

Taste of Home

Apple Chicken Quesadillas



6 Servings Prep/Total Time: 25 min.

Ingredients

- 2 medium tart apples, sliced
- 1 cup diced cooked chicken breast
- 1/2 cup shredded fat-free cheddar cheese
- 1/2 cup shredded part-skim mozzarella cheese
- 1/2 cup fresh *or* frozen corn, thawed
- 1/2 cup chopped fresh tomatoes
- 1/2 cup chopped onion
- 1/4 teaspoon salt
- 6 flour tortillas (8 inches), warmed
- 3/4 cup shredded lettuce
- 3/4 cup salsa
- 6 tablespoons fat-free sour cream

Directions

- In a large bowl, combine the first eight ingredients. Place about 3/4 cup on half of each tortilla. Fold tortilla in half over filling and secure with toothpicks.
- Place on a baking sheet coated with cooking spray. Bake at 400° for 8-10 minutes or until golden brown.
- Carefully turn quesadillas over; bake 5-8 minutes longer or until golden brown. Discard toothpicks. Cut each quesadilla into three wedges. Serve with lettuce, salsa and sour cream. Yield: 6 servings.

Nutritional Facts: 3 wedges equals 289 calories, 6 g fat (2 g saturated fat), 28 mg cholesterol, 629 mg sodium, 40 g carbohydrate, 3 g fiber, 18 g protein. **Diabetic Exchanges:** 2 lean meat, 1-1/2 starch, 1 vegetable, 1/2 fruit

<http://www.tasteofhome.com/recipes/apple-chicken-quesadillas>

Baked Fontina Recipe



Ingredients

- 1 1/2 pounds Italian Fontina Val d'Aosta cheese, rind removed and 1-inch-diced
- 1/4 cup good olive oil
- 6 garlic cloves, thinly sliced
- 1 tablespoon minced fresh thyme leaves
- 1 teaspoon minced fresh rosemary leaves
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 crusty French baguette

Directions

Preheat the broiler and position the oven rack 5 inches from the heat. Distribute the cubes of Fontina evenly in a 12-inch cast-iron pan. Drizzle on the olive oil. Combine the garlic, thyme, and rosemary and sprinkle it over the cheese and olive oil. Sprinkle with the salt and pepper and place the pan under the broiler for 6 minutes, until the cheese is melted and bubbling and starts to brown.

Serve the baked Fontina family-style-right out of the oven in the cast-iron pan with crusty chunks of bread for everyone to dip.

Read more at: <http://www.foodnetwork.com/recipes/ina-garten/baked-fontina-recipe/index.html?oc=linkback>

game day gatherings

These are the fast and easy
munchies **everyone will be cheering for.**



kraft kitchens' pick

**cheesy spinach
and bacon dip**

cheesy spinach and bacon dip **PREP** 10 min. **TOTAL** 15 min. **MAKES** 4 cups or 32 servings, 2 Tbsp. each

what you need

- 1 pkg. (10 oz.) frozen chopped spinach, thawed, drained
- 1 lb. (16 oz.) **Velveeta** Pasteurized Prepared Cheese Product, cut into 1/2-inch cubes
- 4 oz. (1/2 of 8-oz. pkg.) **Philadelphia** Cream Cheese, cubed
- 1 can (10 oz.) **Ro*tel** Diced Tomatoes & Green Chilies, undrained
- 8 slices **Oscar Mayer** Bacon, crisply cooked, crumbled

make it

COMBINE ingredients in microwaveable bowl. **MICROWAVE** on HIGH 5 min. or until **Velveeta** is completely melted and mixture is well blended, stirring after 3 min. Serve with tortilla chips and cut-up vegetables.

VARIATION: Prepare using **Velveeta Made With 2% Milk Reduced Fat Pasteurized Prepared Cheese Product** and **Philadelphia Neufchatel Cheese**, 1/3 Less Fat than Cream Cheese.



Chili Lime Cashews

Serves: 8

Oven Temp: 350

Ingredients

- 2 1/2 teaspoon(s) coarse salt
- 1 teaspoon(s) finely grated lime zest
- 2 tablespoon(s) dark-brown sugar
- 1/2 teaspoon(s) red-pepper flakes
 - 1 large egg white
- 3 cup(s) raw unsalted cashews

Directions

1. Preheat oven to 350 degrees. In a medium bowl, using the back of a wooden spoon, grind salt with lime zest. Add dark-brown sugar, red-pepper flakes, and egg white and whisk together until frothy. Add cashews and toss to coat.
2. Spread cashew mixture in a single layer onto a parchment-lined rimmed baking sheet. Bake until golden, 20 minutes. Let cool completely.

<http://www.marthastewart.com/335560/chile-lime-cashews>

Crab Salad in Crisp Wonton Cups



Prep Time: 25 Cook Time: 10 min Serves: 6 servings (serving size is 3 pieces)

Ingredients

For the Wonton Cups:

Cooking spray
18 wonton wrappers, thawed (if frozen)
2 teaspoons canola oil
1/4 teaspoon salt

For the dressing:

1 teaspoon lime zest
2 tablespoons fresh lime juice
1/4 teaspoons salt
1/8 teaspoon black pepper
1/2 teaspoon dried hot red pepper flakes
2 tablespoons olive oil

For the salad:

1/2 pound lump crabmeat, picked over
1 stalk celery, finely diced
1/2 cup finely diced mango
1/4 cup thinly sliced scallions
2 tablespoons coarsely chopped fresh cilantro leaves

Directions

Preheat the oven to 375 degrees F. Spray 2 mini-muffin tins with cooking spray.

