

Brown Sugar-Glazed Sweet Potato Wedges

¼ cup unsalted butter
¾ cup packed dark brown sugar
¼ cup water
1 teaspoon salt
½ teaspoon ground nutmeg
¼ teaspoon ground ginger
1 (3-inch) cinnamon stick
4 pounds sweet potatoes, peeled, cut into 1/2-inch wedges
Cooking spray



Preheat oven to 400°.

Melt butter in a medium saucepan over medium heat. Add sugar, water, salt, nutmeg, ginger, and cinnamon; bring to a simmer. Cook 5 minutes, stirring frequently. Discard cinnamon stick. Combine sugar mixture and potato wedges in a large bowl; toss well to coat. Arrange potato mixture on a large jelly-roll pan coated with cooking spray. Bake at 400° for 40 minutes or until tender, stirring after 20 minutes.

Yield: 12 servings (serving size: 2/3 cup)

CALORIES 182 (19% from fat); FAT 3.9g (sat 2.4g,mono 1.1g,poly 0.2g); PROTEIN 1.7g; CHOLESTEROL 10mg; CALCIUM 44mg; SODIUM 211mg; FIBER 3g; IRON 0.8mg; CARBOHYDRATE 36.1g
**Cooking Light

Cranberry-Glazed Sweet Potatoes

6 medium peeled sweet potatoes, cut into 1-inch pieces (about 3 pounds)
½ cup firmly packed brown sugar
2 tablespoons margarine
2 tablespoons orange juice
½ teaspoon salt
1 cup whole-berry cranberry sauce
Orange rind (optional)

*Made in the
microwave!*

Place potatoes, covered, in a 2-quart casserole dish; microwave at HIGH for 10 minutes or until tender. Combine sugar, margarine, orange juice, and salt in a 2-cup glass measure. Microwave at HIGH 3 minutes, stirring every minute. Add sugar mixture and cranberry sauce to potatoes; toss gently. Microwave at HIGH 10 minutes or until heated through, basting with sauce twice during cooking. Garnish with orange rind, if desired.

Yield: 8 servings (serving size: 3/4 cup)

CALORIES 292 (10% from fat); FAT 3.4g (sat 0.7g,mono 1.3g,poly 1.1g); PROTEIN 2.9g; CHOLESTEROL 0.0mg; CALCIUM 48mg; SODIUM 215mg; FIBER 5.2g; IRON 1.2mg; CARBOHYDRATE 64g
**Cooking Light

Cranberry-and-Sweet Potato Bake

- 2 (15-ounce) cans sweet potatoes, drained
- 1 (8-ounce) can crushed pineapple in juice, drained
- 2 tablespoons butter or stick margarine, melted
- ¼ teaspoon salt
- 1/8 teaspoon ground nutmeg
- Dash of black pepper
- 1 large egg
- 1 (16-ounce) can whole-berry cranberry sauce, divided
- Cooking spray



Preheat oven to 350°.

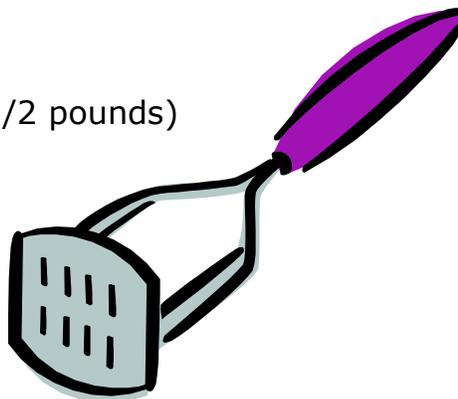
Combine sweet potatoes and pineapple in a large bowl; mash with a potato masher. Stir in butter, salt, nutmeg, pepper, and egg. Swirl in 1 cup cranberry sauce. Spoon sweet potato mixture into 1-quart casserole coated with cooking spray. Top with remaining cranberry sauce. Bake at 350° for 40 minutes.

Yield: 8 servings

CALORIES 212 (17% from fat); FAT 3.9g (sat 2g,mono 1.1g,poly 0.4g); PROTEIN 2.6g; CHOLESTEROL 35mg; CALCIUM 32mg; SODIUM 186mg; FIBER 1.7g; IRON 1.3mg; CARBOHYDRATE 43.2g
**Cooking Light

Garlic Mashed Potatoes

- 4 cups cubed peeled baking potatoes (about 1 1/2 pounds)
- 1 garlic clove, sliced
- ¾ cup 1% low-fat milk
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon stick margarine or butter
- ½ teaspoon salt
- 1/8 teaspoon pepper



Place potatoes and garlic in a medium saucepan; add water to cover. Bring to a boil; cover, reduce heat, and simmer 25 minutes or until tender. Drain and return to pan. Add milk and remaining ingredients; mash with a potato masher.

