can use 2 tablespoons of soy sauce instead.



RETRO RECIPE

Gouda Cheese Ball

Prep Time: 15 Minutes

Start to Finish: 2 Hours 15 Minutes

Servings: 24

- 1 container (8 oz) cream cheese spread
- 2 cups shredded Gouda or Colby cheese (8 oz)
- ¼ cup chopped fresh chives
- ¼ cup sliced drained sun-dried tomatoes in oil
- ¼ teaspoon garlic powder
- ¼ cup finely chopped fresh parsley
- Assorted crackers

1 In medium bowl, mix cream cheese spread and Gouda cheese until blended. Stir in chives, tomatoes and garlic powder.

2 Shape mixture into 1 large or 2 small balls or logs. Roll in parsley. Wrap in plastic wrap.

3 Refrigerate at least 2 hours or until firm. Serve with crackers.

PER SERVING (2 TABLESPOONS CHEESE AND 4 CRACKERS):
Calories 70; Total Fat 5g (Saturated Fat 3.5g); Sodium 140mg;
Total Carbohydrate 0g (Dietary Fiber 0g); Protein 3g

DO-AHEAD

This tasty cheese ball can be made ahead and stored in the refrigerator up to 2 weeks.

TODAY'S RECIPE

Pepper Jack Cheese Ball

Prep Time: 15 Minutes

Start to Finish: 15 Minutes

Servings: 18

- 1½ cups shredded pepper Jack cheese (6 oz)
- 1 cup shredded sharp Cheddar cheese (4 oz)
- 2 packages (3 oz each) cream cheese, softened
- 1 tablespoon lime juice
- ½ teaspoon onion powder
- ¼ cup sliced ripe olives
- ¼ cup chopped fresh cilantro
- ¾ cup nacho-flavored tortilla chips, crushed
- Assorted crackers

1 In food processor, place cheeses, lime juice and onion powder. Cover; process until well mixed. Spoon into medium bowl. Stir in olives and cilantro.

2 Place crushed tortilla chips on sheet of waxed paper. Spoon cheese mixture onto chips; roll to coat cheese ball with chips. Serve with crackers.

PER SERVING (2 TABLESPOONS CHEESE AND 4 CRACKERS):
Calories 190; Total Fat 13g (Saturated Fat 6g); Sodium 310mg;
Total Carbohydrate 12g (Dietary Fiber 0g); Protein 6g

DO-AHEAD

You can make the cheese ball ahead and refrigerate it, but let it stand at room temperature about 15 minutes before serving. It will be much easier to spread.

SUBSTITUTION

If you prefer, chopped olives can be used instead of sliced. Try serving the cheese ball with tortilla chips instead of crackers.

CHEESE BALLS
BECAME POPULAR IN
THE 1950S WITH
THE INCREASED
AVAILABILITY OF THE
KITCHEN BLENDER.





CHEX MIX® HIT
THE PARTY SCENE
IN 1955
AND HAS BEEN
A FAVORITE
TV SNACK MIX
EVER SINCE.

RETRO RECIPE

Original Chex® Party Mix

Prep Time: 10 Minutes

Start to Finish: 1 Hour 25 Minutes

Servings: 24

- 6 tablespoons butter or margarine
- 2 tablespoons Worcestershire sauce
- 1½ teaspoons seasoned salt
- ¾ teaspoon garlic powder
- ½ teaspoon onion powder
- 3 cups Corn Chex® cereal
- 3 cups Rice Chex® cereal
- 3 cups Wheat Chex® cereal
- 1 cup mixed nuts
- 1 cup bite-size pretzels
- 1 cup garlic-flavor bagel chips, broken into 1-inch pieces

1 Heat oven to 250°F. In ungreased large roasting pan, melt butter in oven. Stir in Worcestershire sauce and seasonings. Gradually stir in remaining ingredients until evenly coated.

2 Bake uncovered 1 hour, stirring every 15 minutes. Spread on paper towels; cool about 15 minutes. Store in airtight container.

Microwave Directions:

In large microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in Worcestershire sauce and seasonings. Gradually stir in remaining ingredients until evenly coated. Microwave uncovered on High 5 to 6 minutes, stirring thoroughly every 2 minutes. Spread on paper towels; cool about 15 minutes. Store in airtight container.

PER SERVING (½ CUP): Calories 140; Total Fat 6g (Saturated Fat 2.5g); Sodium 330mg; Total Carbohydrate 17g (Dietary Fiber 2g); Protein 3g

Lighter Original Chex® Party Mix: For 90 calories and 2 grams of fat per serving, decrease butter to 3 tablespoons, omit mixed nuts and use fat-free bagel chips.

DO-AHEAD

Make recipe as directed and cool completely. Store in a tightly covered container in the refrigerator up to 2 weeks.

TODAY'S RECIPE

Chili-Lime Chex® Mix

Prep Time: 15 Minutes

Start to Finish: 30 Minutes

Servings: 22

- 6 tablespoons butter or margarine
- 1 teaspoon grated lime peel
- 1 tablespoon lime juice
- 2 teaspoons chili powder
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ⅛ teaspoon ground red pepper (cayenne)
- 8 cups Corn Chex® cereal
- 1 cup crunchy toasted corn kernel nuts
- 1 cup bite-size cheese crackers
- 1 cup mini pretzel twists
- 1 cup corn chips

1 In large microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in lime peel, lime juice and seasonings. Stir in remaining ingredients until evenly coated.

2 Microwave uncovered on High 5 to 6 minutes, stirring thoroughly every 2 minutes. Spread on paper towels; cool about 15 minutes. Store in airtight container.

PER SERVING (½ CUP): Calories 120; Total Fat 5g (Saturated Fat 2.5g); Sodium 230mg; Total Carbohydrate 17g (Dietary Fiber 1g); Protein 1g

DO-AHEAD

This mix can be made up to 2 weeks before your party; store in a tightly covered container in the refrigerator.



RETRO RECIPE

Italian Stuffed Mushrooms

Prep Time: 30 Minutes**Start to Finish:** 50 Minutes**Servings:** 36 appetizers

MAKE THIS
EASY RECIPE AHEAD.
MUSHROOMS
CAN BE STUFFED,
COVERED AND
REFRIGERATED UP TO
24 HOURS
BEFORE BAKING.

- 36 medium whole mushrooms (about 1 lb)
- 2 tablespoons butter or margarine
- 4 medium green onions, chopped (¼ cup)
- ¼ cup chopped red bell pepper
- 1½ cups soft bread crumbs
- 2 teaspoons chopped fresh or ½ teaspoon dried oregano leaves
- ¼ teaspoon salt
- ¼ teaspoon pepper
- Grated Parmesan cheese, if desired

1 Heat oven to 350°F. Twist mushroom stems to remove from mushroom caps; reserve caps. Finely chop enough stems to measure ⅓ cup; discard remaining stems.

2 In 10-inch skillet, melt butter over medium-high heat. Cook chopped mushroom stems, onions and bell pepper in butter about 3 minutes, stirring frequently, until onions are softened; remove from heat. Stir in bread crumbs, oregano, salt and pepper.

3 Spoon mixture into mushroom caps, mounding slightly. Place in ungreased 15x10x1-inch pan. Sprinkle with cheese.

4 Bake 15 minutes. Set oven control to broil. Broil mushrooms with tops 3 to 4 inches from heat about 2 minutes or until light brown. Serve warm.

PER APPETIZER: Calories 30; Total Fat 1g (Saturated Fat 0g); Sodium 65mg; Total Carbohydrate 4g (Dietary Fiber 0g); Protein 1g

DID YOU KNOW?

J.B. Swayne, a carnation grower from Pennsylvania, began growing mushrooms in his hothouses in the early 1900s. Italian immigrants he employed to help pined for one of their favorite dishes from southern Italy: stuffed zucchini blossoms. Since those were not in good supply, the immigrants started using their favorite bread stuffings in mushrooms instead.



TODAY'S RECIPE

Gorgonzola-and-Hazelnut Stuffed Mushrooms

Prep Time: 25 Minutes

Start to Finish: 45 Minutes

Servings: 36 appetizers

36 medium whole mushrooms (about 1 lb)
1/3 cup crumbled Gorgonzola cheese
1/4 cup Progresso® Italian style bread crumbs
1/4 cup chopped hazelnuts (filberts)
1/4 cup finely chopped red bell pepper
4 medium green onions, chopped (1/4 cup)
1/2 teaspoon salt

1 Heat oven to 350°F. Twist mushroom stems to remove from mushroom caps; reserve caps. Finely chop enough stems to measure about 1/2 cup; discard remaining stems.

2 In medium bowl, mix chopped mushroom stems and remaining ingredients until well blended. Spoon into mushroom caps, mounding slightly. Place in ungreased 15x10x1-inch pan.

3 Bake 15 to 20 minutes or until hot. Serve warm.

PER APPETIZER: Calories 20; Total Fat 1g (Saturated Fat 0g); Sodium 60mg; Total Carbohydrate 1g (Dietary Fiber 0g); Protein 1g

SPECIAL TOUCH

Add whole hazelnuts and oregano or parsley sprigs to the serving platter for a festive flair.

SUBSTITUTION

Italian Gorgonzola is rich and creamy with a mild, yet slightly pungent flavor and aroma. If you can't find Gorgonzola, use blue cheese instead.

RETRO RECIPE

Swiss Cheese Fondue

Prep Time: 20 Minutes**Start to Finish:** 20 Minutes**Servings:** 21

- 2 cups shredded Swiss cheese (8 oz)
- 2 cups shredded Gruyère cheese (8 oz)
- 2 tablespoons Gold Medal® all-purpose flour
- 1 clove garlic, cut in half
- 1 cup dry white wine
- 1 tablespoon lemon juice
- 3 tablespoons kirsch, dry sherry or brandy
- Chopped fresh chives
- Dunkers (French, sourdough or pumpernickel bread, cut into 1-inch cubes; cooked small red potatoes; bell pepper chunks; mushrooms)

1 In large resealable food-storage plastic bag, mix cheeses and flour. Seal bag and shake until cheese is coated with flour. Rub garlic on bottom and side of fondue pot; discard garlic. Add wine to fondue pot; heat over warm/simmer setting just until bubbles rise to surface (do not boil). Stir in lemon juice.

2 Gradually add cheese mixture, about ½ cup at a time, stirring constantly with wooden spoon over

low heat, until cheeses are melted. Stir in kirsch. Sprinkle with chives.

3 Keep fondue warm over warm/simmer setting. Spear bread and vegetables with fondue forks; dip and swirl in fondue with stirring motion.

PER SERVING (2 TABLESPOONS FONDUE): Calories 85; Total Fat 6g (Saturated Fat 4g); Sodium 55mg; Total Carbohydrate 2g (Dietary Fiber 0g); Protein 6g

TODAY'S RECIPE

Havarti-Cheddar Fondue

Prep Time: 30 Minutes**Start to Finish:** 30 Minutes**Servings:** 20

- 1½ cups shredded Havarti cheese (6 oz)
- 1 cup shredded sharp Cheddar cheese (4 oz)
- 2 tablespoons Gold Medal® all-purpose flour
- ½ cup Progresso® chicken broth (from 32-oz carton)
- ⅓ cup milk
- ½ cup sliced drained sun-dried tomatoes in oil
- 4 medium green onions, sliced (¼ cup)
- Dunkers (crisp breadsticks, pretzels and cut-up fresh vegetables)

1 In large resealable food-storage plastic bag, mix cheeses and flour. Seal bag and shake until cheese is coated with flour. In fondue pot, heat broth and milk just to a simmer over warm/simmer setting (do not boil).

2 Add cheese mixture, about 1 cup at a time, stirring constantly with wire whisk until melted. Cook over warm/simmer setting, stirring constantly, until slightly thickened. Stir in tomatoes and onions.

3 Keep fondue warm over warm/simmer setting. Serve with breadsticks, pretzels and vegetables for dipping.

PER SERVING (2 TABLESPOONS FONDUE): Calories 70; Total Fat 5g (Saturated Fat 3.5g); Sodium 130mg; Total Carbohydrate 2g (Dietary Fiber 0g); Protein 3g





RETRO RECIPE

Shrimp Cocktail Platter

Prep Time: 20 Minutes**Start to Finish:** 1 Hour 20 Minutes**Servings:** About 26

WHY THE
“COCKTAIL” IN
SHRIMP COCKTAIL?
DURING
PROHIBITION,
THESE APPETIZERS
WERE SERVED
IN COCKTAIL
GLASSES AS
A CREATIVE WAY
TO USE
THE STEAMWARE.

- 2 lb cooked large (21 to 30 count) deveined peeled shrimp with tails, thawed if frozen
- 1 cup cocktail sauce
- 1 tablespoon lime juice
- 1 teaspoon chipotle chile pepper powder or chili powder
- Watercress or fresh parsley sprigs
- Lemon slices

1 Rinse shrimp; pat dry. Line 4-cup bowl with plastic wrap, letting excess wrap hang over edge of bowl. Arrange a layer of shrimp in spiral pattern in bottom of bowl. Add additional layers, filling all spaces and pressing down, until bowl is full.

2 Fold plastic wrap over shrimp. Place 2 (1-lb) cans on top of shrimp. Refrigerate 1 hour.

3 Meanwhile, in small bowl, mix cocktail sauce, lime juice and chile pepper powder. Cover; refrigerate until serving time.

4 Remove cans from bowl; pull plastic wrap away from top of bowl. To unmold, place serving platter upside down over bowl, then turn platter and bowl over; remove plastic wrap. Garnish shrimp spiral with watercress and lemon slices. Serve with sauce.

PER SERVING (2 SHRIMP AND 2 TEASPOONS SAUCE): Calories 45; Total Fat 0g (Saturated Fat 0g); Sodium 190mg; Total Carbohydrate 3g (Dietary Fiber 0g); Protein 7g

TIME-SAVER

Using cooked peeled shrimp pares down the prep time...plus, shrimp don't need a lot of dressing up to be beautiful.

DID YOU KNOW?

Combining shellfish with a spicy tomato sauce dates back to the late 19th century, when oysters were the most common shellfish used. Shrimp versions of this appetizer became popular in the early 20th century.



TODAY'S RECIPE

Bloody Mary Shrimp Cocktail

Prep Time: 30 Minutes

Start to Finish: 2 Hours 40 Minutes

Servings: About 60

2 lb cooked medium (31 to 35 count) deveined peeled shrimp with tails, thawed if frozen

½ cup tomato juice

¼ cup vodka, if desired

½ teaspoon red pepper sauce

½ teaspoon sugar

½ teaspoon celery salt

2 tablespoons chopped fresh parsley

1 cup cocktail sauce

¼ cup finely chopped green olives

1 Arrange shrimp in single layer in 11x7-inch (2-quart) glass baking dish.

2 In 1-quart saucepan, heat tomato juice, vodka and pepper sauce to boiling over medium-high heat. Stir

in sugar; reduce heat. Simmer uncovered 5 minutes, stirring occasionally. Stir in celery salt and parsley; pour over shrimp. Cover; refrigerate 2 to 3 hours.

3 In small serving bowl, mix cocktail sauce and olives. With slotted spoon, remove shrimp from marinade; arrange on serving platter. Serve with sauce.

PER SERVING (1 SHRIMP AND 2 TEASPOONS SAUCE): Calories 10; Total Fat 0g (Saturated Fat 0g); Sodium 105mg; Total Carbohydrate 1g (Dietary Fiber 0g); Protein 2g

SUCCESS HINT

Don't marinate the shrimp more than 3 hours; a longer time in the tomato juice will toughen the shrimp.

SPECIAL TOUCH

Place shrimp in an oversize martini glass (about 12 to 14 inches in diameter). Pour cocktail sauce mixture over shrimp, and garnish like a Bloody Mary with a skewer of colossal olives, small lime wedges and a celery stick.



RETRO RECIPE

Hot and Saucy Cocktail Meatballs

Prep Time: 30 Minutes

Start to Finish: 1 Hour 20 Minutes

Servings: 72

- 2 lb lean (at least 80%) ground beef
- 1 cup dry bread crumbs (any flavor)
- $\frac{2}{3}$ cup finely chopped onion
- $\frac{1}{2}$ cup milk
- 2 tablespoons chopped fresh parsley
- 2 teaspoons salt
- 1 teaspoon Worcestershire sauce
- $\frac{1}{8}$ teaspoon pepper
- 2 eggs
- 2 bottles (12 oz each) chili sauce
- 2 jars (10 oz each) grape jelly

1 Heat oven to 400°F. In large bowl, stir together all ingredients except chili sauce and jelly. Shape into 1-inch meatballs. Place in ungreased 13x9-inch pan or on rack in broiler pan.

2 Bake uncovered about 20 minutes or until meatballs are thoroughly cooked and no longer pink in center.

3 In Dutch oven, heat chili sauce and jelly over medium heat, stirring constantly, until jelly is melted. Stir in meatballs until coated. Simmer uncovered 30 minutes. Serve hot with toothpicks.

PER SERVING (1 MEATBALL): Calories 65; Total Fat 2g (Saturated Fat 1g); Sodium 200mg; Total Carbohydrate 9g (Dietary Fiber 0g); Protein 3g

TODAY'S RECIPE

Asian Meatballs

Prep Time: 20 Minutes

Start to Finish: 2 Hours 50 Minutes

Servings: 12

- 1 lb lean (at least 80%) ground beef
- $\frac{1}{2}$ cup finely chopped water chestnuts
- $\frac{1}{3}$ cup Progresso® plain bread crumbs
- $\frac{1}{4}$ cup milk
- 1 tablespoon soy sauce
- $\frac{1}{2}$ teaspoon garlic salt
- 4 medium green onions, chopped ($\frac{1}{4}$ cup)
- 1 egg, slightly beaten
- $\frac{1}{2}$ cup barbecue sauce
- $\frac{1}{4}$ cup plum sauce
- 2 tablespoons hoisin sauce

1 Heat oven to 375°F. Spray 15x10x1-inch pan with cooking spray. In large bowl, mix beef, water chestnuts, bread crumbs, milk, soy sauce, garlic salt, onions and egg. Shape into 36 meatballs, about 1 inch in diameter. Place in pan.

2 Bake uncovered 25 to 30 minutes or until meatballs are thoroughly cooked and no longer pink in center.

3 Meanwhile, in small bowl, mix remaining ingredients. Spray $3\frac{1}{2}$ - to 4-quart slow cooker with cooking spray. Transfer meatballs to slow cooker. Gently stir in sauce mixture.

4 Cover; cook on Low heat setting 2 to 4 hours or until hot. Meatballs can be kept on Low heat setting up to 2 hours.

PER SERVING (3 MEATBALLS): Calories 125; Total Fat 6g (Saturated Fat 2g); Sodium 330mg; Total Carbohydrate 9g (Dietary Fiber 0g); Protein 9g

WATER CHESTNUTS ADD A LITTLE CRUNCH TO THESE MEATBALLS. FIND THEM IN CANS IN THE ETHNIC FOODS AISLE OF MOST SUPERMARKETS.





RETRO RECIPE

Sparkling Citrus Punch

Prep Time: 10 Minutes

Start to Finish: 10 Minutes

Servings: 15

- 4 cups cold water
- 1 can (12 oz) frozen tangerine or orange juice concentrate, thawed
- 1 can (12 oz) frozen grapefruit juice concentrate, thawed
- 1 bottle (1 liter) sparkling water, chilled

1 In punch bowl, mix water and juice concentrates. Stir in sparkling water. Serve immediately.

PER SERVING (2/3 CUP): Calories 85; Total Fat 0g (Saturated Fat 0g); Sodium 0mg; Total Carbohydrate 20g (Dietary Fiber 0g); Protein 1g

SPECIAL TOUCH

Make an easy ice ring using a ring mold or fluted tube cake pan that fits inside your punch bowl. Arrange sliced fruit or berries and mint leaves in the mold or pan; add water until three-fourths full. Freeze until solid. Unmold the ice ring and place in the bowl after mixing the punch.

TODAY'S RECIPE

Watermelon Cooler

Prep Time: 30 Minutes

Start to Finish: 8 Hours 45 Minutes

Servings: 8

- 8 cups 1/2-inch cubes watermelon
- 1 1/2 cups ginger ale
- 1/3 cup water
- 1 can (6 oz) frozen limeade concentrate, thawed

1 Place watermelon cubes in single layer in 1-gallon resealable freezer plastic bag; freeze 8 hours. Let stand at room temperature 15 minutes.

