

Mom's Moments Recipes

*We hope this compilation of recipes from our newsletters will be helpful to you!
Store them in a photo album with 4 X 6 transparent pockets for easy access & easy clean-up!
Send your recipes to anna@momsmoments.ca.*

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MM—Good Eats...

Chicken & Rice With Vegetables

¼ cup fat-free Italian dressing
2 boneless skinless chicken breasts, cut into pieces
3 cups fresh or frozen vegetables
(I used zucchini, orange pepper and broccoli the other night, and ALL my guys loved it—2-yr-old to 33-yr-old! YUM!)
1 can 25% less sodium chicken broth
4 servings of rice - use your favourite type - we love basmati!

Pour dressing into large skillet on medium heat. Add chicken. Cook and stir until lightly browned. Add vegetables. Cook and stir 3-5 min. or until crisp-tender.

Cook rice according to package directions (use the broth to replace some of the water needed to cook the rice). When rice is cooked, add to the chicken and vegetable mixture. Blend everything together. Serve.

Makes 4 servings.

- Adapted From Food and Family Kraft Magazine

Three-Pepper and Sweet Onion Roast with Kalamata Olives

Preheat BBQ or oven to 400°F

Cut bell peppers into quarters. Cut each quarter lengthwise into strips ½ inch wide. Cut the onion into 8 wedges.

- Combine the bell pepper strips and onion wedges in a shallow 9-by-13 inch baking dish, BBQ “veggie basket” or wrap in foil. Drizzle evenly with the olive oil and sprinkle with ¼ teaspoon salt and pepper to taste. (Take care when adding salt, as the olives are very salty.)

- Roast the vegetables, turning them once or twice, until golden and tender, about 50 minutes. If using dried rosemary, sprinkle it over the vegetables halfway through the roasting time. When the vegetables are ready, sprinkle them with the olives and with the fresh rosemary, if using, and roast for 5 minutes longer.

- Transfer the vegetables to a warmed bowl and serve at once.

- Taken from Williams-Sonoma’s Essentials of Healthful Cooking

Nacho Night

Tortilla Chips (low salt for a healthy twist!)
1 chicken breast or ½ lb. ground beef
1 cup cheddar or mozzarella cheese (or combine both!)
1 cup salsa
Topping Options: Lettuce, red and green peppers,
Sour cream... get creative!

Cook meat and chop if necessary. Heat oven to broil. Spread desired amount of tortilla chips on baking sheet. Spread salsa over tortilla chips. Cover with cooked meat. Grate the cheese and sprinkle on top. Broil for about 3 minutes. Top with your choice of options. Serve with fresh cut vegetables, or add the salsa and peppers before you bake... your choice!

- Anna Sklar, Sudbury, ON

Jack’s 24-Hour Salad

From Jack Spence, Zephyr Hills, Florida

¼ head lettuce, chopped
2 celery stalks, chopped
1 green pepper, chopped
½ medium red onion, finely chopped
1¼ cup frozen peas, thawed
1 cup mayonnaise
¼ cup salad oil
2 tbsp. Sugar
¼ cup parmesan cheese, grated
1 cup cheddar cheese, grated
bacon bits & croutons to garnish

Layer ingredients in a 9x11 dish, from the bottom up, as follows: lettuce, celery, green pepper, peas, onion. Mix mayo, oil, sugar & parmesan cheese. Pour mix over veggies. Sprinkle cheddar cheese on salad. Top with bacon bits. Cover with plastic wrap. Refrigerate for 24 hours. Garnish with croutons. Serve untossed. Serves 6-8.

MM—Good Eatz...

Crock Pot Honey BBQ Ribs

2-4 lbs pork spareribs (can be cooked from frozen)
1 pouch Campbell's Dry Onion Soup and Recipe Mix
¾ cup ketchup
¾ cup water
1/3 cup honey or ¼ cup brown sugar
¼ tsp garlic powder or 2 cloves garlic, minced



1. Place the ribs in the crock pot and cover with ½ cup water.
2. Mix the remaining ingredients in a bowl and pour the mixture over the ribs as you add it to the crock pot.
3. Cook on low for 8-10 hours, or on high for 4-6 hours.
4. Cut meat into 2 or 3 rib portions either before cooking, or part way through cooking.

