

Keep The Flavor, Cut The Fat

Holiday Recipes From Celebrity Chef Alton Brown

(NAPSA)—'Tis the season for food, food and more food. While we all look forward to indulging in our favorite holiday treats, it's important to remember that you can enjoy yourself without overdoing it.



Alton Brown

In a recent study, researchers found that the average person gains at least one pound between Thanksgiving and New Year's. There is an overabundance of food available during this season and

even making a few dishes more healthful can make a difference. Celebrity chef Alton Brown, host of TV Food Network's *Good Eats* and author of *I'm Just Here For The Food* suggests yogurt as the perfect addition to anyone's holiday shopping list.

Brown recommends using yogurt as a base ingredient or enhancement to almost any recipe.

"There are a lot of recipes in which yogurt just tastes better," says Brown. "Yogurt is great as a substitution, but it also stands on its own merits as an ingredient and can be used at any time of the year to make appetizers, entrees and desserts that much more tasty."

As an added bonus, by simply including yogurt such as DANNON Plain Yogurt to your recipes, you may help cut some of the calories and some fat while increasing the nutrition of your favorite dishes. For instance, replacing nonfat plain yogurt for cream cheese in your cheesecake can save you up to 78 grams of fat.* Using a lowfat plain yogurt instead of mayonnaise will lower any recipe by 74.5 grams of fat.* You can even substitute a full fat plain yogurt for sour cream and reduce the fat in a dip recipe by 39 grams.*

You can find Alton Brown's holiday recipes, along with other cooking tips on specially marked packages of DANNON Plain Yogurt and at www.dannon.com. In the meantime, here is a delicious hol-



Use yogurt in Holiday favorites like pumpkin pie.

oliday favorite to jump-start the season:

Alton Brown's Yogurt Pumpkin Pie

Ingredients

- 1½ cups of DANNON Plain Yogurt
- 15 oz can of Pumpkin puree
- ¾ cup dark brown sugar
- ½ teaspoon of cinnamon
- ¼ teaspoon of ground cloves
- ¼ teaspoon nutmeg
- 5 egg yolks
- ½ teaspoon salt
- One 9" frozen pie shell

Directions

Heat oven to 350°F.

In a large mixing bowl, combine all ingredients and whisk until smooth. Pour this batter into the pie shell and place on a sheet pan.

Bake for 50 to 55 minutes.

Remove and cool for one hour.

Cover and refrigerate 2 hours before cutting.

Serving size, 143g; Calories, 230; Calories from fat, 90; Total Fat, 10g; Saturated Fat, 3g; Cholesterol, 140mg; Sodium, 310 mg; Carbohydrates, 29g; Dietary Fiber, 2g; Protein, 5g; Calcium, 10 percent DV

*All substitutions based on 8oz. servings, as compared to sour cream, mayonnaise and cream cheese. Fat grams values are taken from the USDA Handbook 8.