

Cooking Corner

Tips To Help You

Savor The Flavors Of Rich Foods, Without All The Calories

(NAPSA)—Any time of year is a good time to start a weight-loss plan—and shedding the pounds is a lot easier if you don't have to drop all your favorite foods as well.

Fortunately, "lite" and "no sugar added" versions of various kitchen staples can help make it easier to create healthier versions of delicious dishes. The following recipes, from the kitchen at Knouse Foods, take advantage of real fruit flavors, but have less sugar, fat and calories than traditional recipes.

For more delicious recipes, visit Knouse Foods at www.Knouse.com.

Apple Graham Cracker Dessert

- 1 can (20 oz.) LUCKY LEAF Lite "No Sugar Added" Apple Pie Filling
- 1 tsp. apple pie spice
- 2 Tbsp. reduced-calorie margarine
- $\frac{2}{3}$ cup Splenda
- 2 eggs or equivalent in egg substitute
- $1\frac{1}{2}$ cups purchased graham cracker crumbs
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ cup fat-free milk
- 1 tsp. vanilla extract
- 1 cup reduced-calorie whipped topping
- $\frac{1}{4}$ cup chopped walnuts

Preheat oven to 350°. Spray a 9x9-inch cake pan with butter-flavored cooking spray. In a medium bowl, combine pie filling with apple pie spice. Set aside. In a large bowl, combine margarine and Splenda. Stir in eggs. Add graham cracker crumbs, baking powder, salt, milk and vanilla extract. Mix well to combine. Spread half of mixture into prepared cake pan. Spread half of pie filling mixture over top. Spread remaining batter carefully over apples and arrange remaining apple pie



Delicious, fruity dishes can be whipped up without a lot of sugar, fat or calories.

filling over top. Bake for 45 to 50 minutes. Place cake pan on a wire rack and let set for at least 10 minutes. Divide into 8 servings. When serving, top with 2 Tbsp. whipped topping and chopped walnuts.

Per serving: 204 Calories, 8g Fat, 4g Protein, 29g Carbohydrate, 500mg Sodium, 122mg Calcium, 2g Fiber.

Strawberry Swirl Cheesecake

Any MUSSELMAN'S Lite Fruit 'N Sauce flavor can be used

Crust:

- $\frac{1}{2}$ cup almonds, crushed
- 60 reduced-fat chocolate wafers, crushed
- 2 Tbsp. margarine or yogurt spread, melted
- 12 oz. MUSSELMAN'S Strawberry Lite Fruit 'N Sauce
- 1 Tbsp. cornstarch

Filling:

- 24 oz. (3 packages) fat-free cream cheese
- 3 eggs
- $\frac{3}{4}$ cup Splenda
- 1 Tbsp. vanilla
- 1 cup reduced-fat sour cream
- 2 Tbsp. cornstarch
- 4 oz. MUSSELMAN'S Strawberry Lite Fruit 'N Sauce

Preheat oven to 350°. Mix

crushed almonds and chocolate wafers, pour in melted margarine. Grease 9-inch springform cheesecake pan, line bottom with parchment paper. Press wafer mixture into bottom of pan, bake 10 minutes. Mix Fruit 'N Sauce with cornstarch, pour into crust, return to oven and bake 15 minutes. Let cool.

For filling, mix cream cheese until smooth, then add eggs, Splenda, vanilla, sour cream, cornstarch and mix another 3 minutes. To create swirl, take $\frac{1}{4}$ cup of filling, place in a bowl and whisk in 4 oz. Fruit 'N Sauce.

Pour filling in baked crust. Drizzle swirl mixture clockwise one teaspoon at a time; with a knife, superficially make swirls on top of the cheesecake. Cover with aluminum foil and bake 1 hr. 15 minutes or until center is firm. Remove from oven, let cool before removing rim of springform pan. Refrigerate a minimum of 4 hours.

Per serving: 39 Calories, 2g Fat, 2g Protein, 3g Carbohydrate, 45mg Cholesterol, 14mg Sodium.

Lite Raspberry Dressing

Can be used over salad, vegetables, fish or chicken

- 4 oz. MUSSELMAN'S Raspberry Fruit 'N Sauce
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{4}$ tsp. Italian seasoning
- 1 Tbsp. lemon juice
- $\frac{1}{8}$ cup vinegar
- Salt and pepper to taste

In a blender, mix Fruit 'N Sauce, canola oil, Italian seasoning and salt and pepper, for 1 minute. Add lemon juice and vinegar, mix for 1 minute. Adjust salt and pepper to taste.

Per serving: 61 Calories, 7g Fat, 0g Protein, 0g Carbohydrate, 0mg Cholesterol, 0mg Sodium.