Note: Mix the leftover sauce with meatballs. This idea is great for putting together meatball sandwiches in advance and freezing them for quick meals that are portable and easy to reheat in a hurry! Add a salad or raw veggies! - **Anna Sklar, Sudbury, ON**

Pork Tenderloin with Lemon and Herb Marinade

1 lb. pork tenderloin
Grated rind and juice of 1 lemon
2 large cloves garlic, minced
2 tsp dried basil (or 2 tbsp fresh)
1 tsp dried thyme (or 1tbsp fresh)
2 tbsp chopped fresh parley
1 tbsp olive or canola oil
1 sweet green pepper, cut in squares
2 onions, quartered and separated into pieces
16 cherry tomatoes or fresh pineapple chunks

- In bowl, combine lemon rind and juice, garlic, basil, thyme, parsley, and oil. Cover the pork well with the marinade. Cover and let sit in the refrigerator for 4 hours or overnight (it's still good if you don't have that much time to let it marinate!)

- Place the tenderloins in a roasting pan/casserole dish. Place tomatoes, onions and green peppers all around the pork. Bake at 425°F for 30-40 min. (internal temperature of pork should be 160°F). Serve with a salad, rice and anything you like! The tomatoes burst in your mouth!! Enjoy!

- **Recipe adapted from Anne Lindsay's The New Lighthearted Cookbook —Recipes for Heart Healthy Cooking.**

Tomato Sauce

From Monique Dukovac, New Milford, Connecticut

Great as a meatless sauce to go with spaghetti, lasagna, cannelloni, pizza, etc, or make into a delicious meat spaghetti sauce by first browning 500g of ground beef, and then add your favourite vegetables to the sauce (celery, mushrooms, green pepper and carrots are family favourites!)

2 tbsp olive oil
¾ cup chopped onions
2-3 garlic cloves, minced
1 can tomatoes (crushed or diced)
1 6 oz. can of tomato paste
1 bay leaf
½ tsp each of: oregano and basil
¼ tsp each of : marjoram, thyme and rosemary
½ tsp salt
⅛ tsp pepper
1½ tsp white sugar
½ tsp crushed chillies, optional

Sauté onions on medium-high heat in oil (do not let brown). Add the rest of the ingredients (garlic included). Bring to a boil, and reduce heat to medium. Simmer uncovered for one - two hours (when you're in a bind, 30 minutes will do the trick, but the longer the better!)

Chili Chow-Down

1 lb ground beef
½ large green pepper
1 large tomato, diced
½ cup frozen corn
1 can kidney beans
1 can tomato soup
¼ cup ketchup
1 lime

Brown beef on medium heat. Add green pepper and cook until tender, about 5 minutes. Mix in the rest of the ingredients, except the lime. Cut the lime in half and squeeze the juice into the chili. Cook until warmed through. Serve with rice or whole grain buns, and add a salad. Makes 6-8 servings. Freezes well! Hint: mash the green pepper and kidney beans in food processor to avoid detection from picky eaters!

- **Anna Sklar, Sudbury ON**

MM—Good Eats...

Spinach & Roasted Red Pepper Lasagna

- Adapted from *Williams-Sonoma's Essentials of Healthful Cooking*

- If using fresh spinach, rinse carefully, discard damaged leaves & drain briefly in a colander. Work in batches if necessary to transfer to large saucepan with only the water that clings to the leaves.
- Place over medium-high heat, cover & cook, turning leaves a couple of times, until wilted and slightly firm to the bite, 5-6 minutes.
- Drain well and chop finely. Squeeze spinach to remove most of moisture. If using frozen spinach, cook according to the package directions, let cool, and squeeze out.
- Remove casings from Italian sausage. Cook in a frying pan, breaking it up with a wooden spoon.
- Mix ricotta (or cottage cheese) & egg whites. Stir in Parmigiano-Reggiano & ½ cup of mozzarella cheese.
- Stir in 1 tsp salt & ¼ tsp pepper. **Preheat oven to 350°**
- Assemble lasagna by covering bottom of 9X13" baking dish with 4 cups of tomato sauce. Arrange 3 noodles on top of the sauce. Cover noodles with half of bell peppers, cutting them lay flat. Cover peppers with half of spinach, using fingers to pull clumps apart. Sprinkle half of garlic over spinach. Using a large spoon, dollop half of Italian sausage, then cheese mixture on top of spinach. With back of spoon, gently out cheese. Top with another layer of pasta, then remaining peppers, spinach, garlic, sausage, & cheese mixture. Cover with remaining 3 noodles. Spread the remaining 4 cups tomato sauce over top.
- Cover with aluminum foil. Bake until pasta is almost soft, about **1¼ hours**. Uncover lasagna. Sprinkle remaining ½ cup mozzarella evenly over top. Replace foil. Bake until pasta is soft & cheese on top of lasagna is melted, about 15 minutes longer. Uncover and let sit for 20 minutes before cutting & serving.

