

Cinnamon Caramel Corn

To set out for folks to munch!

A portion size is 2 cups! That's a lot of crunch for 4 Grams of fat and 117 calories!

Makes 4 (2 cup) Servings

Ingredients:

8 cups air-popped popcorn (about 1/3 cup kernels)
2 Tbsp. honey
4 tsp. butter
¼ tsp. ground cinnamon

Preheat oven to 350°. Spray pan with nonstick cooking spray. Place popcorn in a large bowl. Stir honey, butter and cinnamon in a small saucepan over low heat until butter is melted and mixture is smooth. Immediately pour over popped popcorn. Toss with spoon to coat evenly. Pour onto prepared pan; bake 12 to 14 minutes or until coating is golden brown and appears crackled, stirring twice. Let cool on pan 5 minutes. (As popcorn cools, coating becomes crisp. If not crisp enough, or if popcorn softens upon standing, return to oven and heat 5-8 minutes).

Per 2 cup serving: Calories – 117 Protein – 2 gm. Fat – 4 gm.
 Carbs – 19gm. Sodium – 45mg. Fiber – 1 gm.

Fresh Greens Soup with White Beans, Basil & Tomatoes

Makes 8 – 3/4 cup servings

A really nice soup for a chilly day. I've tries other greens from the produce section and it works fine.

Portion size is ¾ cup. Double your serving size to 1 ½ cups for 8 Grams of fat and 230 calories.

Ingredients:

1 ½ Tbsp. olive oil	1 medium onion, chopped
1 large leek, white part only, chopped	4 garlic cloves, minced
2 small carrots, peeled & chopped	3 Tbsp. minced fresh parsley
¼ lb. green Swiss Chard, finely sliced (about 2 ½ cups)	
3 small tomatoes, seeded and diced (about 1 ¾ cups)	
6 cups low sodium chicken broth	Pinch crushed red pepper flakes
Kosher salt and black pepper to taste	¼ cup sliced fresh basil
1 – 15.5 oz. can white beans, drained	¼ cup freshly grated Parmesan cheese

Heat oil in a large saucepan over medium heat. Add the leeks, onions, garlic, and carrots, sauté for 6-7 minutes or until the onions are soft, stirring occasionally. Add in parsley and sauté for 2 minutes. Add the Swiss chard, sauté 2 minutes, add tomatoes and sauté 2 minutes. Pour in the broth and crushed red pepper flakes. Season with salt and pepper. Bring to a boil, lower heat, and simmer 10 minutes. Add the beans and basil, simmer 5 minutes. Garnish with Parmesan cheese just before serving.

Per ¾ cup serving:

Calories – 115	Fat - 4 gm.	Carbohydrates – 16 gm.
Fiber – 4 gm.	Protein – 5 gm.	Sodium – 195 mg. (without added salt)

Creamy Fruit Whip

Now this is a dessert you can love!

Makes 10– 1/2 cup servings

Ingredients:

- 2 8-oz. packages fat-free cream cheese
- 1 tub sugar-free lemonade mix (enough to make 2 quarts lemonade)
- 1 8-oz container frozen “lite” whipped topping, thawed
- 1 cup crushed strawberries (fresh or unsweetened frozen)

1. Place cream cheese and lemonade mix in large bowl.
Beat with an electric mixer on medium speed until fluffy and smooth. Gently fold in whipped topping, then strawberries, mixing until combined
2. Pour into individual serving dishes if desired. Cover and refrigerate 2 hours or until of a slightly firmer consistency. Stir twice during chilling.

Per Serving: Exchanges: 1 Carbohydrate, 1/2 Fat

Calories - 103	Calories from Fat - 27	Total Fat – 3g
Saturated Fat <1g	Sodium - 395 mg	Carbohydrate - 12gm
Dietary Fiber 1g	Sugars - 6gm	Protein - 2gm

Fat-Free Fruit Dip

This is a yummy way to enjoy fresh fruit during the holidays and beyond. Wonderful to take to a potluck.

Ingredients:

- 6-8 ounces non-fat sugar-free flavored yogurt (whatever flavor you like)
- 1 8 ounce package fat-free cream cheese
- 2 packets Splenda

Mix together with a hand mixer. Refrigerate for at least 1 hour. Serve with your favorite fruit.

Serving Size: 2 Tablespoons

Calories: 20

Carbohydrates: 2 grams

Protein: 2.6 grams

Sodium: 106 milligrams