

BLUEBERRY UPSIDE-DOWN CAKE

2 tbsps. frozen apple or orange juice concentrate, thawed	½cup sugar
¼cup brown sugar	⅔ cup skim milk
1 ¼ cups fresh or frozen blueberries	⅓ cup honey
1 ¼ cups unbleached flour	2 egg whites
⅓ cup oat flour	1 tsp. vanilla extract
1 ½tsp. baking powder	

Coat an 8" square pan with nonstick cooking spray. Evenly spread the juice concentrate on the bottom of the pan, and sprinkle with brown sugar. Arrange the blueberries over the brown sugar. Combine the flours, baking powder, and sugar, and stir to mix well. Add the remaining ingredients, and stir to mix well. Pour the batter over the blueberries, spreading evenly. Bake at 350EF for 35 to 45 minutes, or just until a wooden toothpick inserted in the center of the cake comes out clean. Cool the cake at room temperature for 10 minutes. Loosen the sides of the cake by running a sharp knife along the edges, and invert onto a serving platter. Serve warm or at room temperature, topping each piece with vanilla ice milk if desired. Yield: 9 servings

POTATO-CHEESE BREAD

2 ¼ cups defatted chicken stock or vegetable broth	1 tsp dillweed
⅓ cup grated Sapsago or Parmesan cheese	2 tbsp active dry yeast
2 tbsp olive oil	1 ½cups mashed potatoes
2 tbsp honey	2 ¾cups whole wheat flour
1 tsp dried thyme	2 ¾cups unbleached flour

In a 3-quart saucepan, heat the stock to lukewarm. Remove from the heat. Add the cheese, oil, honey, thyme and dill. Gently stir in the yeast. Stir in the mashed potatoes. Set aside for 10 minutes to proof (the yeast will become foamy). In a large bowl, mix the whole wheat flour and unbleached flour. Gradually stir 4 cups of flour into the potato mixture. Turn the dough onto a floured surface and knead in the remaining flour. Knead for about 10 minutes, or until the dough is smooth and elastic. Lightly oil a large bowl. Add the dough and turn to coat all sides. Allow to rise in a warm, draft-free place for 30 to 40 minutes, or until doubled in bulk. Punch down the dough and knead for 1 minute. Divide into two portions and form into loaves. Coat two 8 1/2 X 4 1/2-inch loaf pans with nonstick spray. Add the dough, cover and let rise for 30 minutes, or until doubled in bulk. Bake at 350 degrees F for 30 to 35 minutes, or until the loaves sound hollow when tapped. Then remove and cool on wire racks for 30 minutes before slicing. Makes 2 loaves; 12 slices.

BREAKFAST BARS

¾cup all-purpose flour	¼ cup honey
¾cup granola or toasted wheat germ	1 egg
¼ cup sugar	½teaspoon vanilla
½teaspoon baking powder	1 cup raisins
½teaspoon cinnamon	½cup chopped walnuts
¼ cup butter or margarine, melted	

Heat oven to 350 EF. Grease an 8-inch square pan. Combine flour, granola, sugar, baking powder and cinnamon. Stir in butter, honey, egg and vanilla; mix well. Stir in raisins and walnuts. Press mixture into greased pan. Bake for 20-25 minutes or until lightly browned. Cool. Cut into bars and wrap individually in plastic wrap.

ORANGE ALMOND HONEY MUFFINS

¼ cup margarine or butter; softened	1 ¼ cups all-purpose flour
½ cup honey	1 teaspoon baking powder
1 egg	½ teaspoon baking soda
¼ cup frozen concentrated orange juice, undiluted	¼ teaspoon salt
½ teaspoon freshly grated orange peel	½ cup chopped toasted almonds

Using electric mixer; beat butter and honey until light; add egg, orange juice concentrate and orange peel, mixing well. In small bowl, combine flour, baking powder, baking soda and salt; gradually add to margarine mixture, mixing until just blended. Stir in almonds. Spoon into greased or paper-lined 2 ½ inch muffin cups. Bake at 350 degrees for 25-30 minutes or until wooden pick inserted into center comes out clean. Remove muffins from pan to wire rack. Serve warm or at room temperature. Makes 8 muffins.