INGREDIENTS:

2 kg fresh baby spinach or
1kg frozen chopped spinach
500g your favourite Italian
sausage
500g part-skim ricotta
cheese OR low-fat cottage
cheese
2 large egg whites
½ cup grated Parmigiano-
Reggiano cheese
1 cup shredded part-skim
mozzarella cheese
8 cups tomato sauce ([see MM
Oct newsletter, Good Eats](#))
9 dried lasagna noodles (or
fresh)
3 large red bell peppers,
roasted & seeded
2 large cloves garlic, minced

Creamy Chicken and Rice Soup

Prep: 25 minutes Cook: 30 minutes Makes: 6 servings

½ cup chopped onion
1 celery stalk sliced
½ cup sliced carrot and/or sliced mushrooms
1 tbsp butter
1 can (14 oz) reduced-sodium and fat free chicken broth
1 can (10 ¾ oz) reduced-fat, reduced-sodium condensed
cream of chicken soup
1 cup water
1 package (16¼ oz) chicken-flavoured rice pilaf mix
2½ cups 1% milk
2 cups chopped cooked chicken
snipped fresh parsley (optional)

1. In a large saucepan cook onion, celery, and carrot in hot butter over medium heat until tender.
2. Add chicken broth, soup, and water. Stir in pilaf and mix with the seasoning packet and pepper. Bring to boiling; reduce heat. Simmer, covered, about 20 minutes or until rice is tender, stirring occasionally.
3. Stir in milk and cooked chicken; heat through. If desired, sprinkle each serving with parsley.

- **From Kid Favorites Made Healthy by Better Homes and Gardens.**

Good Eats... Caroline's September "On the Go" One-Day Menu

Here is a "one day menu" plan with easy to prepare meals and snacks, complete with recipes, to give you ideas on how you can eat well throughout your day!

This month features the "on the go" menu... Whether it's rushing to take the kids to school, to head out to work, to get some exercise or take part in another activity, this healthy menu can help you stay fuelled so you can get the energy you need to make it through your busy day.

Breakfast

Breakfast Pita & a Mango-Berry Smoothie

Snack

Apple and Handful of Raw Almonds

Lunch

Whole Wheat Pita Stuffed with Chicken Salad

Snack

Crudités (carrots, celery, peppers, cucumbers, carrots)

Hummus

Dinner

Mediterranean Chicken & Chickpea Stew

Mediterranean Chicken & Chickpea Stew

2 *tbsp olive oil*
1 *medium onion, chopped*
1 *medium green pepper, chopped*
2 *garlic cloves, minced*
1 *tsp dried oregano, crumbled*
28 *oz can diced tomatoes*
19 *oz can chickpeas, rinsed and drained*
1 *cup chicken broth*
¼ *cup fresh parsley, chopped*
½ *tsp salt*
¼ *tsp black pepper*
1 *deli rotisserie chicken, cut into 8 to 10 pieces*
½ *cup black kalamata olives, coarsely chopped*

- In a Dutch oven or very large skillet, cook onion & green pepper over medium heat until softened – about 5 minutes.
- Add garlic & oregano and cook, stirring, for just 1 minute.
- Now add tomatoes, chickpeas, chicken broth, parsley, salt & pepper. Cook, stirring a few times, for about 5 minutes.
- Now add chicken pieces & olives. Continue to cook, uncovered, for 15 minutes, stirring frequently.
- Serve chicken & sauce over hot cooked rice, couscous or noodles.
- This dish can be made from start to finish in about 30 minutes. Makes 4-5 servings.

Breakfast Pita

From *Pita Break*; can be found at Loblaws or Costco. Comes in a variety of breakfast pita flavours: Breakfast Muesli, Finland Sunrise Rye, Morning Grain, and Sunrise Apple Cinnamon.

Mango Berry Smoothie

½ *cup diced mango*
½ *cup mixed berries (frozen or fresh)*
½ *cup plain or vanilla yogurt*
½ *cup milk*
1/8 *cup honey (to taste)*

Place all ingredients in a blender. Blend until smooth and drink up!