2 In blender, place half each of watermelon, ginger ale, water and limeade concentrate. Cover; blend on medium speed until smooth. Pour mixture into pitcher. Repeat with remaining ingredients; stir into mixture in pitcher. Serve immediately.

PER SERVING (1 CUP): Calories 123; Total Fat 0g (Saturated Fat 0g); Sodium 29mg; Total Carbohydrate 30g (Dietary Fiber 1g); Protein 1g

PURCHASING

Look for seedless watermelon in the produce department to save having to remove the seeds when cutting the watermelon into cubes.

GARNISH EACH
COOLER
WITH A LIME
WEDGE AND FRESH
MINT LEAVES
THREADED ON
A FANCY
TOOTHPICK.



Bacon-Tomato Dip, p. 34



Appetizers & Snacks

Can't-say-no munchies, perfect for parties, picnics, tailgating and easy entertaining all year...plus everyday snacking!



36



42



44

34 Bacon-Tomato Dip

34 So-Simple Salsa Dip

35 Fire Roasted Salsa Guacamole

36 Buffalo Chicken Dip

37 Taco Salad Dip

38 Cheesy Reuben Appetizer

39 Artichoke Triangles

39 Pesto and Cheese Pizza

41 Zucchini Appetizers

41 Brie and Cherry Pastry Cups

42 Black Bean and Corn
Wonton Cups

43 Roast Beef Bruschetta

44 Buffalo Chex® Mix

44 Chex® Muddy Buddies®

45 Gluten Free Snickerdoodle
Chex® Mix

Bacon-Tomato Dip

Prep Time: 15 Minutes

Start to Finish: 15 Minutes

Servings: 12

- 1 container (8 oz) reduced-fat sour cream
- ¼ cup reduced-fat mayonnaise or salad dressing
- 2 tablespoons cooked real bacon pieces (from 3-oz package or jar)
- 1 medium tomato, seeded, diced (¾ cup)
- 2 medium green onions, sliced (2 tablespoons)
- Assorted fresh vegetables (bell pepper strips, cauliflower florets, cucumber slices, radishes)

1 In medium bowl, mix sour cream and mayonnaise. Stir in bacon, tomato and onions.

2 Serve with vegetables for dipping.

PER SERVING (2 TABLESPOONS DIP AND 3 VEGETABLE PIECES): Calories 50; Total Fat 4.5g (Saturated Fat 2g); Sodium 60mg; Total Carbohydrate 2g (Dietary Fiber 0g); Protein 1g

PURCHASING

Packages of cooked real bacon pieces are found near the salad dressings in the grocery store. If you prefer, you can cook and crumble bacon yourself.

HOW-TO

To seed the tomato, cut it in half and squeeze gently over the sink to remove seeds and juice. Use your fingers to remove any seeds that remain in the tomato.



So-Simple Salsa Dip

Prep Time: 10 Minutes

Start to Finish: 10 Minutes

Servings: 28

- 1 package (8 oz) cream cheese
- 1 cup Old El Paso® Thick 'n Chunky salsa
- Nacho or tortilla chips

1 In 1-quart saucepan, heat cream cheese and salsa over low heat about 5 minutes, stirring occasionally, until cheese is melted.

2 Keep dip warm in heatproof dish. Serve with chips.

PER SERVING (2 TABLESPOONS DIP): Calories 35; Total Fat 3g (Saturated Fat 2g); Sodium 50mg; Total Carbohydrate 1g (Dietary Fiber 0g); Protein 1g

Microwave Directions:

In 1-quart microwavable casserole, microwave cream cheese and salsa uncovered on High 3 to 5 minutes, stirring every minute, until cheese is melted.

VARIATION

Vary the amount of "heat" in this dip by purchasing mild, medium or hot salsa or picante sauce.

SPECIAL TOUCH

For the holidays, surround the dip with red and green tortilla chips for a colorful presentation. At other times of the year, try blue corn or other varieties of tortilla chips.

Fire Roasted Salsa Guacamole

Prep Time: 20 Minutes

Start to Finish: 20 Minutes

Servings: 12

salsa

- 1 can (14.5 oz) Muir Glen® organic fire roasted or plain diced tomatoes, well drained
- 1 small onion, chopped (¼ cup)
- 2 tablespoons chopped fresh cilantro
- ¼ teaspoon coarse (kosher or sea) salt
- 1 clove garlic, finely chopped
- 1 small jalapeño chile, seeded, finely chopped

guacamole

- 3 ripe large avocados (about 1½ lb), pitted, peeled
- 2 tablespoons fresh lime juice
- ½ teaspoon coarse (kosher or sea) salt
- ½ teaspoon red pepper sauce
- 1 clove garlic, finely chopped

1 In medium bowl, stir together salsa ingredients. In another medium bowl, coarsely mash avocados. Stir in remaining guacamole ingredients.

2 Spoon guacamole into shallow serving bowl; top with salsa. Serve with baked tortilla chips or fresh vegetables, as desired.

PER SERVING (¼ CUP): Calories 80; Total Fat 6g (Saturated Fat 1g); Sodium 190mg; Total Carbohydrate 6g (Dietary Fiber 3g); Protein 1g

PURCHASING

Look for avocados that are firm but yield to gentle pressure. If they are not quite ripe, place avocados in a paper bag and let ripen at room temperature.

HOW-TO

Use caution when seeding and chopping jalapeños; wear plastic or rubber gloves and avoid touching your face.



Buffalo Chicken Dip

Prep Time: 10 Minutes

Start to Finish: 45 Minutes

Servings: 12

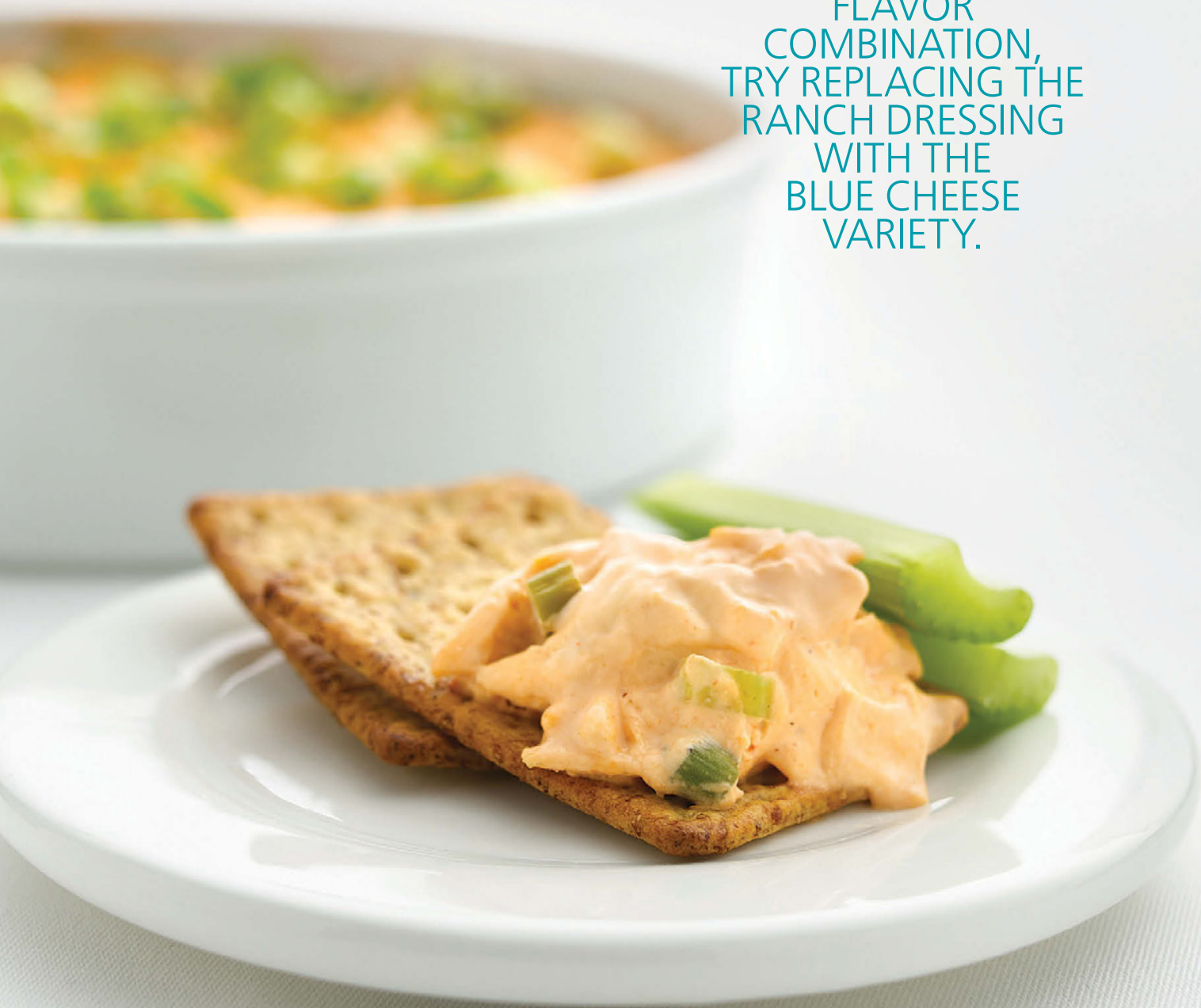
- 1 package (8 oz) 1/3-less-fat cream cheese (Neufchâtel), softened
- ½ cup fat-free ranch dressing
- ⅓ cup Buffalo wing sauce
- 2 tablespoons water
- 1½ cups shredded cooked chicken breast
- 1 cup shredded reduced-fat Colby-Monterey Jack cheese blend or reduced-fat Cheddar cheese (4 oz)
- 2 medium green onions, chopped (2 tablespoons)
- Whole-grain crackers or celery sticks

1 Heat oven to 350°F. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Beat in ranch dressing, Buffalo wing sauce and water until blended. Stir in chicken and cheese. Spread in ungreased 1-quart baking dish or 9-inch pie plate.

2 Cover with foil; bake 30 to 35 minutes or until hot and bubbly. Stir; top with onions. Serve hot with crackers or celery.

PER SERVING (¼ CUP DIP): Calories 110; Total Fat 6g (Saturated Fat 3.5g); Sodium 420mg; Total Carbohydrate 4g (Dietary Fiber 0g); Protein 9g

FOR A MORE
TRADITIONAL
FLAVOR
COMBINATION,
TRY REPLACING THE
RANCH DRESSING
WITH THE
BLUE CHEESE
VARIETY.





Taco Salad Dip

Prep Time: 20 Minutes

Start to Finish: 20 Minutes

Servings: 28

- ½ lb lean (at least 80%) ground beef
- ¼ cup finely chopped green bell pepper
- 1 small onion, finely chopped (¼ cup)
- 1 can (16 oz) Old El Paso® refried beans
- 1 can (8 oz) tomato sauce
- 1 package (1 oz) Old El Paso® taco seasoning mix
- 2 drops red pepper sauce
- 1 clove garlic, finely chopped
- ½ cup sour cream
- 1 tablespoon shredded Cheddar cheese
- ⅛ teaspoon chili powder
- Finely shredded lettuce, if desired
- Additional shredded Cheddar cheese, if desired
- Corn chips or tortilla chips

1 In 1½-quart microwavable casserole, crumble beef. Cover loosely; microwave on High 2 minutes 30 seconds to 3 minutes 30 seconds or until beef is thoroughly cooked. Stir and drain.

2 Stir in bell pepper, onion, beans, tomato sauce, taco seasoning mix, pepper sauce and garlic. Cover tightly; microwave on High 3 minutes. Stir; spread mixture in 9-inch microwavable pie plate. Cover; microwave on High 3 to 4 minutes or until hot and bubbly.

3 In small bowl, mix sour cream, 1 tablespoon cheese and the chili powder. Spread over beef mixture. Sprinkle with lettuce and additional cheese. Serve with corn chips.

PER SERVING (2 TABLESPOONS DIP): Calories 45; Total Fat 2g (Saturated Fat 1g); Sodium 250mg; Total Carbohydrate 4g (Dietary Fiber 1g); Protein 3g

HEALTH TWIST

Lighten up this taco treat with fat-free sour cream and reduced-fat Cheddar cheese.

SUBSTITUTION

Bored with iceberg lettuce? Switch to crispy romaine, a dark leafy green regarded as a good source of vitamin A and folate.

Cheesy Reuben Appetizer

Prep Time: 10 Minutes

Start to Finish: 25 Minutes

Servings: 20

- 1 package (8 oz) cream cheese, softened
- 1½ cups shredded Swiss cheese (6 oz)
- ½ cup Thousand Island dressing
- 4 oz deli sliced corned beef, chopped
- ½ cup well-drained sauerkraut
- Sliced radishes, if desired
- Chopped fresh chives, if desired
- Cocktail rye bread

1 Heat oven to 400°F. In medium bowl, mix cream cheese, 1 cup of the Swiss cheese, the dressing and corned beef. Spread in ungreased 9-inch quiche dish or pie plate. Top with sauerkraut and remaining ½ cup Swiss cheese.

2 Bake uncovered about 15 minutes or until bubbly around edge. Garnish with radishes and chives. Serve hot with bread.

PER SERVING (2 TABLESPOONS SPREAD): Calories 220; Total Fat 10g (Saturated Fat 5g); Sodium 220mg; Total Carbohydrate 1g (Dietary Fiber 0g); Protein 4g

Cheesy Rachel Appetizer: Use 4 oz deli sliced turkey, chopped, instead of the corned beef.

DO-AHEAD

Complete step 1 of the recipe; cover and refrigerate up to 24 hours before baking as directed in step 2.

SERVE-WITH

Serve this Reuben spread with pretzel crackers along with or instead of the cocktail rye bread.





Artichoke Triangles

Prep Time: 50 Minutes

Start to Finish: 1 Hour 35 Minutes

Servings: 24 appetizers

1 can (14 oz) Progresso® artichoke hearts, well drained, chopped

½ cup mayonnaise or salad dressing

¼ cup shredded Swiss cheese (1 oz)

¼ cup freshly grated Parmesan cheese

1 clove garlic, finely chopped

⅛ teaspoon freshly cracked pepper

1 package (17.3 oz) frozen puff pastry, thawed

2 tablespoons half-and-half

1 Heat oven to 400°F. Line large cookie sheet with foil or cooking parchment paper; lightly spray foil or paper with cooking spray. In medium bowl, mix all ingredients except pastry and half-and-half.

2 On lightly floured surface, roll 1 sheet of pastry into 12x9-inch rectangle, trimming edges if necessary. Cut into 12 (3-inch) squares. Place 1 tablespoon artichoke mixture on each square. Lightly brush edges with half-and-half. Fold pastry over filling to make triangles. Crimp edges with fork to seal. Place on cookie sheet.

3 Repeat with remaining pastry and artichoke mixture. Brush tops of triangles with half-and-half. Refrigerate 20 minutes.

4 Bake 20 to 25 minutes or until golden brown. Serve warm.

PER APPETIZER: Calories 170; Total Fat 12g (Saturated Fat 4g); Sodium 150mg; Total Carbohydrate 11g (Dietary Fiber 1g); Protein 3g

DO-AHEAD

You can assemble these appetizers, freeze them on a cookie sheet, then store in an airtight container in the freezer. Bake as directed.

Pesto and Cheese Pizza

Prep Time: 20 Minutes

Start to Finish: 55 Minutes

Servings: 8

crust

3 cups Original Bisquick® mix

⅔ cup very hot water

2 tablespoons olive or vegetable oil

4 sticks (1 oz each) string cheese, cut lengthwise in half

toppings

⅓ cup refrigerated basil pesto (from 7-oz container)

1 bag (7 oz) shredded mozzarella cheese with sun-dried tomatoes and basil or plain mozzarella cheese (1¾ cups)

1½ cups yellow, red and green bell pepper strips (⅛ inch)

1 Move oven rack to lowest position. Heat oven to 450°F. Spray 12-inch pizza pan with cooking spray.

2 In large bowl, stir Bisquick mix, water and oil with fork until soft dough forms; beat vigorously 20 strokes. Cover; let stand 8 minutes.

3 Pat or press dough in bottom and 1 inch over side of pizza pan. Place string cheese along edge of dough, overlapping if necessary. Fold 1-inch edge of dough over and around cheese; press to seal.

4 Bake 6 to 7 minutes or until lightly browned around edges. Remove crust from oven. Spread pesto over warm crust. Sprinkle with 1 cup of the mozzarella cheese; top with bell peppers and remaining ¾ cup cheese. Bake 11 to 14 minutes longer or until crust is golden brown and cheese is melted.

PER SERVING: Calories 380; Total Fat 23g (Saturated Fat 8g); Sodium 930mg; Total Carbohydrate 30g (Dietary Fiber 1g); Protein 14g





Zucchini Appetizers

Prep Time: 15 Minutes

Start to Finish: 40 Minutes

Servings: 48 appetizers

- 3 cups thinly sliced unpeeled zucchini (about 4 small)
- 1 cup Original Bisquick® mix
- 1 medium onion, finely chopped (½ cup)
- ½ cup grated Parmesan cheese
- 2 tablespoons chopped fresh parsley
- ½ teaspoon salt
- ½ teaspoon seasoned salt
- ½ teaspoon dried marjoram or oregano leaves
- ⅛ teaspoon pepper
- 1 clove garlic, finely chopped
- ½ cup vegetable oil
- 4 eggs, slightly beaten
- Chopped fresh parsley, if desired

1 Heat oven to 350°F. Grease bottom and sides of 13x9-inch pan. In large bowl, stir together all ingredients except parsley for garnish. Spread in pan.

2 Bake 25 minutes or until golden brown. Cut into 2-inch squares; cut squares diagonally in half into triangles. Sprinkle with chopped fresh parsley. Serve warm.

PER APPETIZER: Calories 40; Total Fat 3g (Saturated Fat 1g); Sodium 100mg; Total Carbohydrate 2g (Dietary Fiber 0g); Protein 1g

SUCCESS HINT

“Slightly beaten” eggs are stirred until the yolks are broken and begin to blend with the whites. Beating the eggs before adding them to the other ingredients makes mixing the entire dish easier.

THIS APPETIZER
RECIPE IS
AN EASY AND
TASTY WAY
TO HELP
USE UP AN
ABUNDANT
ZUCCHINI CROP.



Brie and Cherry Pastry Cups

Prep Time: 30 Minutes

Start to Finish: 55 Minutes

Servings: 36 appetizers

- 1 sheet frozen puff pastry (from 17.3-oz package), thawed
- ⅓ to ½ cup red cherry preserves
- 4 oz Brie cheese, cut into 36 (½x½-inch) pieces
- ¼ cup chopped pecans
- 2 tablespoons chopped fresh chives

1 Heat oven to 375°F. Spray 36 mini muffin cups with cooking spray. Cut pastry into 36 (1½-inch) squares. Slightly press each square into muffin cup; press center with finger.

2 Bake 10 minutes. Press center with handle of wooden spoon. Bake 6 to 8 minutes longer or until golden brown. Immediately press again in center. Fill each with about ½ teaspoon preserves. Top with cheese piece, pecans and chives.

3 Bake 3 to 5 minutes or until cheese is melted. Serve warm.

PER APPETIZER: Calories 60; Total Fat 4g (Saturated Fat 1g); Sodium 35mg; Total Carbohydrate 5g (Dietary Fiber 0g); Protein 1g

Black Bean and Corn Wonton Cups

Prep Time: 25 Minutes

Start to Finish: 35 Minutes

Servings: 36 appetizers

36 wonton skins

$\frac{2}{3}$ cup Old El Paso® Thick 'n Chunky salsa

$\frac{1}{4}$ cup chopped fresh cilantro

$\frac{1}{2}$ teaspoon ground cumin

$\frac{1}{2}$ teaspoon chili powder

1 can (15.25 oz) Green Giant® whole kernel sweet corn, drained

1 can (15 oz) Progresso® black beans, drained, rinsed

6 tablespoons sour cream

Cilantro sprigs, if desired

1 Heat oven to 350°F. Gently fit 1 wonton skin into each of 36 mini muffin cups, pressing against bottom and side.

2 Bake 8 to 10 minutes or until light golden brown. Remove from pan; cool on cooling rack.

3 In medium bowl, mix salsa, $\frac{1}{4}$ cup cilantro, the cumin, chili powder, corn and beans. Just before serving, spoon mixture into wonton cups. Top each with $\frac{1}{2}$ teaspoon sour cream. Garnish with cilantro sprig.

