

CREAM-CHEESE-FILLED CUPCAKES

- 1 (8 Oz.) Package Lite Cream Cheese, Softened
- 1/2 Cup Sugar
- 1 Egg
- Dash Of Salt
- 2 Cups Chocolate Chips
- 1 Package Chocolate Cake Mix

In small mixer bowl, beat cream cheese and sugar on medium until fluffy; beat in egg and salt. Stir in chocolate chips; set aside. Prepare cake mix according to package directions. Line muffin pans (enough for 30 cupcakes) with paper bake cups; fill with 1 tablespoon cake mixture. Drop 1 well-rounded tablespoon cream-cheese mixture into each bake cup. Spread remaining chocolate-cake mixture over top. Bake at 350° for about 20-25 min; cool.

Frosting:

- 6 Tablespoons Margarine
- 4 To 4-3/4 Cups Powdered Sugar
- 1 1/2 Tablespoons cocoa
- 1/4 Cup Milk
- 1-1/2 Teaspoons Vanilla
- 6 Oz. Chocolate Chips
- 2 Tablespoons Margarine

In small mixer bowl beat 6 tablespoons margarine till light and fluffy. Gradually add about half of the powdered sugar & cocoa. Beat in the milk and vanilla. Gradually beat in remaining powdered sugar, then additional milk if necessary. Frost cupcakes.

Chocolate Drizzle:

Melt 6 oz. Chocolate pieces with 2 T. margarine and drizzle over frosting.

Note: Cupcakes may be frozen.

SWEDISH MEATBALLS

- 4 lbs. ground beef (extra lean; ground round)
- 4 eggs
- 1 cup lite half & half
- 2 cups oatmeal or bread crumbs
- 3 teaspoons salt
- 2 teaspoons Accent (MSG)
- 2 teaspoons minced onion
- ¼ teaspoon Allspice
- ¼ teaspoon white pepper

Combine all ingredients thoroughly and shape into meatballs. Brown in 1 tablespoon margarine (may need to add more margarine if there's not enough pan drippings) in large skillet. Remove meatballs to large bowl.

GRAVY:

- 4-8 Tablespoons margarine
 - 8 tablespoons flour
 - 4 beef bouillon cubes
 - 3 cups water
 - 2 cups half & half (lite okay)
1. Add 4 to 8 tablespoons margarine (depending upon amount of drippings) to pan drippings and add 8 tablespoons flour; blend.
 2. Very gradually stir in 1 cup water. When mixture is smooth with no lumps, gradually add remaining 2 cups water and 2 cups half & half. Stir until mixture thickens. Add more water if too thick.
 3. Return meatballs to skillet; simmer 15 minutes.

CALZONE

DOUGH:

Combine in large bowl and let sit for 5 minutes:

- 1¼ cup warm water
- 1 teaspoon sugar
- 1 tablespoon dry yeast

Add:

- ¼ cup vegetable oil
- 1 teaspoon salt
- 3 cups flour (or more to make a soft dough)

Turned out on lightly floured board; knead until smooth. Put in oiled bowl and let rise in warm place, 30-45 minutes. Divide dough in half and roll out dough to fit in bottom of 10" x 15" baking pan.

- ½ lb. Provolone cheese, grated (divided)
- 6 oz. Pepperoni
- 1 wedge Fresh parmesan cheese, grated
- 15 oz. Ricotta cheese
- 3 teaspoons pizza seasoning
- 1 green pepper, chopped and sautéed
- 1 onion, sautéed
- 2 tomatoes, chopped
- ½ lb. Jimmy Dean Pork sausage, cooked and drained
- 4 oz. Black olives, chopped
- 8 oz. Mushrooms

1. Sprinkle half of the Provolone cheese over the dough and layer half of the pepperoni on top. Sprinkle 1/3 of the parmesan cheese over top.
2. Combine Ricotta cheese, pizza seasoning, pepper, pork sausage, olives, mushrooms, onion, tomatoes and 1/3 Parmesan cheese; mix well. Spread over dough. Top with remaining pepperoni and Provolone cheese.
3. Roll out remaining dough and place over filling. Press dough all around edge to seal with bottom crust. Brush surface of dough with egg yolk. Sprinkle with remaining Parmesan cheese.
4. Cut decorate "X" pattern over surface of dough, creating holes in top layer, for steam to escape. Bake at 425° for 20-25 minutes or until deep golden brown. Allow to stand 10 minutes before cutting.

12 servings

EGGPLANT-MUSHROOM LASAGNA

- ½ lb. lean Ground beef
- 1 lb. Jimmy Dean pork sausage
- 1 eggplant, thinly sliced (use grater)
- 1 lb. Fresh mushrooms, sliced in halves or thirds
- 1 jar Ragu Light Parmesan Alfredo sauce
- 6 cloves garlic (run thru press)
- 1 lb. Italian blend cheese, shredded
- 4 oz. Grated Parmesan cheese
- 12 lasagna pasta

1. Brown meats; add eggplant and cook until tender (eggplant will almost totally dissolve in mixture). Add mushrooms and cook slightly (mushrooms will only be partially cooked). Mix in garlic and Alfredo sauce; simmer 2-3 minutes.
2. Cook lasagna pasta according to package directions.

In 9 x 13 pan, layer ingredients in three layers: pasta, meat mixture & cheese. Bake @ 350° for 30-40 minutes; let stand 5 minutes before serving.