Whole Wheat Pita Stuffed with Chicken Salad

- Cut up some left over chicken from your supper the night before.
- Add chopped up celery and carrots, add some chopped up green onions, mayo to taste, salt and pepper. You can even add grated cheddar cheese if you like.
- Mix it all together and put in your pita. Because of the mayo, you'll need to keep this cool so make sure you have a refrigerator close by or put an ice pack in your lunch bag.

Hummus

19 *oz can drained chickpeas*
¼ *cup tahini (sesame seed paste)*
1-2 *garlic cloves*
½ *tsp salt*
¼ *cup lemon juice or to taste*

Place all the ingredients in a food processor and blend until very smooth. Store in the refrigerator.

Good Eatz... Caroline's October "Gourmet" One-Day Menu

Breakfast

Poached Eggs on Crisped Prosciutto & Roasted Asparagus
Sliced Tomato

Lunch

Grilled Vegetables on a Bed of Lettuce Topped with Grilled Chicken Breast & Balsamic Vinaigrette

Dinner

Chicken Saltimbocca with Steamed Broccoli & Spaghetti with Tomato Sauce
Choice of Your Favourite Sorbet

Seeing as October is MM's anniversary month, it's fitting to have a celebratory spin to this day's menu.

Anniversary doesn't mean foolish... so here is a healthy and delicious celebratory menu for a day!



Poached Eggs on Crisped Prosciutto & Roasted Asparagus

- Place 4 cups of water and 1 tbsp of white wine vinegar into a medium saucepan & simmer. While you wait for the water prepare the prosciutto. Once your water is simmering, add the eggs to the water, one at a time. Boil to desired consistency (4-5 minutes). Remove the eggs with a slotted spoon.
- Place thin slices of prosciutto individually in a non-stick frying pan. Do not add any oil or non-stick spray to the pan. Crisp both sides. Set aside on a paper towel.
- Wash the asparagus and break the tips. Lay in a single layer on a baking pan and drizzle with a little olive oil. Add a little salt and pepper to taste. Broil 6 minutes on each side. Divide asparagus evenly over plates and drape prosciutto slice over.
- Top your asparagus and prosciutto with a poached egg. If you like, you may top with a lemon chive sauce (1 tbsp extra virgin olive oil, ½ tsp lemon juice and chopped chives). Add salt and pepper to taste. (Easy on the salt!)

Grilled Vegetables on a Bed of Lettuce Topped with Grilled Chicken Breast & Balsamic Vinaigrette

- Choose vegetables you like such as zucchini, red peppers, mushrooms and onions. Lightly coat with olive oil. Grill on the BBQ or in your oven until crisp-tender. Set aside (can be eaten warm, at room temperature or cool).
- **Grilled Chicken:** Marinate your chicken breasts at least 30 minutes with ¼ cup olive oil and 2 tbsp lemon juice, one chopped garlic clove, a pinch of hot peppers to taste and 1 tsp oregano. Once the grill is prepared, cook chicken at medium heat (350 F) for 30 minutes, or until the juices run clear.
- **Balsamic Vinaigrette:** Mix 1 tbsp olive oil, 1 tsp balsamic vinegar, fresh basil leaves chopped, salt and pepper. Place your lettuce on a plate and top with some grilled vegetables of your choice. Top with sliced grilled chicken breast and some goat cheese. Enjoy!

Chicken Saltimbocca

- Take two boneless chicken breast halves and top each breast with 2 fresh sage leaves. Wrap each breast with one slice of prosciutto. Add ½ cup of flour to a plate and lightly cover both sides of your chicken breasts in the flour. Set aside.
- Add 1 tsp butter and 1 ½ tsp olive oil to a frying pan and heat. Brown chicken, starting sage side down, about 3-4 minutes per side, until juices run clear. Set aside and keep warm.
- Prepare a lemon sauce by whisking 1 tbsp dry white wine and 1 tsp flour in a small bowl. Add ¼ cup chicken broth and 1 tbsp fresh lemon juice to the pan you cooked your chicken breast in and bring to a boil. Add wine mixture and whisk until sauce thickens (about 30 seconds). Add salt and pepper to taste. Spoon sauce over chicken breasts.
- Serves 2.

Good Eats... Caroline's November One-Day Menu

Keeping it simple and delicious, I've chosen recipes from Weight Watchers this month. These recipes can be prepared in less than 20 minutes. Hope you enjoy this menu as much as my family does!