LIGHT & FLUFFY PANCAKES W/HONEY FRUIT SAUCE

Pancakes	Sauce
1 cup plain nonfat or low-fat yogurt	1 cup orange juice
1 large egg	1 medium apple, peeled and chopped
1 cup pancake mix	1 medium pear; peeled and chopped
No-stick cooking spray	1/3 cup honey
	1 teaspoon freshly grated orange peel
	1 Tablespoon cornstarch
	¼ cup water

To make sauce: In medium saucepan, combine orange juice, apple, pear, honey and orange peel. Bring mixture to a boil over medium-high heat, stirring occasionally. Reduce heat; simmer 8-10 minutes or until fruit is tender. In small bowl, combine cornstarch and water; stir until cornstarch is dissolved. Stir into hot mixture; cook and stir 1-2 minutes until mixture is thickened. Set aside.

To make pancakes: In a medium bowl, combine yogurt and egg; mix until well blended. Add pancake mix; stir just to combine. Spray large nonstick skillet or griddle with no-stick cooking spray. Heat over medium-high heat until hot. For each pancake, spoon 2 Tablespoons of batter into hot skillet. Cook 4 minutes or until pancakes are set and golden turn once. Serve with honey fruit sauce. Makes 5 servings.

APRICOT-GLAZED CHICKEN

2 boneless skinless chicken breast halves (½ pound)	1 teaspoon Dijon mustard
¼ cup apricot all-fruit spread	1 teaspoon honey
1 ½ teaspoons light soy sauce	1 teaspoon margarine, melted

Coat a broiler pan with nonstick cooking spray; place chicken on pan. Combine remaining ingredients; brush half over the chicken. Broil 5-6 in. from the heat for 5 minutes. Turn chicken over; brush with remaining apricot mixture. Broil until juices run clear. Yield: 2 servings.

BUTTER PECAN COOKIES

1 cup margarine
¾cup brown sugar
¾cup white sugar
2 eggs
1 teaspoon vanilla

2 ½cups flour
1 teaspoon soda
½teaspoon salt
1 cup chopped pecans

Cream margarine and sugars until light and fluffy. Beat in eggs and vanilla. Combine dry ingredients add to creamed mixture and stir well. Stir in pecans. Drop by teaspoon onto ungreased cookie sheets. Bake at 375° about 10 minutes or until lightly brown. Makes about 48 cookies.

CHOCOLATE PECAN PIE

A pecan and chocolate chip temptation!

3 eggs, well beaten
1 cup sugar
¾cup light corn syrup
¼cup butter or margarine, melted
1 teaspoon vanilla

½cup semi-sweet chocolate chips
½cup chopped pecans
1 unbaked 9-inch pie shell
Pecan halves, if desired
Whipped cream, if desired

Preheat oven to 350° F. Combine first 5 ingredients; mix well. Stir in chocolate chips and chopped pecans. Pour into pie shell. Arrange pecan halves on top, if desired. Bake for 45 to 50 minutes or until set. Cool serve with whipped cream, if desired.

PUMPKIN PECAN PIE

Pumpkin Layer: 1 egg, lightly beaten
1 cup pumpkin
1/3 cup sugar
1 tsp pumpkin pie spice
1 unbaked 9-inch pie shell

Pecan Layer: 2/3 cup light corn syrup
2 eggs, lightly beaten
½cup sugar
3 Tbsp butter or margarine
½tsp vanilla extract
1 cup pecan halves

For pumpkin layer: Combine egg, pumpkin, sugar and pice spice in medium bowl. Spread over botton of pie shell.

For pecan layer: Combine corn syrup, eggs, sugar, butter and vanilla in same bowl; stir in pecans. Spoon over pumpkin layer. Bake in preheated 350° oven for 50 min. or until filling is set. Cool on wire rack.

Modification: You can use a whole can of pumpkin, 2 deep dish pie shells, and 1 tsp cinnamon, ½tsp ginger, and ¼tsp ground cloves instead of the pumpkin pie spice. For the top layer, You can increase everything twice, except for the sugar, which you should keep at ¾cup. This way, for your trouble, you end up with two pies instead of one.