PER APPETIZER: Calories 55; Total Fat 1g (Saturated Fat 0g); Sodium 90mg; Total Carbohydrate 10g (Dietary Fiber 1g); Protein 2g

DO-AHEAD

Get a head start on your party by baking the wontons and making the filling 2 days before. Fill and garnish the cups just before serving.

SPECIAL TOUCH

Tie green onion strips into “bows” around each cup for an elegant look.





Roast Beef Bruschetta

Prep Time: 20 Minutes

Start to Finish: 30 Minutes

Servings: 30 appetizers

- 1 loaf (1 lb) baguette French bread, cut into 30 (1/4-inch) slices
- 2 tablespoons olive or vegetable oil
- 1/2 cup chives-and-onion cream cheese spread
- 1/2 lb thinly sliced cooked roast beef
- 1/4 teaspoon coarse ground pepper
- 4 plum (Roma) tomatoes, thinly sliced
- 8 medium green onions, sliced (1/2 cup)

1 Heat oven to 375°F. Brush both sides of bread slices with oil; place on ungreased cookie sheet.

2 Bake about 5 minutes or until crisp. Cool 5 minutes.

3 Spread cream cheese over each slice. Top with beef; sprinkle with pepper. Top each with tomato slice and onions.

PER APPETIZER: Calories 80; Total Fat 3.5g (Saturated Fat 1.5g); Sodium 130mg; Total Carbohydrate 9g (Dietary Fiber 0g); Protein 4g

VARIATION

The leftover chives-and-onion cream cheese spread is also great on beef, turkey or vegetable sandwiches.

DO-AHEAD

Toast the bread slices a day ahead of time and store loosely covered at room temperature. Top them up to 1 hour ahead, then cover and refrigerate until serving.



Buffalo Chex® Mix

Prep Time: 15 Minutes

Start to Finish: 30 Minutes

Servings: 24

- 6 tablespoons butter or margarine
- 9 teaspoons red pepper sauce
- 1 package (0.4 oz) ranch dressing mix
- 2 teaspoons celery seed
- 4 cups Rice Chex® cereal
- 4 cups Wheat Chex® cereal
- 2 cups Parmesan-flavored crackers
- 2 cups pretzel twists

1 In large microwavable bowl, microwave butter uncovered on High about 40 seconds or until melted. Stir in pepper sauce, dressing mix and celery seed. Gradually stir in remaining ingredients until evenly coated.

2 Microwave uncovered on High 4 to 5 minutes, thoroughly stirring every 2 minutes. Spread on paper towels; cool about 15 minutes. Store in airtight container.

PER SERVING (½ CUP): Calories 160; Total Fat 5g (Saturated Fat 2g); Sodium 460mg; Total Carbohydrate 25g (Dietary Fiber 1g); Protein 3g

DO-AHEAD

To ease the load of last-minute prep, make the mix up to 2 weeks ahead.

Chex® Muddy Buddies®

Prep Time: 15 Minutes

Start to Finish: 30 Minutes

Servings: 18

- 9 cups Corn Chex®, Rice Chex®, Wheat Chex® or Chocolate Chex® cereal (or combination)
- 1 cup semisweet chocolate chips (6 oz)
- ½ cup creamy peanut butter
- ¼ cup butter or margarine
- 1 teaspoon vanilla
- 1½ cups powdered sugar

1 Into large bowl, measure cereal; set aside. In 1-quart microwavable bowl, microwave chocolate chips, peanut butter and butter uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until mixture can be stirred smooth. Stir in vanilla. Pour over cereal, stirring until evenly coated.

2 Pour mixture into 2-gallon resealable food-storage plastic bag. Add powdered sugar. Seal bag; shake until well coated. Spread on waxed paper; cool about 15 minutes. Store in airtight container in refrigerator.

PER SERVING (½ CUP): Calories 220; Total Fat 9g (Saturated Fat 4g); Sodium 200mg; Total Carbohydrate 30g (Dietary Fiber 1g); Protein 3g

VARIATION

Peanut butter purists will enjoy this favorite snack when peanut butter chips are used instead of the chocolate chips.





Gluten Free Snickerdoodle Chex® Mix

Prep Time: 15 Minutes

Start to Finish: 30 Minutes

Servings: 16

- ¼ cup sugar
- 1 teaspoon ground cinnamon
- 2 cups Cinnamon Chex® cereal
- 2 cups Chocolate Chex® cereal
- 4 cups popped popcorn
- ¼ cup butter or margarine

1 In small bowl, mix sugar and cinnamon; set aside. In large microwavable bowl, mix cereals and popcorn.

2 In 1-cup microwavable measuring cup, microwave butter uncovered on High about 40 seconds or until melted. Pour over cereal mixture, stirring until evenly coated.

3 Microwave uncovered on High 2 minutes, stirring after 1 minute. Sprinkle half of the sugar mixture evenly

over cereal mixture; stir. Sprinkle with remaining sugar mixture; stir. Microwave 1 minute longer. Spread on paper towels; cool about 15 minutes. Store in airtight container.

PER SERVING (½ CUP): Calories 100; Total Fat 3.5g (Saturated Fat 2g); Sodium 80mg; Total Carbohydrate 15g (Dietary Fiber 0g); Protein 1g

COOKING GLUTEN FREE?

Always read labels to make sure *each* recipe ingredient is gluten free. Products and ingredient sources can change.

SUCCESS HINT

The cinnamon and sugar mixture blends in more evenly when it's sprinkled on the cereal mixture half at a time.

Chicken BLT
Sandwiches, p. 58



Salads & Sandwiches

Perfect for lunch or a light dinner, these recipes offer a selection of pasta, main-dish and side salads as well as tasty wraps and sandwiches.



48

48 White Bean and Asparagus Salad

48 Layered Cobb Salad

50 Greek Salad

51 California BLT Tossed Salad

51 Italian Layered Salad

52 Spinach-Bacon Salad

52 Texas Coleslaw



57

53 Lemon-Broccoli Salad

54 Cucumber Salad

55 Sweet Pea and Feta Cheese Pasta Salad

56 Club Pasta Salad

56 Chicken Parmesan Pasta Salad

57 Crunchy Asian Pasta Salad



60

58 Gluten Free Old-Fashioned Potato Salad

58 Chicken BLT Sandwiches

59 Beef-Pesto Panini

60 Chicken and Fontina Panini

60 Pizza Turnovers

62 Chicken Fajita Salad Wraps

62 Burrito BLT Wraps



White Bean and Asparagus Salad

Prep Time: 25 Minutes

Start to Finish: 1 Hour 25 Minutes

Servings: 6

- ½ lb fresh asparagus spears, trimmed
- 7 dry-pack sun-dried tomatoes
- ¾ cup balsamic vinaigrette dressing
- 1 can (19 oz) Progresso® cannellini beans, drained, rinsed
- ¼ cup chopped red onion
- 2 teaspoons capers, drained
- 1 tablespoon shredded Parmesan cheese

1 In 2-quart saucepan, place steamer basket; add ½ inch water (water should not touch bottom of basket). Place asparagus and tomatoes in basket; cover tightly and heat to boiling. Reduce heat to low; steam covered 2 to 4 minutes or until asparagus is crisp-tender. Set tomatoes aside. Plunge asparagus into ice water until cold; drain. Cut asparagus into 1-inch pieces; chop tomatoes.

2 Pour dressing into a medium bowl; add asparagus, tomatoes, beans, onion and capers, tossing to coat. Cover; refrigerate 1 hour. Sprinkle cheese over salad just before serving.

PER SERVING: Calories 162; Total Fat 9g (Saturated Fat 1g); Sodium 610mg; Total Carbohydrate 16g (Dietary Fiber 4g); Protein 5g

SERVE-WITH

Serve asparagus mixture over mixed salad greens.

Layered Cobb Salad

Prep Time: 30 Minutes

Start to Finish: 30 Minutes

Servings: 6

dressing

- ⅔ cup olive or vegetable oil
- ⅓ cup red wine vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 clove garlic, finely chopped

salad

- 8 cups chopped romaine lettuce (12 oz)
- 2 cups cut-up cooked chicken
- 6 slices packaged precooked bacon (from 2.1-oz package), chopped
- 4 plum (Roma) tomatoes, chopped (about 2 cups)
- ½ cup crumbled blue cheese (2 oz)
- 4 hard-cooked eggs, chopped
- 2 medium avocados, pitted, peeled and cubed (about 2 cups)

1 In small bowl, beat dressing ingredients with wire whisk until well blended. Refrigerate until serving time.

2 In 6- to 8-quart glass bowl, place half of the chopped lettuce. Top with half each of the chicken, bacon, tomatoes, cheese and eggs. Repeat layers.

3 Just before serving, top salad with avocados. Pour dressing over salad; toss to coat.

PER SERVING (ABOUT 1½ CUPS): Calories 550; Total Fat 45g (Saturated Fat 10g); Sodium 730mg; Total Carbohydrate 10g (Dietary Fiber 5g); Protein 25g

THE TRADITIONAL WAY
TO SERVE A COBB SALAD IS
WITH THE INGREDIENTS
ARRANGED IN ROWS
ON LETTUCE.
WE'VE GIVEN IT
A NEW TWIST BY
SERVING IT IN LAYERS.





Greek Salad

Prep Time: 20 Minutes

Start to Finish: 20 Minutes

Servings: 8

lemon dressing

¼ cup extra-virgin or regular olive oil

2 tablespoons lemon juice

½ teaspoon sugar

1½ teaspoons Dijon mustard

¼ teaspoon salt

⅛ teaspoon pepper

salad

5 cups fresh baby spinach leaves

1 head Boston lettuce, torn into bite-size pieces (4 cups)

1 cup crumbled feta cheese (4 oz)

24 pitted kalamata or Greek olives

4 medium green onions, sliced (¼ cup)

3 medium tomatoes, cut into wedges

1 medium cucumber, sliced

1 In tightly covered container, shake all dressing ingredients. In large bowl, toss salad ingredients and dressing. Serve immediately.

PER SERVING (ABOUT 1¾ CUPS): Calories 140; Total Fat 11g (Saturated Fat 3.5g); Sodium 680mg; Total Carbohydrate 6g (Dietary Fiber 2g); Protein 4g

SUBSTITUTION

Extra-large pitted ripe olives can be substituted for the kalamata olives, and chopped red onion can be substituted for the green onions.

California BLT Tossed Salad

Prep Time: 15 Minutes

Start to Finish: 15 Minutes

Servings: 4

- 1/3 cup ranch dressing
- 1/2 teaspoon grated lemon peel
- 12 slices packaged precooked bacon (from 2.1-oz package)
- 1 bag (10 oz) American blend salad greens (iceberg lettuce, romaine, red cabbage, carrots and radishes)
- 1 large tomato, cut into wedges
- 1 avocado, pitted, peeled and cut into wedges

1 In small bowl, mix ranch dressing and lemon peel; set aside. Heat bacon as directed on package; cut into pieces.

2 In serving bowl, toss salad greens and bacon with dressing until coated. Garnish with tomato and avocado.

PER SERVING: Calories 295; Total Fat 25g (Saturated Fat 5g); Sodium 510mg; Total Carbohydrate 9g (Dietary Fiber 4g); Protein 9g

TIME-SAVER

Look for packages of precooked bacon near the regular bacon in the supermarket. It just needs to be reheated in the microwave.



Italian Layered Salad

Prep Time: 20 Minutes

Start to Finish: 2 Hours 20 Minutes

Servings: 16

- 6 cups bite-size pieces iceberg lettuce (1 lb)
- 1 bag (16 oz) broccoli slaw mix (6 cups)
- 1 can (15 oz) Progresso® chick peas (garbanzo beans), drained, rinsed
- 1/2 cup chopped red onion
- 1 medium red bell pepper, chopped (1 cup)
- 1 cup mayonnaise or salad dressing
- 1/2 cup creamy Italian dressing
- 1/4 cup shredded Asiago cheese (1 oz)
- 2 tablespoons chopped fresh parsley

1 In deep 3-quart serving bowl, layer lettuce, broccoli slaw mix, chick peas, onion and bell pepper.

2 In small bowl, mix mayonnaise and Italian dressing until well blended; spread over vegetables. Sprinkle with cheese. Cover; refrigerate at least 2 hours or overnight. Sprinkle with parsley just before serving.

PER SERVING: Calories 190; Total Fat 15g (Saturated Fat 2.5g); Sodium 210mg; Total Carbohydrate 11g (Dietary Fiber 3g); Protein 4g

SERVE-WITH

Pair this Italian-inspired salad with crunchy breadsticks or slices of garlic bread. Since it serves a crowd and can be made the night before, it's ideal for a potluck or party.

Spinach-Bacon Salad

Prep Time: 25 Minutes

Start to Finish: 25 Minutes

Servings: 6

- 4 slices bacon, cut into ½-inch pieces
- 3 tablespoons vegetable oil
- 5 medium green onions, chopped (⅓ cup)
- 2 teaspoons sugar
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons white or cider vinegar
- 8 oz fresh spinach leaves (9 cups)
- 2 hard-cooked eggs, sliced

1 In 10-inch skillet, cook bacon over medium heat, stirring occasionally, until crisp. Remove bacon with slotted spoon; drain on paper towels. Drain all but 3 tablespoons bacon drippings from skillet (if less than 3 tablespoons is remaining, add enough vegetable oil to drippings to equal 3 tablespoons).

2 Add oil, onions, sugar, salt and pepper to drippings in skillet. Cook over medium heat 2 to 3 minutes, stirring occasionally, until onions are slightly softened. Stir in vinegar.

3 Place spinach in very large bowl. Pour warm dressing over spinach; toss to coat. Arrange egg slices on top; sprinkle with bacon. Serve immediately.

PER SERVING (ABOUT 1½ CUPS): Calories 140; Total Fat 11g (Saturated Fat 2.5g); Sodium 150mg; Total Carbohydrate 4g (Dietary Fiber 2g); Protein 5g

TIME-SAVER

Look for bags of prewashed spinach in the produce department to get this salad on the table faster.



Texas Coleslaw

Prep Time: 15 Minutes

Start to Finish: 1 Hour 15 Minutes

Servings: 16

- 1 bag (16 oz) coleslaw mix (shredded cabbage and carrots)
- ½ cup chopped fresh cilantro
- 2 cans (11 oz each) Green Giant® Mexicorn® whole kernel corn with red and green peppers, drained
- 3 tablespoons vegetable oil
- 3 tablespoons lime or lemon juice
- ¾ teaspoon ground cumin
- ½ teaspoon salt
- Cilantro sprigs, if desired

1 In very large (4-quart) bowl, toss coleslaw mix, ½ cup cilantro and the corn. In tightly covered container, shake oil, lime juice, cumin and salt until well mixed. Pour over coleslaw mixture; toss.

2 Cover; refrigerate 1 to 2 hours to blend flavors. Garnish with cilantro sprigs.

PER SERVING: Calories 70; Total Fat 3g (Saturated Fat 0g); Sodium 190mg; Total Carbohydrate 10g (Dietary Fiber 1g); Protein 1g

VARIATION

If your family likes things hot and spicy, add 1 jalapeño chile, seeded and finely chopped, to the coleslaw mixture.

SUBSTITUTION

Instead of the canned corn, 2 cups Green Giant® Valley Fresh Steamers® Niblets® frozen corn (from 12-oz bag) can be used. Cook as directed on the bag and rinse with cold water before adding to the coleslaw mix.

Lemon-Broccoli Salad

Prep Time: 20 Minutes

Start to Finish: 1 Hour 20 Minutes

Servings: 8

- 3 tablespoons light mayonnaise or salad dressing
- 2 tablespoons Yoplait® plain Greek yogurt
- ¼ teaspoon finely shredded lemon peel
- 2 teaspoons lemon juice
- ¼ teaspoon grated gingerroot
- 4 cups fresh small broccoli florets
- ⅓ cup finely chopped red onion
- ¼ cup dried cranberries
- 3 tablespoons roasted soy nuts

1 In large bowl, mix mayonnaise, yogurt, lemon peel, lemon juice and gingerroot. Add broccoli, onion and cranberries; toss to coat.

2 Cover; refrigerate at least 1 hour or up to 24 hours. Just before serving, sprinkle with soy nuts.

PER SERVING (½ CUP): Calories 60; Total Fat 2.5g (Saturated Fat 0.5g); Sodium 55mg; Total Carbohydrate 8g (Dietary Fiber 2g); Protein 3g

VARIATION

Try this salad with 2 cups broccoli florets and 2 cups cauliflower florets.

SERVE-WITH

The satisfying crunch and hint of sweet and sour in this salad are perfect with grilled burgers or chicken.



Cucumber Salad

Prep Time: 10 Minutes

Start to Finish: 3 Hours 10 Minutes

Servings: 6

2 medium cucumbers, thinly sliced
1/3 cup cider or white vinegar
1/3 cup water
2 tablespoons sugar
1/2 teaspoon salt
1/8 teaspoon pepper
Chopped fresh dill weed or parsley,
if desired

1 Place cucumbers in small glass or plastic bowl. In tightly covered container, shake vinegar, water, sugar, salt and pepper until well mixed. Pour over cucumbers.

2 Cover; refrigerate at least 3 hours to blend flavors. Drain. Sprinkle with dill weed. Store covered in refrigerator.

PER SERVING (ABOUT 1/2 CUP): Calories 25; Total Fat 0g (Saturated Fat 0g); Sodium 200mg; Total Carbohydrate 7g (Dietary Fiber 1g); Protein 0g

Creamy Cucumber Salad: After chilling and draining the salad, stir in 3/4 cup sour cream or plain yogurt. Or, if desired, omit vinegar and water, and stir in sour cream before chilling.

FOR A
SCALLOPED
LOOK,
RUN FORK TINES
DOWN THE
LENGTH
OF EACH
CUCUMBER
BEFORE SLICING.





Sweet Pea and Feta Cheese Pasta Salad

Prep Time: 25 Minutes

Start to Finish: 25 Minutes

Servings: 6

- 3 cups uncooked bow-tie (farfalle) pasta (8 oz)
- 2 cups Green Giant® Valley Fresh Steamers® frozen sweet peas (from 12-oz bag)
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh basil leaves
- ½ to ¾ teaspoon freshly ground pepper
- 1 cup crumbled feta cheese (4 oz)
- 1 clove garlic, finely chopped
- ¼ cup olive oil

1 Cook and drain pasta as directed on package, adding frozen peas during last 3 minutes of cooking time. Rinse with cold water to cool; drain well.

2 In large serving bowl, gently toss pasta, peas and remaining ingredients except oil. Drizzle oil over pasta mixture; stir gently to coat. Garnish with additional parsley, if desired. Serve immediately, or refrigerate until chilled.

PER SERVING: Calories 310; Total Fat 15g (Saturated Fat 5g); Sodium 352mg; Total Carbohydrate 35g (Dietary Fiber 3g); Protein 11g

SUBSTITUTION

Bow-tie pasta lends interesting shape to this salad. Other pastas, such as penne or even macaroni, will work just fine, too.

VARIATION

Try crumbled blue cheese in place of the feta and add some cubed cooked ham.

Club Pasta Salad

Prep Time: 25 Minutes

Start to Finish: 25 Minutes

Servings: 4

- 1 box (7.25 oz) Betty Crocker® Suddenly Salad® ranch and bacon pasta salad mix
- ½ cup mayonnaise
- 1½ cups cut-up cooked turkey or chicken
- ½ cup cherry tomatoes, cut into quarters
- ½ cup julienne strips Cheddar cheese
- 4 cups bite-size pieces lettuce

1 Fill 3-quart saucepan two-thirds full of water; heat to boiling. Empty pasta mix (from Suddenly Salad box) into boiling water. Gently boil uncovered 12 minutes, stirring occasionally. Drain; rinse with cold water. Shake to drain well.

2 In medium bowl, stir together seasoning mix (from Suddenly Salad box) and the mayonnaise. Stir in pasta and remaining ingredients except lettuce. Serve salad on lettuce. Refrigerate leftovers (if desired, moisten with a few teaspoons milk before serving).