Breakfast

Tangy Yogurt Pancakes with Blueberry Compote

Lunch

Chicken Barley Soup
Sliced Cantaloupe

Dinner

Turkey Rolls Cordon Bleu
Steamed Green Beans
Linguine with Pesto

Tangy Yogurt Pancakes

1 & 1/3 cups all-purpose flour
2 tbsp sugar
1 tsp baking powder
1/4 tsp baking soda
1/4 tsp salt
1/8 tsp ground nutmeg
3/4 cup plain nonfat yogurt
1/2 cup fat-free milk
1 large egg
1 tbsp canola oil
1/2 tsp vanilla extract

Combine flour, sugar, baking powder, baking soda, salt, and nutmeg in a bowl. In a separate bowl, combine the yogurt, milk, egg, oil, and vanilla. Add the flour mixture to the yogurt mixture, stirring just until smooth. Heat a nonstick skillet over medium heat. Using a scant 1/4 cup for each pancake, pour the batter into the pan. Cook just until the tops are covered with bubbles and the edges are cooked, 2-3 minutes. Turn the pancakes and cook until browned, about 2 minutes more.

Blueberry Compote

1 cup fresh or frozen blueberries
4 tbsp sugar
2 tbsp fresh lemon juice
1 tbsp water

Combine blueberries, sugar, lemon juice, and water in a small saucepan. Bring to a boil over medium-high heat; reduce the heat and simmer, stirring occasionally, until slightly thickened, about 12 minutes. Remove from the heat and keep warm.

Turkey Rolls Cordon Bleu

1 1/4 lb (625g) turkey (or chicken) cutlets, raw
4 (1 oz) slices reduced-fat ham
2 (1 oz) slices reduced-fat Swiss cheese, halved
3 tbsp plain dry breadcrumbs
1 tbsp reduced-fat mayonnaise
1/4 cup dry white wine
1/4 cup reduced-sodium chicken broth
1 tsp butter

Top each cutlet with a slice of ham and then a half slice of cheese. Roll up and secure with toothpicks. Spread the breadcrumbs on a plate. Brush the turkey rolls with mayo; dip in the crumbs, pressing down to coat. Spray a large nonstick skillet with nonstick spray and set over medium-high heat. Add the turkey rolls and sauté until browned all over, about 5 minutes. Add the wine, broth, and butter; bring to a boil. Cover, reduce heat, and simmer until the turkey is cooked through and the sauce thickens, about 5 minutes longer.

Chicken Barley Soup

1 lb skinless boneless chicken breasts, cubed
1/2 tsp salt
1/4 tsp black pepper
1 tsp canola oil
1 3/4 cups chicken broth
5 cups water
1/2 cup quick-cooking barley
10 oz of your choice of vegetables (carrots, celery, zucchini, onions, potato, peppers, tomato, mushrooms, etc.)

Sprinkle the chicken with salt/pepper. Heat the oil in a large nonstick saucepan. Add the chicken and cook until browned, about 5 minutes. Add the broth and water; bring to a boil. Stir in the vegetables and the barley, cover, reduce the heat, and simmer until the barley and vegetables are tender.

MM—Tasty Treats...

Peach Cobbler

From Rebecca in Little Britain, ON.

The topping recipe is for an 8"x8" pan.
Cut up fruit and put in pan.

- ½ cup brown sugar
- ½ cup flour (can use whole wheat flour)
- ½ cup rolled oats
- 1 tsp cinnamon
- ½ tsp nutmeg
- 6 Tbsp soft butter (can melt it in the microwave)

Add all ingredients into a bowl, add melted butter and stir until the topping is clumpy. Sprinkle over fruit and bake at 350 F for 20 minutes. ENJOY!!

Fruit Sauce

1 cup fresh or frozen fruit (strawberries, blueberries, peaches, or whatever you choose - throw in some rhubarb if you like!)

- ⅓ cup sugar
- ⅓ cup water
- 1 tbsp. cornstarch
- ½ tsp. vanilla extract



Mix everything together in a saucepan. Boil over medium-high heat and stir constantly. Lower heat to medium and cook for 2-3 minutes. Continue to stir. Spoon onto waffles, pancakes, ice cream, cake...the list is endless! This recipe doubles easily & freezes well!