Yield: 4 servings (serving size: 1 cup)

CALORIES 176 (21% from fat); FAT 4.2g (sat 1.4g,mono 1.6g,poly 1g); PROTEIN 5.7g; CHOLESTEROL 4mg; CALCIUM 104mg; SODIUM 405mg; FIBER 2.4g; IRON 1.2mg; CARBOHYDRATE 29.5g
**Cooking Light

Layered Fruit Dessert

2 cups each: strawberries, blueberries, raspberries
2 medium bananas, sliced
1 cup seedless green grapes
1 pkg. (8 oz.) fat-free cream cheese, softened
¼ cup sugar
½ cup orange juice
2 cups thawed fat-free Whipped Topping



LAYER fruit in 2-1/2-qt. straight-sided glass bowl.

BEAT cream cheese, sugar, half of the orange peel and the orange juice in large bowl until well blended. Stir in whipped topping; spread evenly over dessert. Sprinkle with remaining orange peel; cover.

REFRIGERATE at least 1 hour or until ready to serve. Store leftover dessert in refrigerator.

***kraftfoods.com*

Ginger-Lime Torte

25 finely crushed ginger snaps
1/4 cup (1/2 stick) light tub margarine, melted
2 Tbsp. sugar
1/2 cup boiling water
1 pkg. (4-serving size) sugar-free Lime Flavor Gelatin
1 cup cold water
2 tubs (8 oz. each) Light Cream Cheese Spread
2-1/2 cups thawed fat-free Whipped Topping, divided
1 Tbsp. grated lime peel



MIX gingersnap crumbs, melted margarine and sugar. Press firmly onto bottom of 9-inch springform pan.

STIR boiling water into dry gelatin in small bowl 2 minutes or until completely dissolved; stir in cold water. Cool completely.

BEAT cream cheese spread in large bowl with electric mixer on medium speed until creamy. Gradually add gelatin mixture, beating on low speed until well blended. Refrigerate 15 to 20 minutes or until slightly thickened. Gently stir in 2 cups of the whipped topping and the lime peel. Pour over crust. Refrigerate 4 hours or until firm. Top with remaining 1/2 cup whipped topping just before serving. Store leftover dessert in refrigerator.

***kraftfoods.com*

Change how you cook:

- Bake, broil, steam, poach or grill foods instead of frying or cooking in fat.
- Use a paste of cornstarch mixed with water instead of a roux to thicken sauces.
- Make stews/soups ahead of time, refrigerate and skim the fat off the top.
- When a recipe calls for sautéed diced onion, cook in the microwave or a nonstick pan, rather than sautéing in oil.
- Use extra vegetables and less meat in soups, casseroles and stews.
- Add cinnamon and vanilla to bring out the natural sweetness of foods.
- Season vegetables with herbs and spices—cinnamon on carrots, lemon juice on broccoli.

Switch ingredients using these suggestions:

Use...	Instead of...	Calories Saved
2 egg whites (34)	1 whole egg (75)	41
1 cup skim milk (90)	1 cup whole milk (150)	60
1 can evaporated skim milk (300)	12 oz heavy whipping cream (624)	324
1 can evaporated skim milk (300)	1 can evaporated milk (504)	204
1 can (14 oz) fat-free sweetened condensed milk (1100)	1 can (14 oz) sweetened condensed milk (1300)	200
1 cup Splenda (0)	1 cup sugar (768 calories)	768
¾ cup sugar (576 calories)	1 cup sugar (768 calories)	192
¾ cup oil (1440)	1 cup oil (1920 calories)	480
1 cup “natural” applesauce (100)	1 cup regular applesauce (200)	100
½ cup “natural” applesauce (50)*	½ cup oil (960)	910
8 oz fat free Cream Cheese (240)	8 oz regular cream cheese (800)	560
1 Tbsp fat free Mayonnaise (10)	1 Tbsp regular Mayonnaise (100)	90
½ cup fat free Sour Cream (116)	½ cup regular Sour Cream (208)	92
1 (8 oz) tub fat-free Whipped Topping (375)	1 tub Regular Whipped Topping (625)	375
1 Tbsp fat free Miracle Whip (15)	1 Tbsp regular Miracle Whip (40)	25
1 box (1 oz) no sugar added pudding (100)	1 box (3.4 oz) regular pudding (360)	260
1 box (1 oz) no sugar added pudding made with skim milk (280)	1 box (3.4 oz) regular pudding made with 2% milk (600)	320
1 box (0.3 oz) sugar free gelatin (40)	1 box (3 oz) regular gelatin (320)	280
1 cup lowfat cottage cheese (180)	1 cup cottage cheese (240)	60
¼ cup shredded 2% cheddar cheese (80)	¼ cup shredded cheddar cheese (110)	30
¼ cup shredded fat-free cheddar cheese (45)	¼ cup shredded cheddar cheese (110)	65
¾ stick butter (612)	1 stick butter (816)	204

*In baked goods.

**Whenever possible, use liquid oil and decrease the amounts used.