PER SERVING: Calories 525; Total Fat 29g (Saturated Fat 6g); Sodium 740mg; Total Carbohydrate 40g (Dietary Fiber 3g); Protein 29g

SPECIAL TOUCH

For a quick yet elegant meal, serve with bagel sticks and flavored cream cheese spreads. Stick frilly toothpicks in the bagel sticks to give them the look of a club sandwich!



Chicken Parmesan Pasta Salad

Prep Time: 25 Minutes

Start to Finish: 25 Minutes

Servings: 6

- 1 box (7.25 oz) Betty Crocker® Suddenly Salad® Caesar pasta salad mix
- ¼ cup mayonnaise or salad dressing
- ¼ cup milk
- 2 cups cubed cooked chicken or turkey
- 1 medium cucumber, coarsely chopped (1 cup)
- 1 medium tomato, seeded, coarsely chopped (¾ cup)

1 Fill 3-quart saucepan two-thirds full of water; heat to boiling. Empty pasta mix (from Suddenly Salad box) into boiling water. Gently boil uncovered 12 minutes, stirring occasionally. Drain; rinse with cold water. Shake to drain well.

2 In medium bowl, stir together seasoning & crouton blend (from Suddenly Salad box), the mayonnaise and milk until well blended. Stir in pasta and remaining ingredients. Serve immediately, or cover and refrigerate up to 2 hours before serving.

PER SERVING: Calories 290; Total Fat 12g (Saturated Fat 2g); Sodium 570mg; Total Carbohydrate 28g (Dietary Fiber 1g); Protein 18g

VARIATION

Cut-up cooked ham or roast beef can be substituted for the chicken or turkey.

Crunchy Asian Pasta Salad

Prep Time: 25 Minutes

Start to Finish: 25 Minutes

Servings: 10

- 1 box (7.75 oz) Betty Crocker® Suddenly Salad® classic pasta salad mix
- 1 package (3 oz) Oriental-flavor ramen noodle soup mix
- 3 tablespoons sugar
- 3 tablespoons vegetable oil
- 2 tablespoons white vinegar
- 2 tablespoons water
- 1 tablespoon soy sauce
- 3 cups coleslaw mix (shredded cabbage and carrots)
- 1 cup fresh snow pea pods, strings removed, cut diagonally into ½-inch pieces
- ½ cup sliced almonds, toasted
- 1 can (15 oz) mandarin orange segments, drained

1 Fill 3-quart saucepan two-thirds full of water; heat to boiling. Empty pasta mix (from Suddenly

Salad box) into boiling water. Gently boil uncovered 12 minutes, stirring occasionally. Drain; rinse with cold water. Shake to drain well.

2 In large bowl, mix contents of seasoning pouches (from salad and soup mixes), the sugar, oil, vinegar, water and soy sauce. Stir in pasta, coleslaw mix, pea pods, almonds and oranges.

3 Just before serving, coarsely crush dry noodles (from soup mix); stir into pasta mixture. Refrigerate leftovers.

PER SERVING (1 CUP): Calories 220; Total Fat 9g (Saturated Fat 1.5g); Sodium 610mg; Total Carbohydrate 30g (Dietary Fiber 3g); Protein 5g

HOW-TO

To toast almonds, sprinkle in ungreased heavy skillet. Cook over medium heat 5 to 7 minutes, stirring frequently until almonds begin to brown, then stirring constantly until light brown.

SERVE-WITH

This salad is delicious served with grilled chicken, burgers or pork.



Gluten Free Old-Fashioned Potato Salad

Prep Time: 20 Minutes

Start to Finish: 5 Hours

Servings: 8

- 6 medium potatoes, peeled (2 lb)
- 1½ cups mayonnaise or salad dressing
- 1 tablespoon white or cider vinegar
- 1 tablespoon yellow mustard
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 medium stalks celery, chopped (1 cup)
- 1 medium onion, chopped (½ cup)
- 4 hard-cooked eggs, chopped

1 In 3-quart saucepan, heat 1 inch water (salted, if desired) to boiling. Add potatoes. Cover; return to boiling. Reduce heat. Cook 30 to 35 minutes or until tender; drain. Cool slightly; cut into cubes.

2 In large glass or plastic bowl, mix mayonnaise, vinegar, mustard, salt and pepper. Add potatoes, celery and onion; toss. Stir in eggs. Cover; refrigerate at least 4 hours or until chilled.

PER SERVING: Calories 430; Total Fat 36g (Saturated Fat 6g); Sodium 600mg; Total Carbohydrate 22g (Dietary Fiber 2g); Protein 6g

COOKING GLUTEN FREE?

Always read labels to make sure *each* recipe ingredient is gluten free. Products and ingredient sources can change.



Chicken BLT Sandwiches

Prep Time: 30 Minutes

Start to Finish: 30 Minutes

Servings: 4

- 2 teaspoons vegetable oil
- 4 boneless skinless chicken breasts (1¼ lb)
- ¼ cup Thousand Island dressing
- 4 whole wheat sandwich buns, split
- 4 leaves lettuce
- 8 slices tomato
- 4 slices bacon, crisply cooked, broken in half

1 In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165°F).

2 Spread dressing on cut sides of buns. On bun bottoms, layer lettuce, chicken, tomato and bacon. Cover with bun tops.

PER SERVING (1 SANDWICH): Calories 355; Total Fat 16g (Saturated Fat 4g); Sodium 520mg; Total Carbohydrate 20g (Dietary Fiber 3g); Protein 33g

VARIATION

Experiment with different types of rolls or breads for this sandwich. Try sliced peasant bread baked with onion and herbs for an added flavor bonus!

Beef-Pesto Panini

Prep Time: 15 Minutes

Start to Finish: 15 Minutes

Servings: 4

8 slices (½ inch thick) Italian bread
2 tablespoons butter or margarine, softened
¼ cup basil pesto
½ lb thinly sliced deli roast beef
4 slices (1 oz each) mozzarella cheese
Tomato pasta sauce, heated, if desired

1 Heat panini maker or closed contact grill for 5 minutes. Spread 1 side of each bread slice with butter. On unbuttered side of 4 slices, spread 1 tablespoon pesto; top with beef, cheese and remaining bread slices, buttered sides up.

2 Place sandwiches on grill. Close grill; cook 3 to 5 minutes or until bread is toasted and cheese is melted. Serve with warmed pasta sauce.

PER SERVING (1 SANDWICH): Calories 380; Total Fat 22g (Saturated Fat 9g); Sodium 1130mg; Total Carbohydrate 23g (Dietary Fiber 1g); Protein 23g

VARIATION

Like chicken better than beef? Thinly sliced cooked deli chicken changes the flavor without changing the appeal of this sandwich.

HOW-TO

Grill marks from a panini maker, contact grill or ridged grill pan lend authenticity to this sandwich. But if you don't have one, use a griddle or 12-inch skillet to toast them. They will taste just as delicious! Heat the griddle or skillet over medium heat; cook sandwiches for 2 to 3 minutes on each side or until the bread is toasted and cheese is melted.

DID YOU KNOW?

Panini, which means "small breads" in Italian, are all kinds of hearty sandwiches cooked like the American favorite, a grilled cheese sandwich. So although they sound cosmopolitan, they are remarkably quick to make.





Chicken and Fontina Panini

Prep Time: 10 Minutes

Start to Finish: 10 Minutes

Servings: 2

- ½ loaf (1-lb size) ciabatta bread, split horizontally
- 3 tablespoons basil pesto
- 2 plum (Roma) tomatoes, sliced
- 1 cup shredded cooked chicken
- 1 cup arugula
- 2 oz fontina cheese, sliced

1 Heat panini maker or closed contact grill for 5 minutes. On cut side of bread bottom, spread pesto; top with tomatoes, chicken, arugula and cheese. Cover with bread top.

2 Place sandwich on grill. Close grill; cook 3 to 4 minutes or until bread is toasted and cheese is melted. Cut sandwich in half to serve.

PER SERVING: Calories 670; Total Fat 27g (Saturated Fat 9g); Sodium 1263mg; Total Carbohydrate 67g (Dietary Fiber 4g); Protein 42g

TIME-SAVER

Pick up a smoked chicken from the deli or your local barbecue joint, or use rotisserie chicken for this sandwich.

Pizza Turnovers

Prep Time: 15 Minutes

Start to Finish: 30 Minutes

Servings: 4

- 1 can (13.8 oz) Pillsbury® refrigerated classic pizza crust
- ¼ cup pizza sauce
- ¼ cup finely shredded carrot
- 24 slices turkey pepperoni
- 1 tablespoon grated Parmesan cheese
- 2 slices (¾ oz each) mozzarella cheese, cut in half

1 Heat oven to 400°F. On lightly floured surface, roll pizza crust dough into 12-inch square. Cut dough into 4 (6-inch) squares.

2 Spread 1 tablespoon pizza sauce on each square to within ½ inch of edge. Top each with 1 tablespoon carrot, 6 slices pepperoni, ¾ teaspoon Parmesan cheese and half slice mozzarella cheese. Fold square in half over filling; press edges to seal. Place on ungreased cookie sheet.

3 Bake 12 to 15 minutes or until light golden brown. Serve warm.

PER SERVING (1 TURNOVER): Calories 315; Total Fat 12g (Saturated Fat 3g); Sodium 1090mg; Total Carbohydrate 37g (Dietary Fiber 2g); Protein 17g

HEALTH TWIST

Pack more nutrition into these turnovers by adding an additional tablespoon of cooked vegetables to each pocket. It's a great way to use leftovers while adding a nutrition boost. To reduce the fat, use fat-free Parmesan and fat-free mozzarella.

TIME-SAVER

Purchase a bag of preshredded carrots in the produce section to save time.





Chicken Fajita Salad Wraps

Prep Time: 35 Minutes

Start to Finish: 35 Minutes

Servings: 8

chipotle-lime dressing

- 1 cup ranch dressing
- 1 teaspoon grated lime peel
- 1 tablespoon lime juice
- 1 tablespoon finely chopped chipotle chiles in adobo sauce (from 7-oz can)

wraps

- 3 cups chopped cold deli rotisserie chicken (from 2-lb chicken)
- 2 cups thinly sliced iceberg lettuce
- 1 cup Green Giant® Valley Fresh Steamers® Niblets® frozen corn (from 12-oz bag), cooked, cooled
- 1 small tomato, seeded, chopped (½ cup)
- 1 package (11.5 oz) Old El Paso® flour tortillas for burritos (8 tortillas; 8 inch)
- 1 cup shredded Monterey Jack cheese (4 oz)
- Old El Paso® Thick 'n Chunky salsa, if desired
- Sour cream, if desired

1 In small bowl, mix dressing ingredients; set aside. In large bowl, stir together chicken, lettuce, corn and tomato. Add dressing; toss to coat.

2 Divide chicken mixture evenly down center of each tortilla; sprinkle with cheese. Roll up. Serve immediately with salsa and sour cream.

PER SERVING (1 WRAP): Calories 420; Total Fat 26g (Saturated Fat 7g); Sodium 1360mg; Total Carbohydrate 30g (Dietary Fiber 2g); Protein 17g

Burrito BLT Wraps

Prep Time: 15 Minutes

Start to Finish: 15 Minutes

Servings: 6

- 8 slices bacon, crisply cooked, crumbled
- 2 cups bite-size pieces lettuce
- ½ cups shredded Cheddar cheese (6 oz)
- 1 large tomato, chopped (1 cup)
- ⅓ cup mayonnaise or salad dressing
- 6 Old El Paso® flour tortillas for burritos (8 inch; from 11.5-oz package)

1 In medium bowl, toss all ingredients except tortillas.

2 Divide bacon mixture evenly among tortillas. Fold up bottom third of tortilla; roll up to form cone shape with folded end at bottom. Serve immediately.

PER SERVING (1 WRAP): Calories 410; Total Fat 27g (Saturated Fat 10g); Sodium 790mg; Total Carbohydrate 30g (Dietary Fiber 2g); Protein 14g

SUCCESS HINT

Tortillas fold more easily when warmed slightly, especially if they're cold rather than at room temperature; follow package directions for heating.

FOR A NEW
FLAVOR TWIST
ON THIS FAVORITE, TRY
RANCH OR FRENCH
DRESSING
IN PLACE OF THE
MAYONNAISE.
OR SPREAD
EACH TORTILLA WITH
2 TABLESPOONS
GUACAMOLE
BEFORE ADDING
THE BACON MIXTURE.



Grilled Taco-Spiced
Chicken, p. 67



Weeknight Main Dishes

Sizzling grilled chicken, steaks and pork chops plus other quick and easy suppers.



70

- 66** Grilled Beer-Brined Chicken
- 67** Grilled Taco-Spiced Chicken
- 68** Grilled Chile-Lime Chicken
- 69** Turkey-Green Chile Enchiladas
- 70** Balsamic Pork with Mixed Herbs
- 70** Grilled Cheddar Burger and Veggie Packs



75

- 71** Grilled Hamburger Steaks with Roasted Onions
- 73** Texas T-Bones
- 73** Easy Southwestern Stroganoff
- 75** Grilled Flank Steak Salad with Blue Cheese
- 75** Pork Chops with Tarragon-Onion Gravy



79

- 76** Grilled Honey-Cumin BBQ Pork Packs
- 77** Impossibly Easy Bacon Pie
- 78** Tuna Burgers
- 79** Lemon-Parmesan Salmon



Grilled Beer-Brined Chicken

Prep Time: 55 Minutes

Start to Finish: 10 Hours

Servings: 8

brine and chicken

- 2 cups water
- ¼ cup kosher (coarse) salt
- ¼ cup packed brown sugar
- 4 cans or bottles (12 oz each) beer or nonalcoholic beer, chilled
- 2 cut-up whole chickens (3 to 3½ lb each)

barbecue rub

- 1 tablespoon paprika
- 1 teaspoon table salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- ¼ cup vegetable oil

1 In 6- to 8-quart noncorrosive (stainless steel, enamel-coated or plastic) container or stockpot, mix water, kosher salt and brown sugar, stirring until salt and sugar are dissolved. Stir in beer. Add chicken. Cover; refrigerate at least 8 hours but no longer than 24 hours.

2 Line 15x10-inch pan with sides with foil. Remove chicken from brine; rinse thoroughly under cool water and pat dry with paper towels. Discard brine. Place chicken in pan. Refrigerate uncovered 1 hour to dry chicken skin. Meanwhile, in small bowl, mix all rub ingredients except oil; set aside.

3 Heat gas or charcoal grill for indirect cooking. Brush oil over chicken; sprinkle rub mixture over chicken. For two-burner gas grill, heat one burner to medium; place chicken on unheated side. For one-burner gas grill, place chicken on grill over low heat. For charcoal grill, move medium coals to edge of firebox; place chicken over drip pan. Cover grill; cook 15 minutes.

4 Turn chicken over. Cover grill; cook 20 to 30 minutes longer, turning occasionally, until juice of chicken is clear when thickest pieces are cut to bone (at least 165°F).

PER SERVING: Calories 380; Total Fat 24g (Saturated Fat 6g); Sodium 900mg; Total Carbohydrate 0g (Dietary Fiber 0g); Protein 40g

Oven Directions:

Make chicken as directed through step 2. Heat oven to 425°F. Brush oil over chicken; sprinkle rub mixture over chicken. Bake 25 to 35 minutes or until juice of chicken is clear when thickest pieces are cut to bone (at least 165°F).

Grilled Taco-Spiced Chicken

Prep Time: 25 Minutes

Start to Finish: 25 Minutes

Servings: 4

- 2 tablespoons Old El Paso® taco seasoning mix (from 1-oz package)
- 1 teaspoon dried oregano leaves
- 4 boneless skinless chicken breasts (about 1¼ lb)
- 1 tablespoon olive or vegetable oil
- ¼ cup barbecue sauce
- 2 tablespoons chili sauce
- ½ teaspoon ground cumin

1 Heat gas or charcoal grill. In shallow bowl, mix taco seasoning mix and oregano. Brush chicken with oil; sprinkle with taco seasoning mixture.

2 Place chicken on grill over medium heat. Cover grill; cook 10 to 15 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165°F).

3 Meanwhile, in small microwavable bowl, mix barbecue sauce, chili sauce and cumin. Cover;

microwave on High 30 to 60 seconds or until hot. Serve sauce over chicken.

PER SERVING: Calories 240; Total Fat 8g (Saturated Fat 2g); Sodium 780mg; Total Carbohydrate 11g (Dietary Fiber 0g); Protein 31g

Oven Directions:

Heat oven to 375°F. Line shallow baking pan with foil or spray with cooking spray. Place coated chicken in pan. Bake 25 to 30 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165°F).

VARIATION

For zesty, make-your-own wrap sandwiches, slice the warm chicken into strips and serve with tortillas, shredded lettuce, sliced avocado and the sauce.

HEALTH TWIST

Decrease the fat in this recipe by omitting the olive oil and instead spraying the chicken with olive oil-flavored cooking spray.



Grilled Chile-Lime Chicken

Prep Time: 20 Minutes

Start to Finish: 50 Minutes

Servings: 4

- 4 boneless skinless chicken breasts (about 1¼ lb)
- 2 teaspoons grated lime peel
- ¼ cup lime juice
- ¼ cup olive or vegetable oil
- 2 tablespoons chopped fresh cilantro
- ½ teaspoon sugar
- ½ teaspoon salt
- 1 small jalapeño chile, seeded, finely chopped
- 1 clove garlic, finely chopped

1 Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about ¼ inch thick.

2 In shallow glass or plastic dish or resealable food-storage plastic bag, mix all remaining ingredients. Add chicken to marinade; turn to coat. Cover dish or seal bag; refrigerate at least 30 minutes but no longer than 24 hours.

3 Heat gas or charcoal grill. Remove chicken from marinade; discard marinade. Place chicken on grill over medium heat. Cover grill; cook 8 to 10 minutes, turning once, until chicken is no longer pink in center.

PER SERVING: Calories 175; Total Fat 7g (Saturated Fat 2g); Sodium 140mg; Total Carbohydrate 0g (Dietary Fiber 0g); Protein 27g

SUBSTITUTION

If you're not a fan of cilantro, try chopped fresh parsley instead.

TIME-SAVER

No time to make the marinade? Purchase a tequila-lime marinade to use instead.





Turkey-Green Chile Enchiladas

Prep Time: 30 Minutes

Start to Finish: 1 Hour 15 Minutes

Servings: 8

sauce

- 2 tablespoons vegetable oil
- 1 large onion, finely chopped (1 cup)
- 2 cloves garlic, finely chopped
- 1 cup Progresso® chicken broth (from 32-oz carton)
- 2 tablespoons semisweet chocolate chips
- 1 tablespoon ground ancho chiles
- 1 teaspoon ground cumin
- ½ teaspoon salt
- 1 can (28 oz) Muir Glen® organic fire roasted crushed tomatoes, undrained

enchiladas

- 2 cups shredded cooked turkey
- 1 container (8 oz) sour cream
- 1½ cups shredded Cheddar cheese (6 oz)
- 2 cans (4.5 oz each) Old El Paso® chopped green chiles
- 1 package (11.5 oz) Old El Paso® flour tortillas for burritos (8 tortillas; 8 inch)
- 1 cup shredded pepper Jack cheese (4 oz)

1 Heat oven to 350°F. Lightly spray 13x9-inch (3-quart) glass baking dish with cooking spray.

2 In 12-inch skillet, heat oil over medium-high heat. Cook onion and garlic in oil about 1 minute, stirring frequently, until onion is tender. Stir in remaining sauce ingredients. Heat to boiling. Reduce heat to low; cook uncovered 15 minutes, stirring occasionally.

3 In medium bowl, mix turkey, sour cream, Cheddar cheese and green chiles. Spread about ½ cup turkey mixture over each tortilla; top with 2 tablespoons sauce. Roll up tortillas; arrange seam sides down in baking dish. Pour remaining sauce over tortillas. Top with pepper Jack cheese.

4 Spray sheet of foil with cooking spray; place sprayed side down over baking dish. Bake 30 to 45 minutes or until thoroughly heated.

PER SERVING: Calories 470; Total Fat 27g (Saturated Fat 13g); Sodium 1520mg; Total Carbohydrate 33g (Dietary Fiber 2g); Protein 24g

CHOCOLATE CHIPS
MIGHT SEEM LIKE
AN UNUSUAL
INGREDIENT IN THIS
RECIPE, BUT
YOU'LL FIND THAT THEY
ADD DEPTH TO THE
FLAVOR OF THE SAUCE.