- Adapted from the book ***Fit to Cook***

Muffins

2 cups all-purpose flour
½ cup whole wheat flour
¼ cup sugar
1 tbsp baking powder
½ tsp. salt
½ tsp cinnamon
1 egg
1½ cups milk
1/3 cup vegetable oil
Flavouring

- Preheat oven to 400 °F
- Mix dry ingredients in large bowl
- Mix wet ingredients in small bowl
- Add wet to dry
- Stir just until dry ingredients are moistened (still lumpy)
- Spoon into 12 greased muffin cups, or paper cups, or ungreased silicone cups
- Bake about 18 minutes or until golden brown on top

FLAVOURINGS

Chocolate Chip (My favourite!): ½ cup chocolate chips

Cheddar: 2 tbsp. wheat germ, 1 cup grated cheddar, ½ cup OJ & ¾ cup milk (instead of 1½ cups milk)

Apple Maple Oatmeal: 1¼ cup quick-cooking oats, ½ cup maple syrup, 2 apples, cored, peeled and chopped, omit sugar from recipe

Fruit: 2 tsp grated lemon/orange rind, 1 cup of fresh or frozen fruit

Glaze for Fruit Muffins: 1/3 cup icing sugar, ½ tsp grated lemon/orange rind, 2-3 tsp lemon/orange juice - Mix in bowl until smooth and spread on top of warm muffins. - **Anna Sklar, Sudbury, ON**

Arrowroot Squares

Here's a recipe from my mom-in-law, which my husband now makes for me (and our kids)...boy did he get in trouble when I was pregnant with our first son, and discovered he COULD make these, but just HADN'T yet!

Mix in large saucepan:

- ½ cup margarine/butter
- 4 Tbsp. brown sugar
- 2 Tbsp. cocoa

Blend over low heat. Remove from heat and add two beaten eggs. Return saucepan to heat and cook until thickened - like pudding. Add 30 broken arrowroot cookies. Mix and chill to set. Top squares with icing when set.

Icing

- ¼ cup margarine/butter
- 2 cups icing sugar
- 1 tsp. milk
- ½ tsp. vanilla

Stir all ingredients together to spreading consistency. Smooth over squares. Store in refrigerator or freezer.

- **Anna Sklar, Sudbury, ON**

MM—Tasty Treats...

Crispy Fudge

¼ cup butter or margarine
¼ cup corn syrup
1 cup semi-sweet chocolate chips
1 tsp. vanilla
½ cup icing sugar
2 cups Rice Krispies Cereal

In saucepan, combine butter, corn syrup and chocolate chips. Cook and stir over low heat until smooth. Remove from heat. Stir in vanilla and icing sugar. Mix until smooth. Add cereal and mix well. Spread in lightly buttered 8" square pan. Chill. Enjoy!

- From the Rice Krispies box!

Frozen Fruit Medley

1 can apricots (about 14 oz.)
1 can crushed pineapple (about 14 oz.)
4 cups fresh or frozen strawberries
6 oz. frozen orange juice
2 Tbsp. lemon juice
3 bananas, diced

- Dump everything into a large bowl (including the juice from the canned fruit) and mix together.
- Spoon into muffin tins - you may want to line with baking cups or wax paper. I use silicone, and they just pop right out of the muffin cups when frozen!
- Freeze until solid. Package frozen fruit cups in freezer bags. Remove the amount you need about 30 min. to 1 hr. before serving (depends on how frozen you like them)!

- Adapted from the book Once-a-Month Cooking

Cinnamon Apple Cake

1¾ cups sugar, divided
½ cup margarine, softened
1 tsp vanilla
2 large eggs
1 cup all-purpose flour
½ cup whole wheat flour
1½ tsp baking powder
¼ tsp salt
2 tsp ground cinnamon
6 oz (or ¾ package) light cream cheese, softened
3 medium apples, peeled & chopped

Preheat oven to 350°F. Beat 1½ cups sugar, margarine, vanilla and cream cheese with mixer for about 4 minutes. Add eggs 1 at a time, beat after each addition. Combine flour, baking powder and salt. Add flour mixture to creamed mixture, and beat until blended. Combine ¼ cup sugar and cinnamon. Combine 2 tbsp. cinnamon mixture and apples. Stir apple mixture into batter. Pour batter into 8" spring-form pan coated with cooking spray. Sprinkle with remaining cinnamon mixture. Bake for 75 minutes or until cake pulls away from sides of pan. Note: this cake is VERY moist!