SALAD DRESSING

- ½ cup oil
- ¼ cup tarragon vinegar (or use a blend of Balsamic vinegar)
- ¼ teaspoon Thyme
- 1 teaspoon dried or fresh chives
- 4+ garlic cloves, crushed (run through garlic press)
- 1 teaspoon MSG (Accent)
- ¼ teaspoon salt
- ¼ teaspoon white or black pepper
- ½ teaspoon Knorr Aromat (Swiss seasoning)
- 1 teaspoon Dijon mustard

Mix together all ingredients and toss with blend of lettuce, spinach, cucumber, tomatoes, diced avocado, radishes, etc.

STUFFED JUMBO SHELLS

- 12-16 oz. jumbo shells
- 1 ½ lbs. ground beef
- ½ lb. ground pork
- 1 small onion, chopped
- ½ lb. mozzarella cheese, grated
- 1 teaspoon salt
- 1 teaspoon Italian seasoning
- ¼ teaspoon pepper
- 1 cup spaghetti sauce

Cook shells for 15-20 minutes; rinse and drain. Brown beef and onion; drain excess fat. Add seasonings and cheese. Cook 5 minutes. Stir in ½ cup spaghetti sauce. Remove from heat and cool 5 minutes. Stuff each shell with meat mixture.

- 2 cups spaghetti sauce
- ½ lb. Mozzarella cheese, grated
- 4 oz. parmesan cheese, grated

Pour 1 cup of sauce in 9" x 13" baking dish. Place stuffed shells in dish and pour remaining 1 cup sauce on top. Sprinkle with cheeses and bake at 350° for 30 min.

FETTUCCINE ALFREDO

- 1/4 cup butter or margarine
- 3 tablespoons flour
- 4 oz. lite cream cheese
- 1 cup milk
- 1 cup lite half & half
- 4-6 cloves fresh garlic
- salt and pepper to taste
- 2/3 cup fresh grated Parmesan cheese
- fresh chives, chopped
- 16 oz. Fettuccine, prepared as directed.

1. In medium saucepan, melt butter, then stir in flour. Cook 1 minute and then gradually add the milk and half & half, stirring constantly. Add cream cheese and stir until melted.
2. Run cloves of garlic through press and add to mixture. Add salt & pepper.
3. Simmer at very low heat for 20-30, stirring constantly, until thick. Remove from heat and stir in Parmesan cheese; serve immediately over hot fettuccine noodles.

OPTIONAL: Add cubed chicken or seafood such as crab meat or shrimp. If using seafood, add 2 oz. Clam juice.

RICE SALAD

- 2 ¼ cups uncooked Uncle Ben's rice
 - 2 chicken bouillon cubes
 - 2 tablespoons margarine
 - salt
 - 10 oz. frozen mixed vegetables
1. Prepare rice according to package direction using half of recommended salt, margarine and add 2 chicken bouillon cubes.
 2. Cook vegetables and add to rice.
 3. Mix the following together and add to rice mixture:
 - ¼ teaspoon salt
 - ¼ teaspoon pepper
 - ¼ teaspoon paprika
 - ¼ teaspoon dill weed
 - ¼ teaspoon cumin
 - ½ teaspoon curry
 - ½ teaspoon Aromat
 - 4+ garlic cloves—run through garlic press
 - 2 teaspoons Grey Poupon mustard
 - 2 tablespoons mayonnaise
 - 1/3 cup red wine vinegar
 - 1/3 cup oil

Best served at room temperature.

CHOCOLATE ECLAIRS

- 1 cup water
 - ½ cup (1 stick) margarine
 - ¼ teaspoon salt
 - 1 cup flour
 - 4 eggs
1. In medium saucepan, combine water, margarine and salt. Bring to boil over high heat and boil until margarine is melted. Remove from heat.
 2. Add flour to pan all at once and stir to blend. Beat in eggs, one at a time.
 3. Drop by tablespoons (or less) onto lightly-greased cookie sheet 2 inches apart. Bake 20-25 minutes at 400° until golden brown.
 4. Cool on rack. Cut off tops; pull out any filaments of soft dough. Fill and frost.

FILLING:

- 2 pkgs. (3 oz.) instant French vanilla pudding
- 2 cups milk (slightly less)
- 1 teaspoon vanilla
- 12 oz Cool Whip

In mixing bowl, combine pudding, milk and vanilla. Beat until thickened, 1-2 minutes. Fold in

Cool Whip.

FROSTING:

- 2 blocks (1 oz.) unsweetened chocolate
- 3 tablespoons margarine
- 3 tablespoons milk
- 1 teaspoon vanilla
- 1 cup powdered sugar

In small pan, combine chocolate and margarine. Heat over low heat until melted. Transfer to medium bowl. Add milk, vanilla and sugar. Stir until blended. Frosting will be slightly runny.

CREAM PUFFS

- 1 cup water
- ½ cup (1 stick) margarine
- ¼ teaspoon salt
- 1 cup flour
- 4 eggs

1. In medium saucepan, combine water, margarine and salt. Bring to boil over high heat and boil until margarine is melted. Remove from heat.
2. Add flour to pan all at once and stir to blend. Beat in eggs, one at a time.
3. Drop by tablespoons (or less) onto lightly-greased cookie sheet 2 inches apart. Bake 20-25 minutes at 400° until golden brown.
4. Cool on rack. Cut off tops; pull out any filaments of soft dough.

- 2 cups whipping cream
- 2 tablespoon powdered sugar

Beat cream until stiff peaks form. Add powdered sugar and blend. Fill individual puffs and dust with powdered sugar.