Balsamic Pork with Mixed Herbs

Prep Time: 30 Minutes

Start to Finish: 1 Hour 30 Minutes

Servings: 6

- 2 pork tenderloins ($\frac{3}{4}$ to 1 lb each)
- 8 large sprigs fresh rosemary
- 8 large sprigs fresh thyme
- $\frac{1}{2}$ cup balsamic vinegar
- 3 tablespoons olive or vegetable oil

1 Cut each pork tenderloin crosswise into 6 pieces. Press each piece, cut side down, to form a round, 1 to $1\frac{1}{4}$ inches thick.

2 In shallow glass or plastic dish or resealable food-storage plastic bag, place rosemary and thyme. Add vinegar and oil. Add pork; turn to coat. Cover dish or seal bag; refrigerate, turning pork 2 or 3 times, at least 1 hour but no longer than 24 hours.

3 Heat gas or charcoal grill. Remove pork from marinade; reserve marinade. Place pork on grill over medium heat. Cover grill; cook 7 minutes, turning and brushing frequently with marinade. Discard any remaining marinade. Cover grill; cook 6 to 8 minutes longer, turning frequently, until pork is no longer pink in center.

PER SERVING: Calories 350; Total Fat 17g (Saturated Fat 4g); Sodium 95mg; Total Carbohydrate 1g (Dietary Fiber 0g); Protein 48g



Grilled Cheddar Burger and Veggie Packs

Prep Time: 40 Minutes

Start to Finish: 40 Minutes

Servings: 4

- 6 medium green onions
- 1 lb lean (at least 80%) ground beef
- 1 cup shredded Cheddar cheese (4 oz)
- 1 tablespoon Worcestershire sauce
- $\frac{1}{2}$ teaspoons peppered seasoned salt
- 2 medium Yukon Gold potatoes, thinly sliced
- $\frac{1}{2}$ cups ready-to-eat baby-cut carrots
- 12 cherry tomatoes, cut in half

1 Heat gas or charcoal grill. Cut 4 (18x12-inch) sheets of heavy-duty foil; spray with cooking spray.

2 Chop 2 of the green onions. Slice the remaining 4 onions; set aside. In large bowl, mix beef, the chopped onions, cheese, Worcestershire sauce and 1 teaspoon of the peppered seasoned salt. Shape mixture into 4 patties, about 1 inch thick.

3 Divide potato slices evenly among foil sheets. Top with beef patty, carrots, tomatoes and reserved sliced onions; sprinkle with remaining $\frac{1}{2}$ teaspoon peppered seasoned salt. Bring up 2 sides of foil so edges meet. Seal edges, making tight $\frac{1}{2}$ -inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.

4 Place packets on grill over medium heat. Cover grill; cook 17 to 20 minutes or until potatoes are tender. Place packets on plates. Cut large X across top of packet; carefully fold back foil to allow steam to escape.

PER SERVING: Calories 430; Total Fat 26g (Saturated Fat 12g); Sodium 800mg; Total Carbohydrate 23g (Dietary Fiber 4g); Protein 30g

Grilled Hamburger Steaks with Roasted Onions

Prep Time: 30 Minutes

Start to Finish: 30 Minutes

Servings: 4

- 4 lean (at least 80%) ground beef patties (4 to 6 oz each)
- 2 tablespoons steak sauce
- 1 package (1 oz) onion soup mix (from 2-oz box)
- 2 large Bermuda or other sweet onions, cut in half, thinly sliced and separated (6 cups)
- 2 tablespoons packed brown sugar
- 1 tablespoon balsamic vinegar

1 Heat gas or charcoal grill. Cut 2 (18x12-inch) sheets of heavy-duty foil; spray with cooking spray.

2 Brush beef patties with steak sauce; sprinkle with half of the dry soup mix. Place half of the onions on center of each foil sheet; sprinkle with remaining soup mix, the brown sugar and vinegar. Bring up 2 sides of foil so edges meet. Seal edges, making tight ½-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.

3 Place beef patties and foil packets on grill over medium heat. Cover grill; cook 10 to 15 minutes, turning patties and rotating packets half turn once or twice, until meat thermometer inserted in center of patties reads 160°F. Place packets and patties on plates. Cut large X across top of each packet; carefully fold back foil to allow steam to escape. Serve onions on patties.

PER SERVING: Calories 295; Total Fat 16g (Saturated Fat 6g); Sodium 780mg; Total Carbohydrate 15g (Dietary Fiber 2g); Protein 22g

SUBSTITUTION

If you can't find the ground beef patties at your market, you can make your own with 1 lb lean ground beef. Shape into 4 patties, about ½ inch thick.

SERVE-WITH

These patties and onions can be served on hamburger buns, if desired. Just add your favorite condiments, such as mustard, pickles, tomatoes, shredded lettuce, cheese and additional steak sauce. For a special touch, toast the buns on the grill.







Texas T-Bones

Prep Time: 30 Minutes

Start to Finish: 1 Hour 30 Minutes

Servings: 4

- 4 beef T-bone steaks, 1 inch thick (¾ to 1 lb each)
- 1 clove garlic, cut in half
- 2 teaspoons black peppercorns, crushed
- ¼ cup butter or margarine, softened
- 1 tablespoon Dijon mustard
- ½ teaspoon Worcestershire sauce
- ¼ teaspoon lime juice
- Salt and pepper to taste, if desired

1 Trim fat on steaks to ¼-inch thickness. Rub steaks with garlic (discard clove). Press crushed peppercorns into meat. Cover; refrigerate 1 hour. Meanwhile, in small bowl, mix butter, mustard, Worcestershire sauce and lime juice; refrigerate until serving time.

2 Heat gas or charcoal grill. Place steaks on grill over medium heat. Cover grill; cook 16 to 18 minutes for medium doneness, turning once.

3 Place steaks on warm platter; sprinkle with salt and pepper. Serve with butter.

PER SERVING: Calories 600; Total Fat 33g (Saturated Fat 15g); Sodium 376mg; Total Carbohydrate 1g (Dietary Fiber 0g); Protein 72g

Easy Southwestern Stroganoff

Prep Time: 30 Minutes

Start to Finish: 30 Minutes

Servings: 4

- 1 lb ground beef
- 1 cup water
- 1 jar (16 oz) Old El Paso® Thick 'n Chunky salsa
- 2 cups uncooked medium egg noodles (4 oz)
- ½ teaspoon salt
- ½ cup sour cream

1 In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in water, salsa, noodles and salt. Heat to boiling; reduce heat to low.

2 Cover; simmer about 15 minutes, stirring occasionally, until noodles are tender. Stir in sour cream; cook just until hot.

PER SERVING: Calories 500; Total Fat 29g (Saturated Fat 13g); Sodium 1258mg; Total Carbohydrate 33g (Dietary Fiber 1g); Protein 25g

SUBSTITUTION

Feel free to use another similar-size pasta shape, such as wagon wheels, gemelli or medium shells, instead of egg noodles.

HEAT UP THE GRILL,
NOT THE KITCHEN,
FOR THIS EASY
MAIN-DISH
SALAD. IT MAKES
A TERRIFIC
SUMMERTIME SUPPER.





Grilled Flank Steak Salad with Blue Cheese

Prep Time: 25 Minutes

Start to Finish: 2 Hours 25 Minutes

Servings: 6

- 1 tablespoon packed brown sugar
- 1 teaspoon chili powder
- ½ teaspoon dried red chile
- 1 teaspoon olive oil
- 1 beef flank steak (1½ lb)
- 1 bag (5 oz) mixed salad greens
- 1 cup crumbled blue cheese (4 oz)
- 1½ cups vinaigrette dressing

1 In small bowl, mix brown sugar, chili powder, red chile and oil. Rub mixture over both sides of steak. Place in shallow dish or resealable food-storage plastic bag. Cover or seal; refrigerate 2 hours, turning occasionally.

2 Heat gas or charcoal grill. Place steak on grill over medium-high heat. Cover grill; cook 12 minutes, turning once, until beef is of desired doneness.

3 Remove steak from grill to cutting board. Divide salad greens evenly among 6 plates or bowls. Cut steak diagonally across grain into thin strips; arrange on greens. Sprinkle with cheese; drizzle with dressing.

PER SERVING (1½ CUPS): Calories 493; Total Fat 42g (Saturated Fat 10g); Sodium 630mg; Total Carbohydrate 6g (Dietary Fiber 1g); Protein 21g

Pork Chops with Tarragon-Onion Gravy

Prep Time: 20 Minutes

Start to Finish: 20 Minutes

Servings: 4

- 8 boneless center-cut loin pork chops, ¾ inch thick (1 lb)
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup Gold Medal® all-purpose flour
- 1 tablespoon olive oil
- ½ cup thinly sliced onion
- ¾ cup Progresso® beef-flavored broth (from 32-oz carton)
- 1 tablespoon chopped fresh tarragon

1 Sprinkle pork chops evenly with salt and pepper. Coat pork with flour. In 12-inch skillet, heat oil over medium-high heat. Cook 4 pork chops in oil 1 to 2 minutes on each side or until browned. Remove from skillet to plate. Repeat with remaining 4 pork chops.

2 Reduce heat to medium. Add onion to skillet; cook 3 minutes or until tender. Stir in broth, scraping to loosen browned bits from pan. Return pork and any accumulated juices to skillet. Heat to boiling; reduce heat. Cover; cook 4 minutes or until pork is no longer pink in center. Stir in chopped tarragon.

PER SERVING (2 PORK CHOPS AND ½ CUP GRAVY): Calories 259; Total Fat 14.4g (Saturated Fat 4.6g); Sodium 803mg; Total Carbohydrate 9g (Dietary Fiber 0.6g); Protein 22.7g



Grilled Honey-Cumin BBQ Pork Packs

Prep Time: 40 Minutes

Start to Finish: 40 Minutes

Servings: 4

- ½ cup barbecue sauce
- ¼ cup honey
- 2 teaspoons ground cumin
- 4 boneless pork loin chops, ¾ to 1 inch thick (1¼ lb)
- 2 large ears sweet corn, each cut into 4 to 6 pieces
- 1 cup ready-to-eat baby-cut carrots
- 2 cups refrigerated cooked new potato wedges (from 20-oz bag)
- 1 teaspoon salt

1 Heat gas or charcoal grill. Cut 4 (18x12-inch) sheets of heavy-duty foil; spray with cooking spray.

2 In small bowl, mix barbecue sauce, honey and cumin. On center of each foil sheet, place 1 pork chop, 2 to 3 pieces corn, ¼ cup carrots and ½ cup

potato wedges; sprinkle each with ¼ teaspoon salt. Spoon 3 tablespoons sauce mixture over pork and vegetables. Bring up 2 sides of foil so edges meet. Seal edges, making tight ½-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.

3 Place packets on grill over medium heat. Cover grill; cook 15 to 20 minutes, turning once, until pork is no longer pink and meat thermometer inserted in center reads 160°F. Place packets on plates. Cut large X across top of each packet; carefully fold back foil to allow steam to escape.

PER SERVING: Calories 435; Total Fat 8g (Saturated Fat 3g); Sodium 960mg; Total Carbohydrate 72g (Dietary Fiber 5g); Protein 24g

SUBSTITUTION

You can use fresh potatoes instead of the refrigerated ones. Cut 2 medium potatoes into wedges and place in a microwavable bowl. Cover; microwave on High about 5 minutes or until crisp-tender. Place potatoes in packets and grill as directed.

Impossibly Easy Bacon Pie

Prep Time: 20 Minutes

Start to Finish: 1 Hour 5 Minutes

Servings: 6

12 slices bacon, crisply cooked, crumbled

1 cup shredded Swiss cheese (4 oz)

1 small onion, chopped (1/3 cup)

3/4 cup Original Bisquick® mix

1 1/2 cups milk

3 eggs

1/8 teaspoon pepper

Chopped fresh parsley, if desired

1 Heat oven to 400°F. Grease 9-inch glass pie plate with shortening or cooking spray. Sprinkle bacon, cheese and onion into pie plate.

2 In medium bowl, beat remaining ingredients except parsley until blended; pour into pie plate.

3 Bake 35 to 40 minutes or until knife inserted in center comes out clean. Let stand 5 minutes. Garnish with chopped fresh parsley, if desired.

PER SERVING: Calories 290; Total Fat 18g (Saturated Fat 8g); Sodium 650mg; Total Carbohydrate 15g (Dietary Fiber 0g); Protein 17g

DO-AHEAD

You're frying bacon anyway, so why not fry some extra and store it in your freezer? Having fried bacon on hand is great for sandwiches, sprinkling on salads and vegetables...and making Impossibly Easy Bacon Pie even easier.

STORAGE

If you have leftovers, refrigerate them and then reheat in the microwave. To reheat 1 slice of pie, place on microwavable plate and cover with microwavable waxed paper. Microwave on Medium (50%) 2 to 3 minutes or until hot.

THIS PIE IS
IMPOSSIBLY EASY
BECAUSE THERE IS
NO CRUST
TO ROLL OUT.
THE CRUST FORMS AS
THE PIE BAKES.



Tuna Burgers

Prep Time: 25 Minutes

Start to Finish: 25 Minutes

Servings: 4 burgers

1 cup soft bread crumbs (about 2 slices bread)
½ cup Original Bisquick® mix
1 tablespoon Dijon mustard
¼ teaspoon pepper
2 eggs, slightly beaten
8 medium green onions, finely chopped (½ cup)
2 pouches (about 7 oz each) light tuna in water
2 tablespoons butter or margarine
4 sandwich buns, split
¼ cup dill dip

1 In medium bowl, mix bread crumbs, Bisquick mix, mustard, pepper, eggs, onions and tuna. Shape mixture into 4 patties, 3½ inches in diameter, using heaping ½ cupful for each patty.

2 In 12-inch nonstick skillet, melt butter over medium heat. Cook patties in butter 10 to 12 minutes, turning once, until brown and thoroughly cooked. Serve on buns; top each burger with 1 tablespoon dill dip.

PER BURGER: Calories 440; Total Fat 16g (Saturated Fat 7g); Sodium 1090mg; Total Carbohydrate 39g (Dietary Fiber 2g); Protein 34g

Crab Cake Burgers: Use 2 (5-oz) cans of crabmeat, drained and flaked, for the tuna.

SERVE-WITH

For added crunch, top burgers with thinly sliced cucumber and sliced red onion.





Lemon-Parmesan Salmon

Prep Time: 10 Minutes

Start to Finish: 35 Minutes

Servings: 4

- 1 salmon fillet (1¼ lb)
- 2 tablespoons butter or margarine, melted
- ¼ teaspoon salt
- ¾ cup fresh white medium- to firm-textured bread crumbs (1 slice)*
- ¼ cup grated Parmesan cheese
- 2 medium green onions, thinly sliced (2 tablespoons)
- 2 teaspoons grated lemon peel
- ¼ teaspoon dried thyme leaves

1 Heat oven to 375°F. Spray shallow baking pan with cooking spray. Pat salmon dry with paper towels.

Place salmon, skin side down, in pan. Brush with 1 tablespoon of the butter. Sprinkle with salt.

2 In small bowl, mix bread crumbs, cheese, onions, lemon peel and thyme. Stir in remaining 1 tablespoon butter. Press bread crumb mixture evenly on salmon.

3 Bake uncovered 15 to 25 minutes or until fish flakes easily with fork. Serve immediately.

PER SERVING: Calories 290; Total Fat 16g (Saturated Fat 6g); Sodium 420mg; Total Carbohydrate 4g (Dietary Fiber 0g); Protein 33g

**Soft-textured bread is not recommended because it's too moist and won't create a crisp crumb topping.*

SERVE-WITH

For an easy yet elegant meal, serve this salmon with steamed or grilled asparagus and buttered small red potatoes.

Apple-Cherry
Cobbler Pie, p. 90



Cakes, Pies & Cheesecakes

Save plenty of room to indulge in this irresistible selection of desserts ideal for year-round entertaining.



83

- 82** Banana Tres Leches Cake
- 83** Chocolate Lover's Dream Cake
- 84** Gluten Free Zucchini-Devil's Food Snack Cake
- 85** Red Velvet Cake
- 86** Flip-Flops Cake
- 87** Pull-Apart Turtle Cupcakes



88

- 88** Key Lime Cupcakes
- 89** Pink Champagne Cupcakes
- 90** Apple-Cherry Cobbler Pie
- 91** Fluffy Key Lime Pie
- 91** Classic Strawberry Shortcakes
- 92** Lemon Berry Tart
- 92** Banana Cream Pie-in-a-Bowl



95

- 93** Strawberries and Cream Dessert Squares
- 94** Heavenly Chocolate Cheesecake
- 95** Impossibly Easy Cheesecake
- 96** Chocolate Chip-Ice Cream Dessert
- 97** Malt Shoppe Memories Ice Cream Cookie Cake

Banana Tres Leches Cake

Prep Time: 20 Minutes

Start to Finish: 4 Hours

Servings: 16

- 1 box Betty Crocker® SuperMoist® white cake mix
- 1¼ cups water
- 2 tablespoons vegetable oil
- 3 eggs
- 1 cup mashed bananas (2 medium)
- 1 can (14 oz) sweetened condensed milk (not evaporated)
- ½ cup canned coconut milk (not cream of coconut)
- ½ cup whipping cream
- 1 container (12 oz) Betty Crocker® Whipped fluffy white frosting
- Banana slices and/or toasted coconut, if desired

1 Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of 13x9-inch pan with shortening or cooking spray.

2 In large bowl, beat cake mix, water, oil, eggs and mashed bananas with electric mixer on low speed 30 seconds; beat on medium speed 2 minutes, scraping bowl occasionally. Pour into pan.

3 Bake 33 to 38 minutes or until toothpick inserted in center comes out clean. Cool completely, about 1 hour.

4 Poke top of cake every ½ inch with long-tined fork, wiping fork occasionally to reduce sticking. In large bowl, stir together condensed milk, coconut milk and whipping cream. Carefully pour evenly over top of cake. Cover; refrigerate at least 2 hours or overnight until mixture is absorbed into cake.

5 Spread frosting over cake. Garnish each serving with banana slices and/or toasted coconut. Store covered in refrigerator.

PER SERVING: Calories 430; Total Fat 20g (Saturated Fat 8g); Sodium 290mg; Total Carbohydrate 56g (Dietary Fiber 0g); Protein 5g

SPECIAL TOUCH

Sprinkle your favorite toasted nuts over the top of the cake.





Chocolate Lover's Dream Cake

Prep Time: 20 Minutes

Start to Finish: 3 Hours 35 Minutes

Servings: 16

- 1 box Betty Crocker® SuperMoist® chocolate fudge cake mix
- $\frac{3}{4}$ cup chocolate milk
- $\frac{1}{3}$ cup butter or margarine, melted
- 3 eggs
- 1 container (8 oz) sour cream
- 1 box (4-serving size) chocolate fudge instant pudding and pie filling mix
- 1 bag (12 oz) semisweet chocolate chips (2 cups)

ganache glaze

- 1 cup semisweet chocolate chips (6 oz)
- $\frac{2}{3}$ cup whipping cream

caramel-toffee topping

- $1\frac{1}{2}$ cups semisweet chocolate chips (9 oz)
- $\frac{1}{2}$ cup caramel topping
- $\frac{1}{2}$ cup toffee bits
- 1 bar (2.07 oz) milk chocolate-covered peanut, caramel and nougat candy, unwrapped, chopped

1 Heat oven to 350°F (325°F for dark or nonstick pan). Generously grease 12-cup fluted tube cake pan with shortening and lightly flour, or spray with baking spray with flour.

2 In large bowl, mix cake mix, chocolate milk, butter, eggs, sour cream and dry pudding mix with spoon until well blended (batter will be very thick). Stir in 2 cups chocolate chips. Spoon into pan.

3 Bake 56 to 64 minutes or until top springs back when touched lightly in center. Cool 10 minutes. Turn pan upside down onto cooling rack or heatproof serving plate; remove pan. Cool completely, about 2 hours.