ALABAMA FUDGE-PECAN CHEWIES

1/4 CUP BUTTER OR MARGARINE
1 (14 OUNCE) CAN SWEETENED CONDENSED MILK
1 (12-OUNCE) PACKAGE SEMISWEET CHOCOLATE MORSELS
1 TEASPOON VANILLA EXTRACT
1 CUP ALL-PURPOSE FLOUR
1/2 CUP CHOPPED PECANS
60 PECANS HALVES

Combine butter, sweetened condensed milk, and chocolate morsels in a heavy saucepan; cook mixture over medium-low heat, stirring constantly, until chocolate and butter are melted. Remove from heat.

Stir in vanilla, flour, and 1/2 cup chopped pecans. Drop by teaspoonfuls onto ungreased baking sheets. Press a pecan half into the center of each cookies.

Bake at 350# for 7 minutes. (Do not overbake.) Remove cookies to wire racks to cool. Yield: 5 dozen.

Make these treats up to two days before serving, or bake them ahead and freeze. Store them in the freezer up to 3 months.

APPLE NUT MUFFINS

1 egg
2/3 cup apple juice or milk
1/2 cup vegetable oil
1 teaspoon vanilla extract
2 cups all purpose flour
1/4 cup granulated sugar
1/4 cup firmly packed light brown sugar
1 tablespoon baking powder
1/2 teaspoon salt
1/2 cup chopped pecans
1 apple chopped

Grease 12 medium muffin cups or line with paper baking cups.

In bowl, beat egg with juice, oil and vanilla. Stir in flour, sugars, baking powder and salt just until flour is moistened (batter will be lumpy). Stir in nuts and apple. Fill prepared muffin cups; sprinkle with sugar and cinnamon. Bake at 400BF about 20 minutes or until golden brown. Immediately remove from pan. Makes 12 muffins.

APRICOT GELATIN SALAD

1 package (6 ounces) apricot or orange gelatin
2 cups boiling water
1 can (20 ounces) crushed pineapple
1 package (8 ounces) cream cheese, softened
1 can (15 ounces) apricot halves, drained and chopped
½ cup chopped walnuts or pecans
1 carton (8 ounces) frozen whipped topping, thawed
Additional chopped walnuts, optional

In a bowl, dissolve gelatin in water. Drain pineapple, reserving juice. Add pineapple to gelatin and set aside. In a mixing bowl, beat cream cheese and pineapple juice until smooth. Stir in gelatin mixture; chill until partially set, stirring occasionally. Stir in apricots and walnuts. Fold in whipped topping. Pour into a 13-in. X 9-in. X 2-in. Dish. Sprinkle with walnuts if desired. Chill until firm.

YIELD: 12-16 servings.

BROWNIES COCKAIGNE

About 30 Brownies
Preheat oven to 350

Melt in a double boiler:

1/2 cup butter
4 oz. chocolate (unsweetened)

Cool this mixture. If you don't, your brownies will be heavy and dry.

Beat until light in color and foamy in texture:

4 eggs at room temperature
1/4 teaspoon salt

Add gradually and continue beating until well creamed:

2 cups sugar
1 teaspoon vanilla

With a few swift strokes, combine the cooled chocolate mixture into the eggs and sugar. Even if you normally use an electric mixer do this manually. Before the mixture becomes uniformly colored, fold in, again by hand:

1 cup sifted all-purpose flour

And before the flour is uniformly colored, stir in gently:

1 cup pecan meats

Bake in a 9 x 13-inch pan for about 25 minutes. Cut when cool. Wrapped individually in foil, these keep well 3 or 4 days.

A good way to serve Brownies is to garnish with whipped cream.

Almost everyone wants to make this classic American confection. We guarantee good results if you follow the signals. Brownies may vary greatly in richness and contain anywhere from 1 1/2 cups of butter and 5 ounces of chocolate to 2 tablespoons of butter and 2 ounces of chocolate for every cup of flour. If you want them chewy and moist, use a 9 x 13-inch pan; if cakey, use a 9 x 9-inch pan.

CAJUN PECAN CHICKEN

Prep time: 20 minutes

Baking time 30 to 35 minutes

1 1/2 cups pecan halves
1/3 cup unflavored bread crumbs
3/4 teaspoon salt
3/4 teaspoon paprika
1/2 teaspoon oregano
1/2 teaspoon ground white pepper
1/2 teaspoon freshly ground pepper
1/4 teaspoon ground red pepper
1/2 cup buttermilk
1 chicken (3 lbs.), cut up
2 tablespoons butter, melted

Preheat oven to 400BF. Grease a 13x9 inch baking pan.

