

LOW CALORIE CRUSTLESS PUMPKIN PIE

1 – 15 OZ CAN PURE PUMPKIN

½ CUP HALF & HALF OR COCONUT MILK

2 EGG WHITES

¾ CUP ERYTHRITOL (I USED SWERVE)

2 TEASPOONS PUMPKIN PIE SPICE

PREHEAT OVEN TO 350 DEGREES. GREASE AN 8" PIE PAN, SET ASIDE. IN A LARGE BOWL, COMBINE ALL INGREDIENTS & BLEND THOROUGHLY. POUR MIXTURE INTO PREPARED PAN & BAKE 50 – 60 MINUTES. IT WILL FIRM UP ONCE IT IS CHILLED; YOU CAN ALSO FREEZE IT 30 – 60 MINUTES BEFORE SERVING.

SERVE 8, 44 CALORIES / SERVING!

ROASTED BRUSSELS SPROUTS

INGREDIENTS

- 2 LBS FRESH BRUSSELS SPROUTS, CUT IN HALF LENGTHWISE
- 1 MEDIUM RED ONION
- 6 CLOVES GARLIC, ROUGHLY CHOPPED
- 1 TSP KOSHER SALT
- 1 TSP FRESHLY GROUND BLACK PEPPER
- PINCH OF RED PEPPER FLAKES
- 2 TBSP OLIVE OIL

PREHEAT OVEN TO 425 DEGREES. LINE A SHEET PAN WITH FOIL. PUT THE BRUSSELS SPROUTS, SPICES, AND OLIVE OIL IN A BOWL & TOSS UNTIL WELL COATED. BAKE IN A SINGLE LAYER FOR 20 – 25 MINUTES, UNTIL SPROUTS ARE FORK-TENDER.

CROCK-POT STUFFING

2 C EACH CHOPPED ONION & CELERY

3.5-4.5 CUPS BROTH

1/2 C CHOPPED PARSLEY

2 EGGS, BEATEN

2-8 OZ CANS MUSHROOMS, DRAINED

12-13 CUPS BREAD CUBES

WHIP EGGS. ADD ONION, CELERY, MUSHROOMS, & PARSLEY; STIR WELL. ADD (SEASONED) BREAD CUBES; STIR. PACK INTO A LARGE CROCK POT. COOK ON HIGH 45 MINUTES; REDUCE TO LOW 4-8 HOURS, STIRRING OCCASSIONALLY.

BREAD STUFFING YIELDS AN AVERAGE OF 352 CALORIES PER CUP; HOWEVER ~ 151 OF THOSE CALORIES ARE FROM FAT. THIS RECIPE WILL PROVIDE ABOUT 200 CALORIES PER CUP!

HOW TO MAKE THE CREAMIEST MASHED CAULIFLOWER!

YOU WILL NEED:

- 2 – 16 OZ PACKAGES OF RICED CAULIFLOWER
- 2 TABLESPOONS OF UNSALTED BUTTER
- 2 CUPS WATER
- 1 TEASPOON KOSHER SALT

MELT THE BUTTER IN A 4-QUART POT OVER MEDIUM-HIGH HEAT. ADD THE CAULIFLOWER AND SAUTE, STIRRING OCCASIONALLY, UNTIL THE CAULIFLOWER HAS AN OPAQUE APPEARANCE, ~ 5 MINUTES.

ADD THE WATER & SALT; BOIL UNTIL TENDER, ~ 10 MINUTES.

DRAIN, RESERVING ¼ CUP OF THE COOKING LIQUID.

PLACE CAULIFLOWER BACK IN POT; MASH OR PUREE. (I USED A HAND MIXER – PROBABLY WOULD'VE BEEN CREAMIER CONSISTENCY IF I'D USED MY NINJA BLENDER.

THIS CAN BE MADE UP TO THREE DAYS IN ADVANCE. STORE IN AN AIRTIGHT CONTAINER IN THE REFRIGERATOR; REHEAT OVER LOW HEAT. THERE ARE AROUND 50 CALORIES IN A ½ CUP SERVING.

PEGGYANN'S CRANBERRY SAUCE

1 - 12 OZ BAG FRESH CRANBERRIES

1 – 3 OZ BOX CHERRY JELLO (SUGAR FREE)

1 - 1/2 CANS CRUSHED PINEAPPLE

1 HANDFUL WALNUTS, CHOPPED

PUT CRANBERRIES IN A SAUCE PAN WITH A LITTLE WATER & COOK UNTIL THEY "POP" & LIQUID IS STILL BOILING. ADD JELLO & STIR TO DISSOLVE. REMOVE FROM HEAT. ADD PINEAPPLE & WALNUTS. STIR UNTIL MIXED WELL. CHILL TO THICKEN.