

Sweet potato tart with walnut crust

Crust

- 2 cups walnuts, ground
- ¼ cup grated light Parmesan cheese
- 2 tbsp olive oil

Filling

- 2 sweet potatoes, thinly sliced
- 1/3 cup half and half whipping cream
- 1 tbsp fresh thyme or 1 tsp dried
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp ground nutmeg
- ¼ cup grated light Parmesan cheese

In medium bowl, combine walnuts, Parmesan cheese and olive oil (add up to 1 tablespoon more of oil if dry). Using the back of a spoon, press walnut mixture into bottom and halfway up sides of a 4x10-inch tart pan. Cover and refrigerate at least 1 hour or overnight. In separate bowl, combine sweet potatoes, cream, thyme, salt, pepper and nutmeg; stir well. Cover and refrigerate at least 1 hour or overnight. On walnut base, layer sweet potatoes; drizzle with remaining cream mixture and sprinkle with Parmesan cheese. In center of 350° F oven, bake 45 minutes or until potatoes are tender and filling is golden and bubbly. Let stand 10 minutes; cut into six pieces and serve warm.



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Chocolate Soufflé

- 1/2 cup Splenda
- 2 Tbsp cornstarch
- 1 cup skim milk
- 2 squares (one ounce each) unsweetened chocolate
- 1 Tbsp instant coffee granules
- 3 egg yolks
- 2 Tbsp softened Becel with olive oil
- 1 teaspoon maple syrup
- 4 egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon cream of tartar

Mix Splenda, instant coffee and cornstarch in medium sauce pan gradually stir in milk. Add chocolate. Cook over medium heat stirring constantly until chocolate is melted. Remove from heat. Beat egg yolks until thick and lemon colored, gradually beat into chocolate mixture. Stir in Becel with Olive Oil and maple syrup. Cool to room temp. Preheat oven to 350 F. Butter 6 cup soufflé dish with Becel with Olive Oil. Sprinkle Splenda around the greased dish as evenly as possible, especially around the sides and bottom. With aluminum foil make a band that will extend about 4 inches above the top of the dish. Grease one side with Becel with Olive Oil of foil and sprinkle with Splenda. This will extend the depth of the dish if needed. Beat egg whites and cream of tartar just until peaks form. Fold half of egg whites into chocolate until well incorporated. Repeat with remaining egg whites, folding gently. Carefully pour into dish. Bake 50 minutes or until knife in center comes out clean.

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Maple and Cider Turkey Breast

- 1 (6 to 8 - Pound) bone in turkey breast, fresh or thawed if frozen
- 1 Tbsp olive oil
- 1 Tbsp grainy country-style mustard
- To taste salt and freshly ground black pepper
- 1 medium apple, cored and thinly sliced (unpeeled)
- 1/4 cup maple syrup
- 2 Tbsp cider vinegar
- Dash Worcestershire sauce

Pat turkey breast dry with paper towels. In small bowl, mix oil and mustard; rub over breast. Season with salt and pepper. Slide apple slices between skin and meat. Place breast on a rack in a shallow roasting pan. Roast, uncovered, and in a preheated 350 degree F oven for about 1-1/2 to 1-3/4 hours or until a food thermometer inserted in thickest part of breast registers 170 degrees F. Meanwhile, combine syrup, vinegar and Worcestershire sauce. During last 20 minutes of roasting, baste breast with mixture. If skin is browning too quickly, tent with foil. Remove breast to serving platter and let rest 10 to 15 minutes before carving.

*Remember – do not eat the skin!

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Shrimp and Crab Cakes

- 10 ounces raw shrimp, peeled, deveined and chopped
- 6 ounces flaked crabmeat, squeezed dry if necessary
- 1 large egg white, lightly beaten
- 1 teaspoon Dijon mustard
- 1/4 teaspoon hot pepper sauce
- 1/4 teaspoon salt, preferably kosher
- 1/4 teaspoon coarsely ground pepper
- 1/3 cup fine, dry whole wheat bread crumbs or multigrain Melba toast (crushed)
- 2 teaspoons extra-virgin olive oil

Thoroughly mix shrimp, crab, egg white, mustard, hot pepper, salt and Peppercorn Blend in a bowl. Shape into 8 patties, each about 3/8 inch thick. Spread breadcrumbs in a shallow dish and coat the patties on both sides with crumbs. 2. Heat oil in a large nonstick skillet over low heat; add crab cakes and cook until golden on both sides, about 3 minutes per side.



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