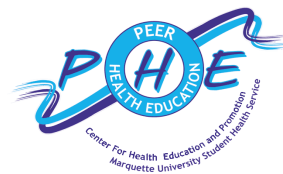


April Kitchen Quickie

Jenny, Kelly, Leah, Lindsey, Matt, Caitlin, Christine, Jacob, Amy, Becky and Jess



Homemade Sorbet

Top off a great meal with a refreshing homemade sorbet. Freeze one can of peaches (or any other canned fruit in heavy syrup) until firm (approximately 24 hours) and then purée in a food processor. Serve immediately.

Breakfast Fondue

Serves 4

Ingredients:

- 1 can (15 ounces) sliced peaches in juice
- 1/3 cup maple syrup
- 2 tablespoons whipped light cream cheese
- 1/4 tablespoon vanilla extract
- Pinch of cinnamon
- 12 whole-grain mini-pancakes, mini-waffles, or French toast fingers

Nutritional Information:

Per serving (Recipe makes 4 servings)
Calories: 77, Total fat: 1.25 g, Sat. Fat: 0.75g, Cholesterol: 4mg, Sodium: 27 mg,
Carbohydrate: 16 g, Dietary fiber: 1 g,
Protein: 1.25g

Directions:

- Combine peaches, maple syrup, cream cheese, vanilla, and cinnamon in a blender or food processor, puree on high until smooth.
- Pour the mixture into a pot and warm over medium-high heat, stirring often, until the cream cheese melts and the sauce is bubbling around the edges.
- Serve in a big bowl surrounded by warm whole-grain pancakes, waffles or French toast fingers for dipping.



Smashing Smoothie!

Have a nutritional refresher by blending a can of your favorite fruit in its juice with some low-fat yogurt. Blend in banana chunks or ice cubes for a thicker consistency.

Cheesy Chicken Chili Dip

Serves 12

Ingredients:

- 2 teaspoons vegetable oil
- 1 cup finely diced onion
- 1 garlic clove, minced
- 2 cups 99% fat-free, reduced-sodium chicken broth
- 1 can (12 1/2 ounces) premium chunk breast chicken in water, drained
- 2 teaspoons Mexican-style hot chili powder
- 1/2 teaspoons ground cumin
- 1/4 teaspoons dried oregano
- 1 cup canned, drained and rinsed cannellini beans, coarsely mashed
- 1/2 cup shredded, sharp low-fat cheddar cheese
- 1 teaspoon cornstarch

Preparation:

- Heat oil in a large, heavy saucepan over medium-high heat.
- Add onion and cook until transparent, about 3 minutes.
- Add garlic and cook 1 more minute.
- Add chicken broth and boil until liquid is reduced to about half.
- Meanwhile, shred the chicken in a small mixing bowl with the back of a fork.
- Mix in chili powder, cumin, and oregano.
- Stir into the onions and broth, and simmer for 3 minutes.
- Stir in beans and simmer until thick, about two minutes more.
- Combine the cheese and cornstarch in a small bowl; mix into the chicken mixture.
- Reduce heat to low and stir in cheese until melted.
- Serve warm in a bowl, surrounded by unsalted chips, raw vegetables, pretzels or crackers for dipping.

Nutritional Information:

Calories: 70, Total Fat: 2g, Sat. Fat: 0.5g, Cholesterol: 10mg, Sodium: 280mg, Carbohydrate: 6g, Dietary Fiber: 1g, Protein: 8g