4 Place 1 cup chocolate chips in small heatproof bowl. In 1-quart saucepan, heat whipping cream to simmering; pour over chips. Let stand 5 minutes; stir until smooth. Drizzle glaze over cake. Sprinkle with $1\frac{1}{2}$ cups chocolate chips. Drizzle caramel topping over cake. Sprinkle with toffee bits and chopped candy. Store loosely covered at room temperature.

PER SERVING: Calories 580; Total Fat 30g (Saturated Fat 17g); Sodium 430mg; Total Carbohydrate 78g (Dietary Fiber 3g); Protein 7g

VARIATION

For a milder chocolate flavor, use milk chocolate chips instead of semisweet.



Gluten Free Zucchini-Devil's Food Snack Cake

Prep Time: 15 Minutes

Start to Finish: 1 Hour 5 Minutes

Servings: 12

cake

- 1 box Betty Crocker® Gluten Free devil's food cake mix
- ½ cup butter, softened
- 1 cup shredded unpeeled zucchini (about 1 medium)
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- ⅓ cup water
- 3 eggs

streusel

- ¼ cup reserved cake mix
- ¼ cup packed brown sugar
- 2 tablespoons butter, softened
- ¼ cup chopped walnuts or pecans

1 Heat oven to 350°F. Grease bottom only of 8- or 9-inch square pan with shortening or cooking spray.

2 Reserve ¼ cup cake mix for streusel. In large bowl, beat remaining cake mix, ½ cup butter, the zucchini,

cinnamon, cloves, water and eggs on low speed 30 seconds. Beat on medium speed 2 minutes, scraping bowl occasionally. Spread in pan.

3 In small bowl, mix streusel ingredients with fork until mixture is crumbly. Sprinkle over batter.

4 Bake in 8-inch pan 44 to 49 minutes, 9-inch pan 38 to 43 minutes, or until toothpick inserted in center comes out clean. Serve warm or cool.

PER SERVING: Calories 270; Total Fat 13g (Saturated Fat 7g); Sodium 290mg; Total Carbohydrate 35g (Dietary Fiber 1g); Protein 3g

COOKING GLUTEN FREE?

Always read labels to make sure *each* recipe ingredient is gluten free. Products and ingredient sources can change.

THIS MOIST, STREUSEL-TOPPED CAKE IS VERY PORTABLE, MAKING IT PERFECT FOR POTLUCKS, PICNICS OR ANY TIME YOU WANT TO SHARE A HOMEMADE TREAT.

Red Velvet Cake

Prep Time: 20 Minutes

Start to Finish: 2 Hours 5 Minutes

Servings: 16

cake

- 2½ cups Gold Medal® all-purpose flour
- 1½ cups sugar
- 1 tablespoon unsweetened baking cocoa
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1½ cups vegetable oil
- 1 cup buttermilk
- 1 tablespoon white vinegar
- 1 teaspoon vanilla
- 2 bottles (1 oz each) red food color
- 2 eggs

frosting

- 2 containers (12 oz each) Betty Crocker® Whipped cream cheese frosting

1 Heat oven to 350°F (325°F for dark or nonstick pans). Grease 2 (8-inch) round cake pans with shortening; lightly flour.

2 In large bowl, beat all cake ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on medium speed 2 minutes, scraping bowl occasionally. Pour batter into pans.

3 Bake 35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pans to cooling racks. Cool completely, about 1 hour.

4 Brush off all loose crumbs from cake layers. Place 1 cake layer, bottom side up, on serving plate; spread with 1 cup frosting. Top with second cake layer, bottom side down. Spread very thin layer of frosting on side to seal in crumbs. Spread remaining frosting evenly on top and side of cake. Store in refrigerator.

PER SERVING: Calories 531; Total Fat 31g (Saturated Fat 6g); Sodium 510mg; Total Carbohydrate 330g (Dietary Fiber 1g); Protein 3g



Flip-Flops Cake

Prep Time: 45 Minutes

Start to Finish: 4 Hours 20 Minutes

Servings: 15

- 1 box Betty Crocker® SuperMoist® yellow cake mix
Water, vegetable oil and eggs called for on cake mix box
- 2 containers (12 oz each) Betty Crocker® Whipped vanilla frosting
Assorted food colors
Tray or cardboard, covered with foil
About 40 small round candy-coated fruit-flavored chewy candies
- 1 roll Betty Crocker® Fruit by the Foot® chewy fruit snack (from 4.5-oz box)
- 2 silk daisy or edible pansy flowers

1 Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom and sides of 13x9-inch pan with shortening or cooking spray. Make and bake cake as directed on box for 13x9-inch pan. Cool 10 minutes;

remove from pan to cooling rack. Cool completely, about 1 hour. Refrigerate or freeze cake 1 hour or until firm.

2 In small bowl, mix 1 container frosting with food color to make desired color for sides of flip-flops. Reserve ⅓ cup frosting from second container. In small bowl, stir second food color into 1 cup of the remaining frosting to make desired color for tops of flip-flops.

3 Using serrated knife, cut rounded top off cake to level surface; place cut side down. Cut cake lengthwise in half. Continue cutting each piece to form flip-flop shape. Place pieces on tray. Spread thin layer of frosting for “sides” over each entire flip-flop to seal in crumbs. Refrigerate or freeze 30 to 60 minutes.

4 Frost sides of flip-flops with same remaining frosting. Frost tops of flip-flops with second color frosting. Tint reserved ⅓ cup frosting with food color. To pipe frosting around top edge of flip-flops, spoon tinted frosting into small resealable plastic freezer bag and cut small tip off bottom corner of bag. Pipe zigzag design.

5 Place small candies around side edge of each flip-flop to look like jewels. Cut 2 (6-inch) pieces from fruit snack; cut pieces lengthwise in half. Arrange on flip-flops for straps. Just before serving, top with flowers. Store loosely covered.

PER SERVING: Calories 480; Total Fat 20g (Saturated Fat 6g); Sodium 300mg; Total Carbohydrate 72g (Dietary Fiber 0g); Protein 2g

VARIATION

Use your favorite flavor Betty Crocker® cake mix instead of the yellow. If using white or carrot cake mix, make and bake cake according to directions on box.

SPECIAL TOUCH

Create an attractive display by covering a piece of sturdy cardboard with wrapping paper, then plastic food wrap. Stretch and secure with tape. Or cover cardboard with cooking parchment paper instead of foil.

SUCCESS HINT

You can use paste food color to get more intense colors without diluting the frosting.





Pull-Apart Turtle Cupcakes

Prep Time: 30 Minutes

Start to Finish: 2 Hours

Servings: 24 cupcakes (2 turtles)

- 1 box Betty Crocker® SuperMoist® yellow or devil's food cake mix
Water, vegetable oil and eggs called for on cake mix box
- 1 container (1 lb) Betty Crocker® Rich & Creamy vanilla frosting
Green food color
- 1 container (1 lb) Betty Crocker® Rich & Creamy chocolate frosting
- 4 green candy-coated chocolate candies
- 4 brown miniature candy-coated chocolate candies, if desired
- 1 piece red string licorice, cut in half
- 1 green licorice twist, cut in half

1 Heat oven to 350°F (325°F for dark or nonstick pan). Place paper baking cup in each of 24 regular-size muffin cups.

2 Make and bake cake mix as directed on box for cupcakes, using water, oil and eggs. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.

3 In small bowl, mix vanilla frosting and green food color until desired shade. Place ¼ cup green frosting and ¼ cup chocolate frosting in separate small resealable plastic freezer bags; seal bags. Cut small tip from bottom corner of each bag; set aside.

4 On each of 2 large serving trays, arrange 12 cupcakes to look like turtle shell. Frost shell of one turtle with chocolate frosting. Frost head and feet with green frosting. (Push cupcakes together slightly to frost entire turtle, not just individual cupcakes.) Pipe green frosting on chocolate shell to create turtle shell design. Add 2 candies for eyes; add pupils with chocolate frosting. Add nostrils with chocolate frosting or miniature chocolate candies. Add red string licorice for mouth (trimming to fit) and green licorice for tail.

5 Frost remaining cupcakes with green frosting for shell and chocolate frosting for head and feet. Pipe chocolate frosting on green shell to create turtle shell design. Add 2 candies for eyes; add pupils with chocolate frosting. Add nostrils with green frosting or miniature chocolate candies. Add red string licorice for mouth (trimming to fit) and green licorice for tail. Store loosely covered.

PER CUPCAKE: Calories 270; Total Fat 10g (Saturated Fat 2.5g); Sodium 240mg; Total Carbohydrate 43g (Dietary Fiber 0g); Protein 1g

Key Lime Cupcakes

Prep Time: 30 Minutes

Start to Finish: 1 Hour 35 Minutes

Servings: 24 cupcakes

cupcakes

- 1 box Betty Crocker® SuperMoist® lemon cake mix
- 1 box (4-serving size) lime-flavored gelatin
- $\frac{3}{4}$ cup water
- $\frac{1}{3}$ cup Key lime juice
- $\frac{1}{3}$ cup vegetable oil
- 3 eggs
- 2 or 3 drops green food color, if desired

glaze

- 1 cup powdered sugar
- 2 to 3 tablespoons Key lime juice

frosting

- 1 package (8 oz) cream cheese, softened
- $\frac{1}{4}$ cup butter or margarine, softened
- 1 teaspoon vanilla
- $3\frac{1}{2}$ cups powdered sugar
- Grated lime peel, if desired

1 Heat oven to 350°F (325°F for dark or nonstick pan). Place paper baking cup in each of 24 regular-size muffin cups.

2 In large bowl, beat cake mix and gelatin powder with electric mixer on low speed 10 seconds. Add remaining cupcake ingredients. Beat with electric mixer on low speed 30 seconds; beat on medium speed 2 minutes, scraping bowl as necessary. Divide batter evenly among muffin cups, filling each about two-thirds full.

3 Bake 19 to 24 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. With toothpick or wooden skewer, pierce tops of cupcakes in several places.

4 In small bowl, mix 1 cup powdered sugar and 2 tablespoons lime juice, adding more lime juice as necessary until glaze is smooth and thin enough to drizzle. Drizzle and spread glaze over cupcakes. Cool completely, about 30 minutes.

5 In large bowl, beat cream cheese and butter on medium speed until light and fluffy. On low speed, beat in vanilla and $3\frac{1}{2}$ cups powdered sugar until mixed; beat on medium speed until fluffy. Frost cupcakes, mounding and swirling frosting in center. Garnish with lime peel. Store covered in refrigerator.

PER CUPCAKE: Calories 280; Total Fat 10g (Saturated Fat 4.5g); Sodium 210mg; Total Carbohydrate 43g (Dietary Fiber 0g); Protein 2g

SUBSTITUTION

You can use fresh or bottled Key lime juice. If Key lime juice is not available, use regular fresh or bottled lime juice.





Pink Champagne Cupcakes

Prep Time: 25 Minutes

Start to Finish: 1 Hour 15 Minutes

Servings: 24 cupcakes

cupcakes

- 1 box Betty Crocker® SuperMoist® white cake mix
- 1¼ cups champagne
- ⅓ cup vegetable oil
- 3 egg whites
- 4 to 5 drops red food color

champagne frosting

- ½ cup butter or margarine, softened
- 4 cups powdered sugar
- ¼ cup champagne
- 1 teaspoon vanilla
- 4 to 5 drops red food color

garnish

- Pink decorator sugar crystals
- Edible pink pearls

1 Heat oven to 350°F (325°F for dark or nonstick pan). Place paper baking cup in each of 24 regular-size muffin cups.

2 In large bowl, combine cake mix and 1¼ cups champagne. Add oil, egg whites and food color. Beat with electric mixer on medium speed 2 minutes. Divide batter evenly among muffin cups.

3 Bake 17 to 22 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes.

4 In medium bowl, beat frosting ingredients with electric mixer on medium speed until smooth. Frost cupcakes. Garnish with pink sugar and pearls.

PER CUPCAKE: Calories 230; Total Fat 8g (Saturated Fat 3.5g); Sodium 180mg; Total Carbohydrate 38g (Dietary Fiber 0g); Protein 1g

SUCCESS HINT

Champagne is a sparkling wine, and while many expensive champagnes are available, this is one time you might choose less expensive champagne. Have the champagne at room temperature when preparing the cupcake batter.

PURCHASING

For pink decorator sugar crystals, edible pink pearls, decorative baking cups and more, check out www.fancyflours.com.



Apple-Cherry Cobbler Pie

Prep Time: 45 Minutes

Start to Finish: 3 Hours 30 Minutes

Servings: 8

pastry

- 1 cup Gold Medal® all-purpose flour
- ½ teaspoon salt
- ⅓ cup plus 1 tablespoon shortening
- 2 to 3 tablespoons cold water

filling

- ½ cup sugar
- ¼ cup cornstarch
- ½ teaspoon ground cinnamon
- ¼ teaspoon almond extract
- 5 cups thinly sliced peeled tart apples
- 1 can (14.5 oz) tart red cherries, well drained

topping

- 1 cup Gold Medal® all-purpose flour
- ¾ cup sugar
- ⅓ cup cold butter or margarine
- ½ teaspoon almond extract
- 1 egg

1 In medium bowl, mix 1 cup flour and the salt. Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas. Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost leaves side of bowl (1 to 2 teaspoons more water can be added if necessary).

2 Gather pastry into a ball. Shape into flattened round on lightly floured surface. Wrap flattened round of pastry in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry more flaky. If refrigerated longer, let pastry soften slightly before rolling.

3 Place sheet of foil on oven rack below the rack pie will be baked on to catch any drips. Heat oven to 375°F.

4 Roll pastry on lightly floured surface, using floured rolling pin, into circle 2 inches larger than upside-down 9-inch glass pie plate. Fold pastry into quarters; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side. Trim overhanging edge of pastry 1 inch from rim of pie plate. Fold and roll pastry under, even with plate; flute as desired.

5 In large bowl, mix all filling ingredients until fruit is coated. Spoon into pastry-lined pie plate.

6 In medium bowl, mix 1 cup flour and ¾ cup sugar. Cut in butter, using pastry blender or fork, until coarse crumbs form. Stir in ½ teaspoon almond extract and the egg. Spoon topping over filling.

7 Bake uncovered 20 minutes or until topping and crust begin to brown. Cover entire surface of pie with another sheet of foil to prevent overbrowning; bake 30 to 40 minutes longer or until topping is golden brown. Cool completely, about 1 hour.

PER SERVING: Calories 480; Total Fat 19g (Saturated Fat 8g); Sodium 210mg; Total Carbohydrate 74g (Dietary Fiber 3g); Protein 5g

PURCHASING

Tart apples, such as Granny Smith, McIntosh and Pippin, make the most flavorful pies.

SUCCESS HINT

For the best results, roll pastry from the center to the outside edge in all directions. And easy does it...if you overwork pastry, it'll get tough.

Fluffy Key Lime Pie

Prep Time: 10 Minutes

Start to Finish: 1 Hour 45 Minutes

Servings: 8

- 1½ cups finely crushed graham crackers
(20 squares)
- ⅓ cup butter or margarine, melted
- 3 tablespoons sugar
- 1 can (14 oz) sweetened condensed milk
(not evaporated)
- ½ cup Key lime juice
- 1 container (8 oz) frozen fat-free whipped
topping, thawed (3 cups)

1 Heat oven to 350°F. In small bowl, mix graham cracker crumbs, butter and sugar. Press in bottom and up side of 9-inch glass pie plate. Bake 8 to 10 minutes or until golden brown; cool.

2 In large bowl, beat condensed milk and lime juice with electric mixer on medium speed until smooth and thickened. Fold in whipped topping. Spoon into cooled pie crust.

3 Cover; refrigerate about 1 hour or until set. Store in refrigerator.

PER SERVING: Calories 360; Total Fat 14g (Saturated Fat 8g); Sodium 220mg; Total Carbohydrate 54g (Dietary Fiber 0g); Protein 5g

SERVE-WITH

Garnish each slice with a dollop of additional whipped topping and lime slices.



Classic Strawberry Shortcakes

Prep Time: 20 Minutes

Start to Finish: 35 Minutes

Servings: 6

- 1 quart (4 cups) strawberries, sliced
- ¼ cup sugar
- 2⅓ cups Original Bisquick® mix
- ½ cup milk
- 3 tablespoons sugar
- 3 tablespoons butter or margarine, melted
- ½ cup whipping cream

1 Heat oven to 425°F. In large bowl, mix strawberries and ¼ cup sugar; set aside.

2 In medium bowl, stir Bisquick mix, milk, 3 tablespoons sugar and the butter until soft dough forms. Onto ungreased cookie sheet, drop dough by 6 spoonfuls.

3 Bake 10 to 12 minutes or until golden brown. Meanwhile, in small bowl, beat whipping cream with electric mixer on high speed until soft peaks form.

4 Split warm shortcakes; fill and top with strawberries and whipped cream.

PER SERVING: Calories 410; Total Fat 20g (Saturated Fat 10g); Sodium 630mg; Total Carbohydrate 53g (Dietary Fiber 2g); Protein 5g

PURCHASING

Enjoy a summer treat in the middle of winter by either splurging on fresh strawberries or using frozen berries.



Lemon Berry Tart

Prep Time: 20 Minutes

Start to Finish: 2 Hours 20 Minutes

Servings: 8

cookie crust

- 1¼ cups Gold Medal® all-purpose flour
- ½ cup butter or margarine, softened
- 3 tablespoons packed brown sugar
- 1 egg

filling and topping

- ½ cup lemon curd (from 10-oz jar)
- 1 package (8 oz) cream cheese, softened
- 2 cups fresh berries or sliced fruits

1 Heat oven to 400°F. In medium bowl, mix all crust ingredients until dough forms. Using floured fingers, press dough firmly and evenly against bottom and side of ungreased 9-inch tart pan with removable bottom.

2 Bake 13 to 15 minutes or until light golden brown. Cool completely, about 45 minutes.

3 In small bowl, beat lemon curd and cream cheese with electric mixer on medium speed until smooth. Spread over crust. Refrigerate at least 1 hour or until slightly firm. Just before serving, arrange berries on filling.

PER SERVING: Calories 375; Total Fat 22g (Saturated Fat 14g); Sodium 180mg; Total Carbohydrate 38g (Dietary Fiber 2g); Protein 5g

Banana Cream Pie-in-a-Bowl

Prep Time: 15 Minutes

Start to Finish: 5 Hours 30 Minutes

Servings: 6

cookie crunch

- 1 cup Gold Medal® all-purpose flour
- ¼ cup packed brown sugar
- ½ cup cold butter or margarine
- ½ cup peanuts

filling and topping

- 1 box (4-serving size) banana instant pudding and pie filling mix
- 2 cups cold milk
- 3 ripe medium bananas, sliced
- 1 container (8 oz) frozen whipped topping, thawed (3 cups)
- Additional peanuts, if desired

1 Heat oven to 400°F. In large bowl, mix flour and brown sugar. Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture is crumbly. Stir in ½ cup peanuts. Press mixture evenly on bottom of ungreased 9-inch square pan.

2 Bake about 15 minutes or until light brown. Stir to break up. Cool completely, about 1 hour. (To cool quickly, place in larger pan in freezer.)

3 In large bowl, make pudding mix as directed on package, using 2 cups milk.

4 In 2-quart serving bowl, layer half of the cookie crunch, pudding, bananas and whipped topping; repeat layers. Cover; refrigerate at least 4 hours. Top with additional peanuts. Store covered in refrigerator.

PER SERVING: Calories 495; Total Fat 25g (Saturated Fat 13g); Sodium 440mg; Total Carbohydrate 61g (Dietary Fiber 3g); Protein 9g





Strawberries and Cream Dessert Squares

Prep Time: 30 Minutes

Start to Finish: 2 Hours 30 Minutes

Servings: 20

crust

- 1 pouch (1 lb 1.5 oz) Betty Crocker® sugar cookie mix
- ½ cup butter or margarine, softened
- 1 egg

filling

- 1 cup white vanilla baking chips (6 oz)
- 1 package (8 oz) cream cheese, softened

topping

- 4 cups sliced fresh strawberries
- ½ cup sugar
- 2 tablespoons cornstarch
- ⅓ cup water
- 10 to 12 drops red food color, if desired

1 Heat oven to 350°F. Spray bottom only of 15x10x1- or 13x9-inch pan with cooking spray.

2 In large bowl, stir cookie mix, butter and egg until soft dough forms. Press evenly in bottom of pan.

Bake 15 to 20 minutes or until light golden brown. Cool completely, about 30 minutes.