- Adapted from Cooking Light Magazine

Pumpkin Muffins

From Caroline Deschamps, Ottawa, ON

¾ cup all bran
¾ cup whole wheat flour
¾ cup granulated sugar (can use cane sugar)
1½ tsp cinnamon
1 tsp baking powder
1 tsp baking soda
½ tsp salt
1 cup raisins
1 cup mashed or canned cooked pumpkin
2 large eggs (unbeaten)
½ cup vegetable oil
½ cup fat-free plain yogurt/sour cream/buttermilk

In bowl, combine first 8 ingredients (up to and including raisins); toss to mix. Add remaining ingredients; stir just until combined. Spoon batter into muffin tins (spray with cooking spray or paper-line before). Bake at 400 F for 25 minutes. Makes 12 muffins.

MM—Tasty Treats...

Oatmeal Raisin Cookies

My 2-year-old loves to help me mix together the ingredients of these chewy treats! Then we watch through the oven window as the dough magically turns into cookies! - **Anna**

- ½ cup softened butter or non-hydrogenated margarine
- ½ cup packed brown sugar
- 1 large egg
- ½ tsp vanilla
- 1 cup all-purpose flour
- 1 cup quick-cooking oats
- ½ tsp baking soda
- ¼ tsp salt
- 1 cup raisins

Preheat oven to 350°F. Beat together the butter/margarine, brown sugar, egg and vanilla in a large bowl until smooth. Add the rest of the ingredients. Mix until well blended. Drop by rounded tablespoonfuls onto cookie sheets. Bake for 9-11 minutes. Makes about 30 cookies.

- **Adapted from Company's Coming - Kids' Cooking.**

Fudge Balls

This recipe comes from my husband's family recipe vault! It'll be time for him to do his Christmas baking soon - these treats are one of my all-time favourites! - **Anna Sklar, Sudbury, ON**

Melt in a saucepan over low heat:

- 6 oz or ¾ cup semi-sweet chocolate chips
- ¼ cup butter

Add:

- ¼ tsp salt
- 2 cups icing sugar
- ¼ cup evaporated milk

Blend well. Cool for 30 minutes. Roll into balls about 1 inch in diameter. Recruit your children to help you decorate with sprinkles, nuts, icing sugar, crushed candy canes, mini M&M's - be creative! Or enjoy them as is! Keep the Fudge Balls cool in refrigerator. These are also great for freezing!

Whole Wheat Chocolate Chip Cookies



- ¾ cup rolled oats
- 1 cup whole-wheat flour
- ½ tsp baking soda
- ½ teaspoon salt
- ¼ cup butter, softened
- ¼ cup canola oil
- 1/3 cup white sugar
- 1/3 cup brown sugar
- 1 large egg
- 1 tsp vanilla extract
- 1 cup chocolate chips

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.
2. Grind oats in a blender or food processor. Transfer to a medium bowl and stir in flour, baking soda and salt. Beat butter in a large bowl with an electric mixer until fluffy. Add oil, granulated sugar, brown sugar, egg and vanilla; beat until smooth and creamy. With the mixer running, add the dry ingredients, beating on low speed until just combined. Stir in chocolate chips.
3. Drop the dough by heaping teaspoonfuls, at least 1 inch apart, onto the prepared baking sheets. Bake cookies, 1 sheet at a time, until firm around the edges and golden on top, about 15 minutes. Cool the cookies for 2 minutes on the baking sheets, then transfer to wire racks to cool completely.

- **From Eating Well magazine**

Sugar Cookies

Another treat from my hubby's family recipe box! Our oldest son likes to help daddy make these and frost them. Cut them into different shapes for different seasons or occasions!

- 1½ cup unbleached flour
- 1½ tsp baking powder
- ¼ tsp salt
- ½ cup butter, softened
- ½ cup sugar
- 1 egg yolk, slightly beaten
- 3 tbsp milk
- ½ tsp vanilla

Icing

- ½ cup icing sugar
- Smidge of milk and butter
- Mix all together to smooth consistency.

In large bowl, stir together flour, baking powder and salt. In small bowl cream together butter, sugar and egg yolk. Add milk and vanilla. Add wet mixture to dry mixture, and mix well. Chill. Roll to ¼" thickness. Cut into shapes. Bake at 375°F on ungreased cookie sheet for about 8 minutes. Cool. Ice. Enjoy!

- **Anna Sklar, Sudbury, ON**