

## Angel Food Cake

Submitted by Jan Randolph

1 1/2 c. sifted flour

1 3/4 c. sugar

14 egg whites

1 tsp. cream of tartar

2 tsp. vanilla extract

1/2 tsp. almond extract

1 1/2 tsp. lemon juice

Preheat oven to 300 degrees. Sift flour into mixing bowl. Sift sugar into a separate bowl. Set aside. Beat egg whites until foamy. Add cream of tartar and continue to mix until the egg whites form soft peaks. Gently fold in sugar. Gently fold in flour a little at a time. Mix together the vanilla, almond and lemon juice in a separate bowl. Slowly add mixture into the egg white mixture. Pour into a ten inch tube pan and bake about one hour or until light brown. The top should spring back when touched. Let cool upside down in the pan. When ready to serve, use a knife and run it between the pan and cake and gently remove. Slice and serve. Makes twelve slices.

1 serving % Daily Value

Cal. 225      Chol. 0%      Carb. 16%      Sugar 36 g      Sodium 13%      Fat 0%

## Apple Berry Salsa

Recipe Submitted by DaNell Wilkins

2 granny smith apples (chopped)

2 tsp lemon juice

1 cup strawberries (fresh, chopped)

3 kiwi (peeled & chopped)

1 orange

2 Tbsp brown sugar sweetner (Splenda) or 2 Tbsp

sugar free apple jelly, melted

- I. In large bowl, toss chopped apple with the lemon juice.
- II. Add the strawberries and the kiwi.
- III. Grate about 1 Tbsp orange peel into the fruit.
- IV. Squeeze about 3 Tbsp orange juice over the fruit.
- V. Stir in brown sugar or jelly until dissolved.

## Tortilla Chips

(serve with Apple Berry Salsa)

8 whole wheat tortilla chips

¼ cup Splenda (brown sugar or regular)

2 tsp cinnamon

water

- I. Cut each tortillas into 8 equal wedges.
- II. Brush the tortillas with a tiny bit of water so the sugar and cinnamon will stick.
- III. Mix the Splenda and cinnamon well.
- IV. Sprinkle the mix evenly over the tortillas.
- V. Place the wedges on a baking sheet, in a single layer. Bake in a preheated 400 degree oven for 6 minutes or until lightly browned.
- VI. Cool until crisp and serve with salsa.

## Garden Ratatouille

Recipe Submitted by Sandra MacConnell

2 T. extra-virgin olive oil

1 C. chopped onion

1 medium yellow or red bell pepper, diced

4 cloves garlic, minced

1 medium eggplant, peeled and diced

1 can (14 oz.) Italian-style stewed tomatoes, undrained, coarsely chopped

1/3 C. pitted, sliced black olives

1 T. plus 1 ½ tsp. balsamic vinegar

½ tsp. salt

¼ tsp. red pepper flakes

¼ C. chopped fresh basil

Sliced and toasted French bread

Heat oil in large deep skillet over medium heat. Add onion; cook 5 minutes, stirring occasionally. Add bell pepper and garlic; cook 5 minutes, stirring occasionally. Stir in eggplant, olives, and tomatoes with juice. Bring to a boil over high heat. Reduce heat; simmer, covered, 15 minutes or until vegetables are tender.

Stir in vinegar, salt and red pepper flakes; cook uncovered, 2 minutes. Remove from heat; stir in basil. Serve warm or at room temperature on toasted French bread slices.

Nutrients per serving: (1 slice toasted bread topped with ½ cup ratatouille)

Calories: 180                      Calories from fat: 25%

Total fat: 5g                      Saturated fat: 1g

Cholesterol: 0mg   Sodium: 583mg

Carbohydrate 28g   Dietary fiber: 3g   Protein: 5g

Dietary Exchanges: 1 Starch, 2 ½ Vegetable, 1 Fat

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### Quiche Lorraine

Recipe Submitted by Carol Ann Shipp

1 10 inch unbaked pastry shell

8 slices bacon, diced

1/2 lb. (2 c.) grated Swiss cheese

1 T. flour

1/2 tsp. salt

Dash nutmeg

3 eggs, beaten

1 3/4 c. milk

Bake pastry shell in very hot oven (450) **only seven minutes**, or just until lightly browned. Remove from oven; reduce oven temperature to 325.

Fry bacon until crisp; drain and crumble. Reserve 2 tablespoons bacon for trim. Place remaining bacon in pie shell; add cheese. Combine remaining ingredients; pour over. Sprinkle reserved bacon atop in circle.

Bake at 325 degrees for 35 to 40 minutes, or till almost set in center. **Let cool 25 minutes** before serving.

Sugar Free Champagne Cake  
Recipe Submitted by Nancy Dobbs

1 pkg. Sugar Free yellow cake mix  
1 4 oz. Sugar Free vanilla instant pudding mix  
3 oz. cream cheese (softened)  
20 oz. crushed pineapple (drained)  
8 oz. Sugar Free cool whip  
Chopped nuts

Make cake according to directions and pour in 9x13 pan. Bake and cool. Make pudding and add cream cheese. Spread this on the cool cake. Mix cool whip and drained pineapple – spread on cake – put chopped nuts on top. Refrigerate.

Sweet & Crispy Apple Chips

Recipe Submitted by Kristi Lookfong

4 apples, fresh (sliced paper thin)  
Mix of Splenda and ground cinnamon

On top of 2 large cookie sheets, use parchment paper or cooling racks (like you'd use for cookies). If using cooling racks, line cookie sheets with aluminum foil.

Preheat the oven to 225 degrees.

Core, then slice 4 apples as paper thin as possible (a mandoline slicer is helpful if you have one).

Spread the apples in a single layer on top of the parchment paper or cooling rack.

Sprinkle lightly with a cinnamon/Splenda mix.

Cook in the oven for 1 hour.

Turn over, sprinkle again with Splenda/cinnamon and bake for another hour until lightly browned.

Store in an air-tight container, such as a zippered sandwich bag.