3 In small microwavable bowl, microwave baking chips uncovered on High 45 to 60 seconds or until chips are melted and can be stirred smooth. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Stir in melted chips until blended. Spread mixture over crust. Refrigerate while making topping.

4 In small bowl, crush 1 cup of the strawberries. In 2-quart saucepan, mix sugar and cornstarch. Stir in crushed strawberries and the water. Cook and stir over medium heat until mixture boils and thickens. Stir in food color. Cool 10 minutes. Gently stir in remaining 3 cups strawberries.

5 Spoon topping over filling. Refrigerate 1 hour or until set; serve within 4 hours. Store covered in refrigerator.

PER SERVING: Calories 270; Total Fat 13g (Saturated Fat 8g); Sodium 150mg; Total Carbohydrate 34g (Dietary Fiber 0g); Protein 3g

VARIATION

Make it your way using 4 cups of your favorite fresh fruit.

Heavenly Chocolate Cheesecake

Prep Time: 30 Minutes

Start to Finish: 8 Hours

Servings: 16

crust

- 1¼ cups Gold Medal® all-purpose flour
- 2 tablespoons sugar
- ⅓ cup butter
- ½ cup semisweet chocolate chips

filling

- 3 packages (8 oz each) cream cheese, softened
- ½ cup sugar
- 1 teaspoon vanilla
- 3 eggs
- 1¼ cups semisweet chocolate chips, melted
- ½ cup whipping cream

topping

- 1½ cups whipping cream, whipped
- Fresh raspberries and halved strawberries

1 Heat oven to 375°F. Wrap outside bottom and side of ungreased 10-inch springform pan with heavy-duty foil to prevent leaking.

2 In medium bowl, mix flour and 2 tablespoons sugar. In 1-quart saucepan, melt butter and ½ cup chocolate chips, stirring occasionally. Stir into flour mixture. Press in bottom of pan. Bake 10 minutes. Cool crust 10 minutes. Reduce oven temperature to 325°F.

3 Meanwhile, in large bowl, beat cream cheese, ½ cup sugar and the vanilla with electric mixer on medium speed until light and fluffy. On low speed, beat in eggs, one at a time, just until blended. Beat in 1¼ cups melted chocolate chips and ½ cup whipping cream. Pour over crust.

4 Bake 55 to 60 minutes or until edge of cheesecake is set at least 2 inches from edge of pan but center of cheesecake still jiggles slightly when moved. Turn oven off; open oven door at least 4 inches. Let cheesecake remain in oven 30 minutes. Run small metal spatula around edge of pan to loosen cheesecake. Cool in pan on cooling rack 30 minutes. Refrigerate at least 6 hours or overnight before serving.

5 Just before serving, run small metal spatula around edge of pan; carefully remove foil and side of pan. Top cheesecake with whipped cream and berries. Cover and refrigerate any remaining cheesecake.

PER SERVING: Calories 450; Total Fat 35g (Saturated Fat 21g); Sodium 180mg; Total Carbohydrate 29g (Dietary Fiber 1g); Protein 7g

FOR CLEAN,
EVEN
SLICES, CUT
CHEESECAKE
WITH A
HOT, WET KNIFE
AND WIPE
KNIFE OFF AFTER
EACH CUT.





Impossibly Easy Cheesecake

Prep Time: 15 Minutes
Start to Finish: 4 Hours
Servings: 8

cheesecake

$\frac{3}{4}$ cup milk
 2 teaspoons vanilla
 2 eggs
 1 cup sugar
 $\frac{1}{2}$ cup Original Bisquick® mix
 2 packages (8 oz each) cream cheese, cut into about $\frac{1}{2}$ -inch cubes, softened

topping, if desired

1 container (8 oz) sour cream
 2 tablespoons sugar
 2 teaspoons vanilla
 Fresh fruit

1 Heat oven to 350°F. Spray 9-inch glass pie plate with cooking spray.

2 In blender, place all cheesecake ingredients except cream cheese. Cover; blend on high speed

15 seconds. Add cream cheese. Cover; blend 2 minutes longer or until smooth. Pour into pie plate.

3 Bake 40 to 45 minutes or until knife inserted in center comes out clean. Cool 1 hour. Refrigerate at least 2 hours or until chilled.

4 In small bowl, stir sour cream, 2 tablespoons sugar and 2 teaspoons vanilla until blended. Spread over cheesecake. Serve with fruit. Store covered in refrigerator.

PER SERVING: Calories 360; Total Fat 22g (Saturated Fat 13g); Sodium 280mg; Total Carbohydrate 33g (Dietary Fiber 0g); Protein 7g

VARIATION

For a deliciously decadent cheesecake, omit the sour cream topping and drizzle with fudge and caramel toppings instead, then sprinkle with chopped toasted pecans.

SPECIAL TOUCH

Garnish each slice of cheesecake with edible flowers, such as pansies or nasturtiums, instead of or in addition to the fruit.



Chocolate Chip-Ice Cream Dessert

Prep Time: 40 Minutes

Start to Finish: 3 Hours 25 Minutes

Servings: 15

- 1 pouch (1 lb 1.5 oz) Betty Crocker® chocolate chip cookie mix
- ½ cup butter or margarine, softened
- 1 egg
- 1 bottle (7.25 oz) chocolate topping that forms hard shell
- 1 container (1.5 quarts) chocolate chip-cookie dough ice cream (6 cups)

1 Heat oven to 375°F. In large bowl, stir cookie mix, butter and egg until soft dough forms. On ungreased cookie sheet, drop dough by tablespoonfuls to make 5 cookies.

2 Bake 9 to 11 minutes or until edges are golden brown. Cool 2 minutes; remove from cookie sheet to cooling rack.

3 Meanwhile, spray bottom and sides of 13x9-inch pan with cooking spray. Press remaining dough in pan, using moistened fingers (dough will be sticky). Bake 8 to 10 minutes or until set. Cool completely, about 30 minutes.

4 Spread ⅓ cup chocolate topping over baked crust. Freeze 10 to 15 minutes or until chocolate is set. Meanwhile, remove ice cream from freezer to soften. Spread softened ice cream evenly over chocolate-topped crust.

5 Crumble 5 baked cookies; sprinkle over ice cream layer. Drizzle remaining chocolate topping over cookie crumbs. Cover; freeze 2 hours. To serve, let stand at room temperature 5 minutes before cutting. Cut into 5 rows by 3 rows. Store covered in freezer.

PER SERVING: Calories 410; Total Fat 23g (Saturated Fat 12g); Sodium 220mg; Total Carbohydrate 46g (Dietary Fiber 2g); Protein 4g

VARIATION

Try other flavors of cookie mix and ice cream in this dessert to come up with your favorite combination.

Malt Shoppe Memories Ice Cream Cookie Cake

Prep Time: 35 Minutes

Start to Finish: 6 Hours 10 Minutes

Servings: 16

- 1 pouch (1 lb 1.5 oz) Betty Crocker® double chocolate chunk cookie mix
- $\frac{2}{3}$ cup chocolate-flavor malted milk powder
- $\frac{1}{3}$ cup vegetable oil
- 2 tablespoons water
- 1 egg
- $\frac{1}{2}$ cup hot fudge topping
- 1 cup crushed chocolate-covered malted milk balls
- 2 cups vanilla ice cream, softened
- 2 cups chocolate ice cream, softened
- 1 cup frozen (thawed) whipped topping

1 Heat oven to 350°F. Lightly spray 10-inch springform pan with cooking spray. Or line 9-inch square pan with foil, leaving about 2 inches of foil overhanging at 2 opposite sides of pan; lightly spray foil with cooking spray.

2 In large bowl, stir cookie mix, $\frac{1}{3}$ cup of the malted milk powder, the oil, water and egg until soft dough forms. Press half of dough in bottom of pan. Bake

12 to 13 minutes or until set. Cool completely, about 30 minutes.

3 Meanwhile, on large ungreased cookie sheet, press remaining dough into 10-inch round. Bake 12 to 13 minutes or until set. Cool 5 minutes; remove from cookie sheet to cooling rack. Cool 15 minutes.

4 Spread fudge topping over crust in pan. In medium bowl, break apart large cookie until crumbly. Stir in crushed malted milk balls. Sprinkle half of the crumbled cookie mixture over fudge layer; press lightly.

5 In large bowl, combine both softened ice creams and remaining $\frac{1}{3}$ cup malted milk powder until well blended. Spread ice cream mixture over crumbs in pan. Gently spread whipped topping over ice cream. Sprinkle with remaining crumb mixture. Cover with foil. Freeze at least 5 hours or until firm.

6 To serve, remove sides of springform pan or use foil to lift dessert out of 9-inch pan. Let stand 5 minutes. Use hot wet knife to cut into wedges or squares. Store covered in freezer.

PER SERVING: Calories 350; Total Fat 15g (Saturated Fat 7g); Sodium 240mg; Total Carbohydrate 50g (Dietary Fiber 1g); Protein 3g

HOW-TO

To crush malted milk balls, place in small resealable food-storage plastic bag; crush with rolling pin or flat side of meat mallet.



Red Velvet Whoopie Pies, p. 104



Cookies, Bars & Brownies

From our favorite chocolate chip cookies to heavenly sweet brownies, these best-loved treats are sure to make their way to your recipe box.



100

100 Lemon Cookies

100 Maple-Walnut White
Chocolate Chip Cookies

101 Mary's Chocolate Chip
Cookies

102 Mini Cookie Collection



106

103 Cinna-spin Cookies

103 PB&J Sandwich Cookies

104 Red Velvet Whoopie Pies

105 Banana Flip Cookies

106 Brownie Pops

106 Mexican Brownies



109

107 Raspberry Mousse Brownies

108 New Orleans Praline Brownies

108 S'mores Peanut Butter Bars

109 Almond Streusel-Cherry
Cheesecake Bars

110 Easy Salted Peanut Chews



Lemon Cookies

Prep Time: 30 Minutes

Start to Finish: 1 Hour

Servings: 2½ dozen cookies

- 1 box Betty Crocker® SuperMoist® lemon cake mix
- ⅓ cup butter or margarine, softened
- ¼ cup shortening
- 1 egg
- 1 container (12 oz or 1 lb) Betty Crocker® Whipped or Rich & Creamy lemon frosting

1 Heat oven to 375°F (350°F for dark or nonstick cookie sheet). In large bowl, beat cake mix, butter, shortening and egg on medium speed about 1 minute or until blended.

2 Onto ungreased cookie sheet, drop dough by rounded tablespoonfuls 2 inches apart.

3 Bake 9 to 12 minutes or until light brown around edges. Cool 1 minute; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes. Frost with frosting. Store covered.

PER COOKIE: Calories 160; Total Fat 8g (Saturated Fat 3g); Sodium 140mg; Total Carbohydrate 21g (Dietary Fiber 0g); Protein 0g

Rolled Cookies: Divide dough into 4 equal parts; roll each part ⅛ inch thick on lightly floured surface with cloth-covered rolling pin. Cut into desired shapes. Place on ungreased cookie sheet. Bake 6 to 8 minutes or until light brown around edges.

Maple-Walnut White Chocolate Chip Cookies

Prep Time: 45 Minutes

Start to Finish: 45 Minutes

Servings: 2 dozen cookies

- 1 pouch (1 lb 1.5 oz) Betty Crocker® sugar cookie mix
- ½ cup butter or margarine, softened
- 1 tablespoon maple flavor
- 1 egg
- 1½ cups white vanilla baking chips
- 1 cup chopped walnuts

1 Heat oven to 350°F. In large bowl, stir cookie mix, butter, maple flavor and egg until soft dough forms. Stir in baking chips and walnuts.

2 Onto ungreased cookie sheet, drop dough with small cookie scoop or tablespoon 2 inches apart.

3 Bake 13 to 14 minutes or until edges are golden brown. Cool 2 minutes; remove from cookie sheet to cooling rack. Store cooled cookies covered at room temperature.

PER COOKIE: Calories 230; Total Fat 13g (Saturated Fat 7g); Sodium 120mg; Total Carbohydrate 26g (Dietary Fiber 0g); Protein 2g

SUCCESS HINT

Using a cookie scoop makes quick work of dropping the cookie dough. It also ensures cookies will be the same size and will bake in the same length of time.





THESE COOKIES ARE FAMOUS IN THE BETTY CROCKER® KITCHENS. MARY B., FORMER DIRECTOR OF THE KITCHENS, GAVE THEM AS GIFTS FOR SPECIAL OCCASIONS. MARY'S SECRET FOR MAKING SURE EACH BATCH TURNED OUT PERFECT? SHE ALWAYS BAKED A TEST COOKIE.

Mary's Chocolate Chip Cookies

Prep Time: 1 Hour

Start to Finish: 1 Hour

Servings: About 3½ dozen cookies

- 1½ cups butter or margarine, softened
- 1¼ cups granulated sugar
- 1¼ cups packed brown sugar
- 1 tablespoon vanilla
- 2 eggs
- 4 cups Gold Medal® all-purpose flour
- 2 teaspoons baking soda
- ½ teaspoon salt
- 1 bag (24 oz) semisweet chocolate chips (4 cups)

1 Heat oven to 375°F. In large bowl, mix butter, granulated sugar, brown sugar, vanilla and eggs with spoon. Stir in flour, baking soda and salt (dough will be stiff). Stir in chocolate chips.

2 Onto ungreased cookie sheet, drop dough by level ¼ cupfuls about 2 inches apart. Flatten slightly with fork.

3 Bake 12 to 15 minutes or until light brown (centers will be soft). Cool slightly; remove from cookie sheet to cooling rack.

PER COOKIE: Calories 240; Total Fat 12g (Saturated Fat 6g); Sodium 140mg; Total Carbohydrate 32g (Dietary Fiber 1g); Protein 2g

DID YOU KNOW?

Chocolate chip cookies date back to 1940, when Ruth Wakefield of The Toll House Inn of Massachusetts chopped a bar of leftover semisweet chocolate and added it to a basic cookie recipe. Later that day, Toll House Cookies made the news when a visiting writer got a taste of the new cookie. That same year, chocolate chip cookies were introduced to homemakers on the Betty Crocker® coast-to-coast radio series "Famous Foods from Famous Places."

Mini Cookie Collection

Prep Time: 1 Hour 30 Minutes

Start to Finish: 1 Hour 30 Minutes

Servings: 9½ dozen cookies (each pouch)

1 pouch (1 lb 1.5 oz) Betty Crocker® chocolate chip, peanut butter or sugar cookie mix
Egg, butter, vegetable oil or water called for on cookie mix package

About 108 (about 1 cup) miniature semisweet or milk chocolate candy drops for baking (from 10-oz bag), if needed

3 tablespoons sugar, if needed

1 teaspoon ground cinnamon, if needed

1 Heat oven to 350°F. Make cookie mix as directed on package, using egg, butter, oil or water.

2 Shape dough as directed for each kind of cookie, at right. Bake 8 to 10 minutes or until edges are light golden brown.

PER COOKIE: Calories 35; Total Fat 2g (Saturated Fat 1g); Sodium 20mg; Total Carbohydrate 4g (Dietary Fiber 0g); Protein 0g

Mini Chocolate Chippers: Make chocolate chip cookie mix as directed. Onto ungreased cookie sheets, drop dough by rounded ½ teaspoonfuls 1 inch apart. Bake as directed. Cool 1 minute before removing from cookie sheets.

Mini Peanut Blossom Cookies: Make peanut butter cookie mix as directed. Shape dough into ½-inch balls; roll in sugar. On ungreased cookie sheets, place balls 1 inch apart. Bake as directed. Immediately press miniature chocolate candy drop in top of each cookie. Cool 1 minute before removing from cookie sheets.

Snicker-Do-Littles: Make sugar cookie mix as directed. Shape dough into ½-inch balls. In small bowl, mix sugar and cinnamon. Roll dough balls in sugar mixture. On ungreased cookie sheets, place balls 1 inch apart. Bake as directed. Cool 1 minute before removing from cookie sheets.

STORAGE

Pack mini cookies in snack-size bags for kids' school lunches or snacks.





Cinna-spin Cookies

Prep Time: 1 Hour 10 Minutes

Start to Finish: 1 Hour 25 Minutes

Servings: 2½ dozen cookies

cookies

1 pouch (1 lb 1.5 oz) Betty Crocker® sugar cookie mix

3½ teaspoons ground cinnamon

½ cup butter or margarine, softened

1 egg, slightly beaten

glaze

1 cup powdered sugar

2 tablespoons milk

¼ teaspoon vanilla

1 Heat oven to 375°F. In large bowl, mix cookie mix and ½ teaspoon of the cinnamon. Stir in butter and egg until soft dough forms.

2 On piece of waxed paper, shape remaining 3 teaspoons cinnamon into a line about 5 inches long. Using floured fingers, shape 1 tablespoon of dough into a rope 5 inches long. Press one side of dough rope into cinnamon.

3 On ungreased cookie sheet, coil dough rope tightly, cinnamon side facing center, into cinnamon-roll shape. Press end of rope into roll to seal. Repeat with remaining dough. Place cookies 2 inches apart on cookie sheets.

4 Bake 7 to 10 minutes or until edges are light golden brown. Cool 1 minute; remove from cookie sheets to cooling rack. Cool completely, about 15 minutes.

5 In small bowl, mix glaze ingredients until smooth. Drizzle over cookies.

PER COOKIE: Calories 110; Total Fat 5g (Saturated Fat 2.5g); Sodium 70mg; Total Carbohydrate 17g (Dietary Fiber 0g); Protein 1g

PB&J Sandwich Cookies

Prep Time: 45 Minutes

Start to Finish: 1 Hour 15 Minutes

Servings: 1½ dozen sandwich cookies

1 pouch (1 lb 1.5 oz) Betty Crocker® peanut butter cookie mix

Vegetable oil and egg called for on cookie mix package

⅓ cup Betty Crocker® Rich & Creamy vanilla frosting (from 1-lb container)

2 tablespoons creamy peanut butter

⅓ cup favorite jelly, jam or preserves

1 Heat oven to 375°F. Make and bake cookies as directed on package, using oil and egg. Cool completely, about 30 minutes.

2 In small bowl, stir frosting and peanut butter until smooth.

3 For each sandwich cookie, spread generous teaspoon peanut butter mixture on bottom of 1 cookie; spread scant teaspoon jelly over peanut butter mixture. Top with second cookie, bottom side down; gently press cookies together.

PER SANDWICH COOKIE: Calories 130; Total Fat 6g (Saturated Fat 1.5g); Sodium 100mg; Total Carbohydrate 17g (Dietary Fiber 0g); Protein 1g

Triple PB&J Sandwich Cookies: Make cookies as directed. In microwavable bowl, microwave 1 bag (10 oz) peanut butter chips and 2 teaspoons shortening uncovered on High about 1 minute or until almost melted; stir until smooth. If necessary, microwave in additional 5-second increments. Dip half of each sandwich cookie into mixture. Immediately roll outside of frosted edge in chopped peanuts. Lay flat to dry.





Red Velvet Whoopie Pies

Prep Time: 30 Minutes

Start to Finish: 45 Minutes

Servings: 12 sandwich cookies

cookies

- 1 (1 lb 1.5 oz) pouch Betty Crocker® sugar cookie mix
- ½ cup butter or margarine, softened
- 1 egg
- 1 tablespoon unsweetened baking cocoa
- 1 tablespoon red food color

filling

- 1 container (12 oz) Betty Crocker® Whipped cream cheese frosting

1 Heat oven to 350°F. Line cookie sheet with cooking parchment paper or lightly spray with cooking spray.

2 In large bowl, beat cookie ingredients with electric mixer on low speed until moistened; beat on high speed 1 minute longer. Onto cookie sheet, drop batter by ¼ cupfuls 2 inches apart.

3 Bake 14 to 15 minutes or until set (do not overbake). Cool 2 minutes; remove from cookie sheet to cooling rack. Cool completely, about 15 minutes.

4 For each cookie pie, spread about ¼ cup frosting on bottom of 1 cooled cookie. Top with second cookie, bottom side down.

PER SANDWICH COOKIE: Calories 364; Total Fat 16g (Saturated Fat 7g); Sodium 43mg; Total Carbohydrate 52g (Dietary Fiber 0g); Protein 2g

ACCORDING TO
FOOD HISTORIANS,
AMISH WOMEN
BAKED THESE
TREATS AND PUT
THEM IN THEIR
FARMER-HUSBANDS'
LUNCH BOXES.
WHEN THE MEN
FOUND THEM
IN THEIR LUNCHES,
THEY WOULD SHOUT,
"WHOOPIE!"