In food processor combine nuts, bread crumbs, salt, paprika, oregano and peppers; process until nuts are chopped. Transfer to a plastic bag. Pour buttermilk into a medium bowl; dip chicken into buttermilk, then add to bag with pecan mixture and shake. Arrange in pan in a single layer; drizzle with butter. Bake 30 to 35 minutes. Makes 4 servings.

Nutrition information per serving: 730 calories, 54 gm fat, 46 gm protein, 16 gm carbohydrates, 678 mg sodium, 149 mg cholesterol.

CREAM CHEESE PECAN PIE

1 package (8 ounces) cream cheese, softened
1/2 cup sugar
1 egg beaten
1/2 teaspoon salt
1 teaspoon vanilla
1 10-inch unbaked pie shell
1 1/4 cups pecans, chopped

TOPPING

3 eggs
1 cup light corn syrup
1/4 cup sugar
1 teaspoon vanilla

Cream together softened cheese, sugar, beaten egg, salt and vanilla. Spread over bottom of unbaked pie shell. Sprinkle pecans evenly over cream cheese layer. Combine all topping ingredients and beat until smooth. Pour over pecan layer. Bake 35-45 minutes at 375EF until pecan layer is golden brown. Cool on wire rack. Serve slightly warm with whipped cream.

Golden White-Chunk Nutty Bars

2 cups all-purpose flour
1/2 teaspoon baking soda
1/4 teaspoon salt
1 1/2 (3/4 cup) unsalted butter, cut into tablespoons
1 cup (packed) dark brown sugar
2 eggs
1/2 cup shredded coconut
2 teaspoons vanilla extract
10 ounces white chocolate, coarsely chopped
1 cup coarsely chopped pecans

Preheat the oven to 300EF. Butter a 9-by-13-inch baking pan. In a medium bowl whisk together the flour, baking soda and salt. In another medium bowl with an electric mixer, cream the butter and sugar. Beat in the eggs, coconut, and vanilla, then blend slowly until smooth. Add the four mixture, chopped chocolate and pecans. Scrape the dough into the prepared baking pan and level and smooth the surface. Bake for 40 to 45 minutes, or until the center is set and the top is golden. Place the pan on a wire rack to cool to room temperature before cutting into bars.

FRUIT & NUT COFFEECAKE RING

1 package active dry yeast
1/2 cup warm water (115 F)
4 cups all-purpose flour, divided
1 teaspoon salt
1 teaspoon ground cardamom (optional)
1/3 cup butter or margarine, melted
1/3 cup thawed frozen unsweetened apple juice concentrate
3 eggs, divided
1/2 cup no-sugar-added apricot fruit spread
1 package (6 ounces) mixed dried fruit, chopped
1/2 cup coarsely chopped toasted pecans
1 teaspoon cold water

Dissolve yeast, in warm water; let stand 10 minutes. In large bowl of electric mixer, combine 3 cups flour, salt and cardamom, if desired. While mixing on low speed with dough hook, gradually blend in yeast mixture, butter, apple juice concentrate and two eggs. Beat 2 minutes at medium speed. Beat in enough remaining flour to form a stiff dough. Continue to beat until dough is smooth and elastic.* Let rest 20 minutes. Roll out dough on lightly floured surface to 22 x 12-inch rectangle. Spread fruit spread evenly down center of rectangle, leaving 1 inch border along both long sides. Sprinkle fruit bits and nuts evenly over fruit spread. Starting at one long side, roll dough up tightly; pinch seam to seal. Place on greased cookie sheet. Bring ends of roll together to form ring; pinch ends together to seal, using water if necessary. With scissors or sharp knife, make diagonal cuts, about 1 inch apart, into top of ring. Let rise in warm place 30 minutes. (dough will not double in volume.)

Preheat oven to 375^BF. Beat together remaining egg and cold water; brush over ring. Bake 25 to 30 minutes or until golden brown. Immediately remove from pan. Cool on wire rack. Serve warm or at room temperature.

Makes 10 servings.

