

Healthier Pumpkin Pie

10 servings 220 calories per serving

Crust

1 1/2 cups Flour, unbleached
1/2 cup Wheat Flour
1/2 teaspoon Salt
1 tablespoon Sugar
5 tablespoons Butter, chilled
4 ounces Low Fat Cream Cheese, chilled
4 tablespoons Water, ice cold

Batter

4 ounces Low Fat Cream Cheese
4 ounces Apple Sauce
2 cups Canned Pumpkin
3/4 cup Sugar
1/4 teaspoon Salt
3 ounces Egg Beaters® 99% egg substitute
1 each Egg Yolk
3 tablespoons Dry Milk
1 cup Non-fat Milk
1 teaspoon Vanilla, Extract
1/2 teaspoon Cinnamon, ground
1/4 teaspoon Ginger, ground

1. Place the flour, salt, and sugar in the bowl of a food processor fitted with a steel blade and pulse a few times to mix. Grate the cream cheese and the butter into flour mixture. Pulse 8 to 12 times, until the butter is the size of peas. With the machine running, pour the ice water down the feed tube and pulse the machine until the dough begins to form a ball. Dump out on a floured board and roll into a ball. Wrap in plastic wrap and refrigerate for 30 minutes. Roll on a well-floured board into a circle, rolling from the center to the edge, turning and flouring the dough to make sure it doesn't stick to the board. Fold the dough in half, place in a pie pan, and unfold to fit the pan.
2. Preheat the oven to 350 degrees F. Fit a piece of aluminum foil to cover the inside of the shell completely. Fill the shell up to the edges with pie weights or dried beans (about 2 pounds) and place it in the oven. Bake for 10 minutes, remove the foil and pie weights and bake for another 10 minutes or until the crust is dried out and beginning to color.
3. For the filling, in a large mixing bowl, beat the cream cheese. Add the pumpkin and applesauce while beating and mix until combined. Add the sugar and salt, and beat until combined. Add the egg beaters mixed with the yolk, dry milk, and nonfat milk and beat until combined. Finally, add the vanilla, cinnamon, and ginger and beat until incorporated.
4. Pour the filling into the warm prepared pie crust and bake for 50 minutes, or until the center is set. Place the pie on a wire rack and cool to room temperature.

Mocked Potatoes

6 servings 95 calories per serving

2 each Russet potato, peeled and cut into quarters
1 head Cauliflower
1 tablespoon Cream Cheese
1/4 cup Parmesan cheese
1 teaspoon Garlic, minced
1/2 teaspoon Salt
1/2 teaspoon Pepper
3 tablespoons Butter

1. In a large pot, bring salted water to a boil. Clean and cut cauliflower into small pieces. Add cauliflower and potatoes to hot water. Cook in boiling water for about 6 minutes, or until soft. Drain well; do not let cool and pat dry with paper towels.
2. In a food processor, puree the hot cauliflower and potatoes with the cream cheese, Parmesan, garlic, salt, pepper, and butter until almost smooth. Serve while hot.

Mean Bean Casserole

8 Servings 140 calories per serving

2 tablespoons Olive Oil
1 cup Onions, cut thin
1 tablespoon Cornstarch
1 1/2 pounds Green Beans, trimmed, blanched
1 pound Mushrooms, sliced
1 tablespoon Garlic, minced
1/2 tablespoon Thyme
3 cups Milk, 1% lowfat
3 tablespoons Flour
1/3 cup Parmesan cheese
1/2 cup Parsley, minced
1/4 teaspoon Nutmeg
1/2 teaspoon Salt
1/2 teaspoon Pepper

1. Preheat the oven to 375 degrees F. Toss onions in cornstarch. Heat the olive oil in a non stick pan over high heat until very hot but not smoking. Add onions and cook, stirring, until golden brown and starting to crisp, about 2 minutes. Transfer with a slotted spoon to paper towels to drain. Reserve the oil in the skillet.
2. Add the mushrooms and cook, stirring occasionally, until the mushroom liquid is evaporated and they begin to brown, about 12 minutes. Add the garlic and thyme and cook until garlic is translucent. Add the flour and cook for 2 minutes until just starting to turn color.
3. Slowly add the milk, a little at a time, letting the mixture thicken before adding more each time. Whisk constantly and bring to a simmer. Reduce the heat to medium low, whisking occasionally, until thickened, 10 to 15 minutes. Remove the pan from the heat and stir in the green beans, parmesan cheese, parsley, nutmeg, salt and pepper.
Coat a baking dish with cooking spray. Spoon the green bean mixture into the prepared dish and sprinkle the top with the crispy onions and a little extra cheese if desired. Bake until golden on top and bubbling, about 20 minutes.