Banana Flip Cookies

Prep Time: 1 Hour

Start to Finish: 1 Hour 35 Minutes

Servings: 16 sandwich cookies

cookies

- 1/3 cup mashed ripe banana
- 1/3 cup butter or margarine, softened
- 2 oz cream cheese, softened (1/4 cup)
- 1 teaspoon vanilla
- 1 egg
- 1 pouch (1 lb 1.5 oz) Betty Crocker® sugar cookie mix
- 2 tablespoons Gold Medal® all-purpose flour

filling

- 3 cups powdered sugar
- 1/2 cup butter or margarine, softened
- 1/3 cup Yoplait® Original 99% Fat Free banana crème yogurt (from 6-oz container)

topping

- 1 tablespoon powdered sugar

1 Heat oven to 375°F. In large bowl, stir banana, 1/3 cup butter, the cream cheese, vanilla and egg until well blended. Add cookie mix and flour; stir until soft dough forms.

2 Onto ungreased cookie sheets, drop dough with medium cookie scoop or by heaping tablespoonfuls 2 inches apart.

3 Bake 7 to 9 minutes or until edges begin to brown. Cool 2 minutes; remove from cookie sheets to cooling rack. Cool completely, about 30 minutes.

4 In large bowl, beat filling ingredients with electric mixer on low speed until blended. Beat on high speed about 2 minutes or until light and fluffy. Spread about 1 tablespoon filling on bottoms of 16 cookies. Top each with 1 of the remaining cookies, bottom side down; gently press cookies together.

5 Sprinkle tops of sandwich cookies with powdered sugar. Store between sheets of waxed paper in tightly covered container in refrigerator.

PER SANDWICH COOKIE: Calories 340; Total Fat 14g (Saturated Fat 8g); Sodium 160mg; Total Carbohydrate 50g (Dietary Fiber 0g); Protein 2g





Brownie Pops

Prep Time: 30 Minutes

Start to Finish: 2 Hours 45 Minutes

Servings: 15 brownie pops

1 box (1 lb 2.4 oz) Betty Crocker® Original Supreme Premium brownie mix
Water, vegetable oil and egg called for on brownie mix box

15 white lollipop sticks

1 package (14 oz) red candy melts or coating wafers
Red Betty Crocker® Decor Selects decors or sprinkles

1 Heat oven to 350°F (325°F for dark or nonstick pan). Grease 8- or 9-inch square pan with shortening or cooking spray.

2 Make brownies as directed on box, using water, oil and egg. Bake as directed on box. Cool completely, about 1 hour.

3 Place pan of brownies in freezer 30 minutes. Cut brownies into 15 rectangular bars, 5 rows by 3 rows. Roll each rectangle into a ball. Gently insert lollipop stick into each ball.

4 In small microwavable bowl, microwave candy melts uncovered on Medium (50%) about 1 minute; stir until smooth. If necessary, microwave in additional 5-second increments. Dip each brownie ball, one at a time, into melted candy melts, coating entire ball; immediately sprinkle with decors. Stand in foam block to dry completely.

PER BROWNIE POP: Calories 355; Total Fat 18g (Saturated Fat 7g); Sodium 134mg; Total Carbohydrate 50g (Dietary Fiber 1g); Protein 1g

Mexican Brownies

Prep Time: 30 Minutes

Start to Finish: 3 Hours 40 Minutes

Servings: 16 brownies

1 box (1 lb 2.4 oz) Betty Crocker® Original Supreme Premium brownie mix

2 teaspoons ground cinnamon

Water, vegetable oil and egg called for on brownie mix box

$\frac{2}{3}$ cup semisweet chocolate chips (4 oz)

$\frac{1}{3}$ cup butter or margarine

$\frac{2}{3}$ cup packed brown sugar

3 tablespoons milk

$\frac{1}{2}$ cups powdered sugar

$\frac{2}{3}$ cup chopped pecans, toasted

1 Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom only of 8- or 9-inch square pan with cooking spray.

2 In medium bowl, stir together brownie mix and cinnamon. Add pouch of chocolate syrup, water, oil and egg; stir until well blended. Stir in chocolate chips. Spread in pan.

3 Bake as directed on box. Cool completely, about 2 hours.

4 In 2-quart saucepan, melt butter over medium heat. Stir in brown sugar. Heat to boiling, stirring constantly. Reduce heat to low; cook and stir 2 minutes. Stir in milk. Return to boiling. Remove from heat; cool to lukewarm, about 30 minutes.

5 Gradually beat powdered sugar into brown sugar mixture with whisk until blended, then beat until smooth. If frosting becomes too stiff, stir in additional milk, 1 teaspoon at a time. Spread frosting over brownies; sprinkle with pecans. Cut into 4 rows by 4 rows. Store tightly covered.

PER BROWNIE: Calories 350; Total Fat 15g (Saturated Fat 5g); Sodium 140mg; Total Carbohydrate 53g (Dietary Fiber 2g); Protein 2g





Raspberry Mousse Brownies

Prep Time: 20 Minutes

Start to Finish: 4 Hours 30 Minutes

Servings: 18 brownies

1 box (1 lb 2.4 oz) Betty Crocker® Original Supreme Premium brownie mix
Water, vegetable oil and egg called for on brownie mix box

1 cup semisweet chocolate chips (6 oz)

$\frac{3}{4}$ cup whipping cream

3 tablespoons red raspberry jelly

1 cup Betty Crocker® Rich & Creamy cream cheese frosting (from 1-lb container)

$\frac{1}{2}$ teaspoons whipping cream

Fresh raspberries, if desired

1 Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of 8- or 9-inch square pan with shortening or cooking spray.

2 Make brownies as directed on box, using water, oil and egg. Bake as directed on box. Cool completely, about 1 hour 30 minutes.

3 Reserve 2 tablespoons chocolate chips for drizzle. In medium microwavable bowl, place remaining chocolate chips, $\frac{3}{4}$ cup whipping cream and the raspberry jelly. Microwave uncovered on High 2 to 3 minutes, stirring every minute, until chocolate is

melted. Stir until mixture is smooth (there may still be a little undissolved jelly). Refrigerate about 30 minutes or until slightly thickened.

4 Add frosting to chocolate mixture. Beat with electric mixer on high speed 1 to 2 minutes or until well blended and fluffy. Spread over cooled brownies, smoothing top.

5 In small microwavable bowl, microwave reserved 2 tablespoons chocolate chips and $1\frac{1}{2}$ teaspoons whipping cream uncovered on High 30 to 45 seconds, stirring once, until mixture can be stirred smooth. Stir in a few additional drops of whipping cream to thin chocolate, if necessary. Drizzle over frosting mixture. Refrigerate 1 to 2 hours or until set.

6 Cut into 3 rows by 3 rows; cut each square diagonally in half to make triangles. Garnish with raspberries.

PER BROWNIE: Calories 290; Total Fat 13g (Saturated Fat 5g); Sodium 135mg; Total Carbohydrate 43g (Dietary Fiber 1g); Protein 2g

VARIATION

Fresh strawberries or chocolate-covered coffee beans are other tasty garnishes.

HOW-TO

For easier cutting, line pan with foil, then grease foil on bottom only of pan. Before cutting, remove brownies from pan by lifting foil.

New Orleans Praline Brownies

Prep Time: 25 Minutes

Start to Finish: 2 Hours 10 Minutes

Servings: 24 brownies

brownies

- 1 box (1 lb 2.3 oz) Betty Crocker® fudge brownie mix
- Water, vegetable oil and eggs called for on brownie mix box
- ½ cup chopped pecans

praline frosting

- ½ cup whipping cream
- 6 tablespoons butter
- 1½ cups packed brown sugar
- ½ cup chopped pecans, toasted
- 1½ cups powdered sugar
- 1 teaspoon vanilla

1 Heat oven to 350°F. Spray bottom only of 13x9-inch pan with cooking spray.

2 Make brownie mix as directed on box for fudge brownies, using water, oil and eggs. Stir in ½ cup pecans. Bake as directed. Cool completely, about 1 hour.

3 In 2-quart saucepan, mix whipping cream, butter and brown sugar. Heat to boiling over medium heat, stirring frequently. Boil and stir 1 minute. Remove from heat. Stir in toasted pecans, powdered sugar and vanilla. Cool 5 minutes, stirring frequently.

4 Spread frosting over brownies. Let stand 30 to 45 minutes or until frosting is set. Cut into 6 rows by 4 rows.

PER BROWNIE: Calories 280; Total Fat 13g (Saturated Fat 4g); Sodium 105mg; Total Carbohydrate 41g (Dietary Fiber 0g); Protein 0g



S'mores Peanut Butter Bars

Prep Time: 10 Minutes

Start to Finish: 1 Hour 20 Minutes

Servings: 24 bars

- 1 pouch (1 lb 1.5 oz) Betty Crocker® peanut butter cookie mix
- Water, vegetable oil and egg called for on cookie mix package
- 1 container (1 lb) Betty Crocker® Rich & Creamy chocolate frosting
- 2 cups miniature marshmallows
- 2 cups Golden Grahams® cereal

1 Heat oven to 350°F. Make cookie mix as directed on package, using water, oil and egg. Press dough into ungreased 13x9-inch pan.

2 Bake 16 to 18 minutes or until golden brown around edges.

3 Spoon frosting into microwavable bowl. Microwave uncovered on High 15 to 20 seconds; stir frosting until smooth. Reserve ¼ cup. Pour remaining frosting over warm bars. Sprinkle marshmallows and cereal over frosting.

4 Bake 3 to 5 minutes longer or until marshmallows are puffed. Cool 15 minutes. Drizzle reserved frosting over bars. Cool completely, about 30 minutes. Cut into 6 rows by 4 rows.

PER BAR: Calories 220; Total Fat 9g (Saturated Fat 2g); Sodium 200mg; Total Carbohydrate 32g (Dietary Fiber 0g); Protein 2g

VARIATION

Use 1 pouch Betty Crocker® chocolate chip cookie mix for the peanut butter mix.

Almond Streusel-Cherry Cheesecake Bars

Prep Time: 45 Minutes

Start to Finish: 4 Hours

Servings: 24 bars

cookie base

1 pouch (1 lb 1.5 oz) Betty Crocker® sugar cookie mix

¼ cup cold butter or margarine

4 oz (half of 8-oz package) cream cheese

filling

2½ packages (8 oz each) cream cheese (20 oz), softened

½ cup sugar

2 tablespoons Gold Medal® all-purpose flour

1 teaspoon almond extract

2 eggs

1 can (21 oz) cherry pie filling

topping

1½ cups reserved cookie base mixture

½ cup sliced almonds

1 Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray.

2 Place cookie mix in large bowl. Cut in butter and 4 oz cream cheese, using pastry blender or fork, until mixture is crumbly. Reserve 1½ cups mixture for topping. Press remaining mixture in bottom of pan. Bake 12 minutes.

3 Meanwhile, in large bowl, beat 20 oz cream cheese, the sugar, flour, almond extract and eggs with electric mixer on medium speed until smooth.

4 Spread cream cheese mixture evenly over partially baked cookie base. Spoon pie filling evenly over cream cheese layer. Sprinkle with reserved cookie base mixture and the almonds.

5 Bake 40 to 45 minutes or until light golden brown. Cool 30 minutes. Refrigerate about 2 hours or until chilled. Cut into 6 rows by 4 rows. Store covered in refrigerator.

PER BAR: Calories 270; Total Fat 15g (Saturated Fat 8g); Sodium 160mg; Total Carbohydrate 28g (Dietary Fiber 0g); Protein 4g

PURCHASING

You'll need a total of 3 (8-oz) packages of cream cheese for this recipe.





Easy Salted Peanut Chews

Prep Time: 15 Minutes

Start to Finish: 1 Hour

Servings: 36 bars

- 1 pouch (1 lb 1.5 oz) Betty Crocker® peanut butter cookie mix
- 3 tablespoons vegetable oil
- 1 tablespoon water
- 1 egg
- 3 cups miniature marshmallows
- $\frac{2}{3}$ cup light corn syrup
- $\frac{1}{4}$ cup butter or margarine
- 2 teaspoons vanilla
- 1 bag (10 oz) peanut butter chips
- 2 cups crisp rice cereal
- 2 cups salted peanuts

1 Heat oven to 350°F. Spray bottom only of 13x9-inch pan with cooking spray.

2 In large bowl, stir cookie mix, oil, water and egg until soft dough forms. Press dough in pan using floured fingers.

3 Bake 12 to 15 minutes or until set. Immediately sprinkle marshmallows over crust; bake 1 to 2 minutes longer or until marshmallows begin to puff.

4 In 4-quart saucepan, cook corn syrup, butter, vanilla and peanut butter chips over low heat, stirring constantly, until chips are melted. Remove from heat; stir in cereal and peanuts. Immediately spoon cereal mixture evenly over marshmallows. Refrigerate 30 minutes or until firm. Cut into 9 rows by 4 rows.

PER BAR: Calories 220; Total Fat 11g (Saturated Fat 3g); Sodium 160mg; Total Carbohydrate 25g (Dietary Fiber 1g); Protein 5g

SKIP THE
COOKING SPRAY
AND LINE
THE PAN WITH FOIL
FOR QUICK CLEANUP
AND EASY
BAR REMOVAL.

index

EASY

Prep time of 15 minutes or less

QUICK

Ready to eat in 30 minutes or less

LOW FAT

10 grams of fat or less (main dishes) or 3 grams of fat or less (all other recipes)

APPETIZERS

- 39 Artichoke Triangles
- 28 Asian Meatballs
- 34 Bacon-Tomato Dip ●●
- 10 Baked Spinach-Artichoke Dip ●●●
- 42 Black Bean and Corn Wonton Cups ●
- 27 Bloody Mary Shrimp Cocktail ●
- 41 Brie and Cherry Pastry Cups
- 44 Buffalo Chex® Mix ●●
- 36 Buffalo Chicken Dip ●
- 16 Buffalo Chicken Wings
- 12 Caribbean Layered Dip ●
- 38 Cheesy Reuben Appetizer ●●●
- 44 Chex® Muddy Buddies® ●●●
- 21 Chili-Lime Chex® Mix ●●●
- 14 Deviled Eggs ●
- 35 Fire Roasted Salsa Guacamole ●
- 45 Gluten Free Snickerdoodle Chex® Mix ●●●
- 23 Gorgonzola-and-Hazelnut Stuffed Mushrooms ●
- 18 Gouda Cheese Ball ●
- 24 Havarti-Cheddar Fondue ●
- 10 "Healthified" Spinach Dip with Artichokes
- 28 Hot and Saucy Cocktail Meatballs ●
- 22 Italian Stuffed Mushrooms ●
- 20 Original Chex® Party Mix ●
- 18 Pepper Jack Cheese Ball ●●
- 39 Pesto and Cheese Pizza
- 43 Roast Beef Bruschetta ●
- 8 Sausage-Cheese Balls ●
- 26 Shrimp Cocktail Platter ●
- 14 Shrimp Deviled Eggs ●
- 34 So-Simple Salsa Dip ●●●
- 17 Spicy Thai Chicken Wings ●
- 8 Spinach-Cheese Balls ●●●
- 24 Swiss Cheese Fondue ●
- 37 Taco Salad Dip ●●
- 12 Tex-Mex Layered Dip ●●
- 41 Zucchini Appetizers ●●

BARs & COOKIES

- 109 Almond Streusel-Cherry Cheesecake Bars
- 105 Banana Flip Cookies
- 106 Brownie Pops

- 103 Cinna-spin Cookies
- 110 Easy Salted Peanut Chews ●
- 100 Lemon Cookies
- 100 Maple-Walnut White Chocolate Chip Cookies
- 101 Mary's Chocolate Chip Cookies
- 106 Mexican Brownies
- 102 Mini Cookie Collection ●
- 108 New Orleans Praline Brownies
- 103 PB&J Sandwich Cookies
- 107 Raspberry Mousse Brownies
- 104 Red Velvet Whoopie Pies
- 108 S'mores Peanut Butter Bars ●

BEEF

- 73 Easy Southwestern Stroganoff ●
- 70 Grilled Cheddar Burger and Veggie Packs
- 71 Grilled Hamburger Steaks with Roasted Onions ●
- 73 Texas T-Bones

BEVERAGES

- 30 Sparkling Citrus Punch ●●●
- 30 Watermelon Cooler ●

CAKES, PIES & TARTS

- 90 Apple-Cherry Cobbler Pie
- 92 Banana Cream Pie-in-a-Bowl ●
- 82 Banana Tres Leches Cake
- 96 Chocolate Chip-Ice Cream Dessert
- 83 Chocolate Lover's Dream Cake
- 91 Classic Strawberry Shortcakes
- 86 Flip-Flops Cake
- 91 Fluffy Key Lime Pie ●
- 84 Gluten Free Zucchini-Devil's Food Snack Cake ●
- 94 Heavenly Chocolate Cheesecake
- 95 Impossibly Easy Cheesecake ●
- 88 Key Lime Cupcakes
- 92 Lemon Berry Tart
- 97 Malt Shoppe Memories Ice Cream Cookie Cake
- 89 Pink Champagne Cupcakes
- 87 Pull-Apart Turtle Cupcakes
- 85 Red Velvet Cake
- 93 Strawberries and Cream Dessert Squares

CHICKEN

- 66 Grilled Beer-Brined Chicken
- 68 Grilled Chile-Lime Chicken ●
- 67 Grilled Taco-Spiced Chicken ●●

FISH & SEAFOOD

- 79 Lemon-Parmesan Salmon ●
- 78 Tuna Burgers ●

PORK

- 70 Balsamic Pork with Mixed Herbs
- 76 Grilled Honey-Cumin BBQ Pork Packs ●
- 77 Impossibly Easy Bacon Pie
- 75 Pork Chops with Tarragon-Onion Gravy ●

SALADS

- 51 California BLT Tossed Salad ●●
- 56 Chicken Parmesan Pasta Salad ●
- 56 Club Pasta Salad ●
- 57 Crunchy Asian Pasta Salad ●
- 54 Cucumber Salad ●●
- 58 Gluten Free Old-Fashioned Potato Salad
- 50 Greek Salad ●
- 75 Grilled Flank Steak Salad with Blue Cheese
- 51 Italian Layered Salad
- 48 Layered Cobb Salad ●
- 53 Lemon-Broccoli Salad ●
- 52 Spinach-Bacon Salad ●
- 55 Sweet Pea and Feta Cheese Pasta Salad ●
- 52 Texas Coleslaw ●●
- 48 White Bean and Asparagus Salad

SANDWICHES

- 59 Beef-Pesto Panini ●●
- 62 Burrito BLT Wraps ●●
- 60 Chicken and Fontina Panini ●●
- 58 Chicken BLT Sandwiches ●
- 62 Chicken Fajita Salad Wraps
- 60 Pizza Turnovers ●●

TURKEY

- 69 Turkey-Green Chile Enchiladas



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ON THE COVER:

Chocolate Lover's Dream Cake, p. 83

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METRIC EQUIVALENTS FOR COOKING

volume

1 teaspoon = 5 ml
1 tablespoon = 15 ml
1 fluid ounce = 30 ml
1 cup = 240 ml
2 cups (1 pint) = 475 ml
4 cups (1 quart) = 0.95 liter
4 quarts (1 gallon) = 3.8 liters

weight

1 ounce = 28 grams
1 pound = 454 grams

area

¼ inch = 6 mm
½ inch = 1.3 cm
1 inch = 2.5 cm

temperature

°F	°C
225	110
250	120
275	135
300	150
325	160
350	180
375	190
400	205
425	220
450	230
475	245
500	260

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What do *you* add to Hamburger Helper®?



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Hamburger Helper®. Your meal. Your way.



In this issue:



Sausage-Cheese Balls & Spinach-Cheese Balls 8

- Retro & New Twist Appetizers
- Appetizers & Snacks
- Salads & Sandwiches
- Weeknight Main Dishes
- Cakes, Pies & Cheesecakes
- Cookies, Bars & Brownies



Red Velvet Whoopie Pies 104



Grilled Taco-Spiced Chicken 67



Lemon-Broccoli Salad 53