*Dough may be kneaded by hand on lightly floured surface until smooth and elastic,

Nutrients Per Serving:	Calories	386	Carbohydrates	64 g	Cholesterol	80 mg
	Protein	8 g	Fat	12 g	Sodium	308 mg

Diabetic Exchanges Per Serving: 2 1/4 Starch/Bread, 2 1/4 Fat, 2 Fruit

TWICE-TOPPED BROWNIES

Brownie Layer

4 ounces unsweetened chocolate
1 stick (1/2 cup) salted butter
3/4 cup all-purpose flour
1/4 teaspoon salt
2 large eggs
1 cup (packed) light brown sugar
2 teaspoons vanilla extract
1/2 cup chopped pecans
1/2 cup mini semisweet chocolate chips

Preheat the oven to 325 F. Butter a 7-by-11-inch baking pan.

Prepare the Brownie Layer: In a double boiler, melt the unsweetened chocolate and butter together, stirring until smooth. Set aside to cool slightly.

In a small bowl, whisk together the flour and salt.

In a medium bowl, beat the eggs and brown sugar together. Beat in the chocolate mixture and the vanilla. Stir in the flour mixture. Then stir in the pecans and mini chocolate chips. Spread the batter in the prepared pan and bake for 22 to 25 minutes, or until a cake tester inserted in the center comes out clean. Cool in the pan on a rack.

Vanilla Cream

1 stick (1/2 cup) salted butter
4 ounces cream cheese, softened
1 teaspoon vanilla extract
1 1/4 cups confectioners' sugar

Make the Vanilla Cream: In a medium bowl, cream the butter and cream cheese until light and fluffy. Gradually beat in the vanilla and confectioners' sugar. Spread the vanilla cream over the cooled brownies. Refrigerate until set.

Chocolate Drizzle

2 ounces semisweet chocolate chips
2 tablespoons heavy cream

Prepare the Drizzle: In a double boiler, melt the chocolate chips and cream over hot, not simmering, water. Stir until smooth, then set aside to cool slightly. Dip a fork into the melted chocolate mixture and drizzle in a random pattern over the vanilla cream layer.

Chill until ready to serve. Yield: 16 bars

BASIC MUFFINS

2 cups all-purpose flour
1 tablespoon baking powder
1/4 teaspoon salt
2 tablespoons honey
1 cup skim milk
tablespoons canola oil
3 egg whites

Preheat the oven to 375 degrees. Coat a 12-cup no-stick muffin pan with no-stick spray or line the cups with paper liners.

In a medium bowl, combine the flour, baking powder and salt; set aside.

In a small bowl, stir together the honey, milk, oil and egg whites. Using a fork, quickly stir the honey mixture into the flour mixture just until a lumpy batter forms.

Divide the batter evenly among the prepared muffin cups, filling them two-thirds full. Bake for 25 minutes, or until the muffins are lightly browned and a toothpick inserted in the center comes out clean.

Cool in the pan on a wire rack for 10 minutes. Remove from the pan and serve warm or cool completely.

Makes 12. Per muffin: 129 calories, 3.6 g. fat, 3.7 g. protein, 20 g. carbohydrates, 0.7 g. dietary fiber, 0 mg. Cholesterol, 151 mg. Sodium

Blueberry Muffins: Gentle stir 1 cup fresh or frozen blueberries into the dry ingredients.

Cranberry-Orange Muffins: Gentle stir 1 cup frozen cranberries and 1 tablespoon freshly grated orange rind into the dry ingredients. Replace the honey with 1/3 cup sugar.

BREAKFAST BARS

3/4 cup all-purpose flour
3/4 cup granola or toasted wheat germ
1/4 cup sugar
1/2 teaspoon baking powder
1/2 teaspoon cinnamon
1/4 cup butter or margarine, melted
1/4 cup honey
1 egg
1/2 teaspoon vanilla
1 cup raisins
1/2 cup chopped walnuts

Heat oven to 350 EF. Grease an 8-inch square pan. Combine flour, granola, sugar, baking powder and cinnamon. Stir in butter, honey, egg and vanilla; mix well. Stir in raisins and walnuts. Press mixture into greased pan. Bake for 20-25 minutes or until lightly browned. Cool. Cut into bars and wrap individually in plastic wrap.