



Holiday Recipes



Broccoli Casserole

Number of servings: 12

Serving Size: $\frac{1}{2}$ cup

Ingredients:

2-12 oz pkg frozen chopped broccoli, defrosted

$\frac{1}{2}$ cup egg substitute

1-10oz can low fat cream of celery soup (you may also use cream of mushroom or cream of broccoli)

1 tbsp minced garlic

$\frac{1}{4}$ tsp pepper

2 tsp margarine

1-8oz stuffing mix

$\frac{1}{2}$ cup shredded reduced fat cheddar cheese



Preparation:

1. Heat the oven to 350 degrees F. Spray baking dish with nonstick cooking spray and place broccoli on the dish.
2. Mix the egg, soup, garlic, and pepper together and pour over broccoli.
3. Melt margarine and stir it into the stuffing mix. Pour the stuffing over the broccoli, spread evenly and sprinkle the cheese on top.
4. Bake for 35 minutes. Let stand 10 minutes before serving.

Nutrition Information per $\frac{1}{2}$ cup serving:

Calories: 150

Total fat: 4 gm

Total

Carbohydrate: 14 gm

Fiber: 3 gm

Crust-less Pumpkin Pie

Serving Size: 1 wedge

Number of servings: 8

Ingredients:

Butter flavored cooking spray
2 cups unsweetened pumpkin, canned
1 $\frac{1}{2}$ cups nonfat milk
 $\frac{1}{2}$ cup sugar substitute (Splenda)
 $\frac{1}{2}$ cup low fat biscuit mix
2 $\frac{1}{2}$ tbsp margarine
2 $\frac{1}{2}$ tsp pumpkin pie spice
2 tsp vanilla extract
 $\frac{1}{4}$ cup liquid egg substitute

Preparation:

1. Preheat oven to 350 degrees F.
2. Coat 9-inch baking dish with cooking spray, set aside
3. In large bowl, combine all ingredients. Using an electric mixer or whisk, mix for 1 minute until smooth.
4. Pour mixture into prepared baking dish. Bake for 50 minutes until puffed and set.
5. Cool and refrigerate until ready to serve. When serving cut into wedges. May want to serve with a dollop of sugar-free whipped topping.

Nutrition Information per serving

(1 wedge):

Calories: 71

Fat: 4 gm

Carbohydrate: 5.8gm

Fiber: .8 gm

