



E–Cookbooks Recipe Sampler

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Apple Pie

Crust:

- 1/3 cup rolled oats
- 6 graham crackers
- 2 tablespoons chopped walnuts
- 1 egg white
- Buttered flavored vegetable cooking spray

Filling:

- 2 cups apple cider
- 1/2 cup sugar
- 2 tablespoons fresh lemon juice
- 2 teaspoons vanilla extract
- 1 1/4 teaspoon pumpkin pie spice
- 5–6 large Granny Smith apples, about 2 1/2 pounds
- 3 tablespoons cornstarch

Topping:

- 1/3 cup brown sugar
- 1/3 cup rolled oats
- 2 tablespoons chopped walnuts
- 1/2 teaspoon ground cinnamon
- 2 tablespoons butter, melted

Set oven temperature to 350 degrees.

In a food processor, process the oats, graham crackers and walnuts until finely ground. Add the egg white and process until blended.

The mixture should look crumbly not gooey.

Coat a 9–inch pie pan with cooking spray. Press the crumb mixture evenly into the pie pan to make the crust. Lightly coat with cooking spray. Bake at 350 degrees for 10 minutes. Remove from oven and set aside until ready to use.

Bring the cider to a boil in a large heavy saucepan over high heat. Cook until reduced to 1/2 cup, about 15 minutes. Pour the mixture into a large mixing bowl. Add the sugar, lemon juice, vanilla, and pumpkin pie spice to the bowl. Peel the apples, cut into quarters, remove the core and cut into thin slices. Stir the apples into the cider mixture. Sprinkle the cornstarch over the apples and stir to combine. Arrange the apples in the crust.

In a small bowl, mix the brown sugar, oats, walnuts and cinnamon together. Pour the melted butter into the bowl stirring to combine.

Sprinkle the topping over the apples, pat down with your hands and bake at 350F for 1 hour to 1 hour and 15 minutes. The center should be soft when pierced with a sharp knife.

Baked Chicken Breast with Fresh Basil

10 boneless skinless chicken breast (about 2 1/2 lbs.)

3/4 cup low-fat yogurt

1/2 chopped fresh basil

2 teaspoons cornstarch

1 cup bread crumbs

2 tablespoons grated Parmesan cheese

Arrange chicken in single layer in baking dish. Combine yogurt, basil and cornstarch; mix well and spread over chicken.

Combine bread crumbs with Parmesan and sprinkle over chicken. (If making in advance, cover and refrigerate for up to 6 hours.)

Bake chicken in 375 degrees oven for 30 minutes or until chicken is no longer pink inside.

Baked Macaroni, Cheese & Spinach

- 1 pound elbow macaroni
- 15 oz. low fat ricotta cheese
- 1 3/4 cups skim milk
- 1/2 cup egg substitute
- 2 teaspoons brown mustard
- 1 –2 teaspoons Tabasco sauce
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 2 cups shredded low fat cheddar cheese
- 2 cups torn fresh spinach leaves
- 1/4 cup grated Parmesan cheese
- 1/4 cup fine bread crumbs
- 1 teaspoon paprika

Preheat oven to 375F. Spray a 9 X 13 or 3 quart baking dish with nonstick spray oil. Cook macaroni according to package directions. Meanwhile, in a food processor or blender, mix ricotta cheese, milk, egg substitute, mustard, Tabasco sauce, salt and pepper.

Process until smooth. Drain macaroni, return to pot and add shredded cheddar and spinach. Stir until cheese melts and spinach wilts. Stir in ricotta mixture and scrape into prepared baking dish. In a small bowl, combine Parmesan cheese, bread crumbs, and paprika. Sprinkle evenly over macaroni and cheese. Bake at 375F for 25 minutes. Serve hot.

Baked Potato with Spicy Chicken Topping

4 baking potatoes
2 tablespoons olive oil
1/2 cup slivered almonds
1 cup chopped onions
1/4 teaspoon garlic powder
1 lb. boned chicken breast, cut in strips
2 tablespoons flour
1 1/4 cup chicken broth
3 tablespoons lemon juice
1 teaspoon cinnamon
1 teaspoon paprika
1/2 teaspoon salt
1/2 teaspoon Tabasco
1/2 cup raisins

Scrub potatoes, dry and prick with fork. Cook. In a large skillet, heat oil and saute almonds until golden brown. Add onion and garlic. Saute until tender. Add chicken and cook, stirring, until chicken turns white. Sprinkle with flour and mix well. Combine broth, lemon juice, cinnamon, paprika, salt, and Tabasco. Gradually add to chicken mixture, stirring constantly, until mixture boils and thickens. Stir in raisins. Simmer 3 minutes. Spoon over blossomed potatoes.

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