Brush the wonton wrappers with oil, and place each wrapper into a section of a mini-muffin tin. Gently press each wrapper into the tin and arrange so that it forms a cup shape. The wrapper will overlap itself and stick up out of the cup. Sprinkle with salt and bake for 8 to 10 minutes, until browned and crisp. Remove from the tin and allow wrappers to cool.

Meanwhile whisk together the zest, lime juice, salt, pepper, and pepper flakes. Add the oil and whisk until well combined.

In a medium bowl, toss together the crabmeat, celery, mango, scallion and cilantro. Add dressing and toss to combine. Fill each cup with the crab salad and serve.

Nutritional Analysis (Per Serving) Calories: 170 Total fat: 7g Saturated fat: 1g Monounsaturated fat: 5g Polyunsaturated fat: 1g

Cholesterol: 32mg Sodium: 448mg Carbohydrates: 17g Protein: 9g Fiber: 1g

<http://www.foodnetwork.com/recipes/ellie-krieger/crab-salad-in-crisp-wonton-cups-recipe/index.html>

hoisin beef and scallion rolls

To make slicing the beef easier, freeze the cooked and cooled steak for about half an hour first.

Yields about 40 rolls

- ½ cup soy sauce**
- ½ cup vegetable oil; more for cooking**
- 3 cloves garlic, crushed**
- ½ cup chopped fresh ginger**
- Freshly ground black pepper**
- 1 lb. London broil or flank steak, trimmed of fat**
- ½ cup hoisin sauce**
- 1 bunch scallions, cut into 2-inch julienne**

In a shallow dish, mix the soy sauce, oil, garlic, ginger, and some pepper. Add the beef and marinate overnight in the refrigerator, turning once.

Position a rack about 4 inches from the broiler and heat the broiler on high. Pat the marinated meat dry and broil the steak until rare, 5 to 6 minutes per side. Let cool completely and then slice very thinly on the bias, across the grain of the meat. Trim the slices to get approximately 2x4-inch strips.

Brush a thin layer of hoisin sauce on each strip of beef. Lay a small bundle of scallion julienne at one end and roll up securely. Arrange on trays, seam side down, cover tightly with plastic wrap (be sure the plastic is in close contact with the beef), and refrigerate for up to 5 hours until serving.



Tomato Crostini with Whipped Feta



Ingredients

- 6 ounces good feta, crumbled
- 2 ounces cream cheese, at room temperature
- 2/3 cup good olive oil, divided
- 2 tablespoons freshly squeezed lemon juice
- Kosher salt and freshly ground black pepper
- 2 tablespoons minced shallots (2 shallots)
- 2 teaspoons minced garlic (2 cloves)
- 2 tablespoons good red wine vinegar
- 2 pounds ripe heirloom or cherry tomatoes, 1/2-inch-diced
- 3 tablespoons julienned fresh basil leaves, plus extra for serving
- 20 to 25 (1/2-inch-thick) diagonal baguette slices, toasted
- 2 tablespoons toasted pine nuts

Directions

For the whipped feta, place the feta and cream cheese in the bowl of a food processor fitted with the steel blade. Pulse until the cheeses are mixed. Add 1/3 cup of the olive oil, the lemon juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper and process until smooth.

For the tomatoes, up to an hour before you're serving, combine the shallots, garlic, and vinegar in a medium bowl. Set aside for 5 minutes. Whisk in the remaining 1/3 cup olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper. Add the tomatoes, stir gently, and set aside for 10 minutes. Stir in the basil and taste for seasonings.

To assemble the crostini, spread each slice of bread with a generous amount of whipped feta. With a slotted spoon, place the tomatoes on top. Put the crostini on plates and scatter with the pine nuts. Sprinkle with extra basil and serve.

<http://www.foodnetwork.com/recipes/ina-garten/tomato-crostini-with-whipped-feta-recipe/index.html#dialog?oc=linkback>

White Bean & Artichoke Dip



Ingredients

1 can (15-1/2 oz.) cannellini beans, drained and rinsed

1 can (14-1/2 oz.) artichoke hearts, drained and rinsed

1 small clove garlic, chopped

2 Tbs. fresh lemon juice

2 Tbs. extra-virgin olive oil; more for drizzling

3 Tbs. freshly grated Parmigiano Reggiano

1 tsp. chopped fresh rosemary

Kosher salt and freshly ground black pepper

Cayenne

Directions

In a food processor, blend the beans, artichoke hearts, garlic, and lemon juice to a smooth paste.

With the machine running, add the 2 Tbs. oil. If needed, add 1 to 2 Tbs. water to get a smooth consistency.

Blend in the cheese and rosemary; season with salt and pepper.

Transfer to a medium bowl, sprinkle with 2 generous pinches cayenne and drizzle with oil.

Serve with crackers or pita chips.

You can make the dip a day ahead and refrigerate it; bring it to room temperature before serving.

nutrition information (per serving):

Size : based on eight servings; Calories (kcal): 230; Fat (g): 10; Fat Calories (kcal): 90; Saturated Fat (g): 2; Protein (g): 7; Monounsaturated Fat (g): 6; Carbohydrates (g): 30; Polyunsaturated Fat (g): 1; Sodium (mg): 480; Cholesterol (mg): 0; Fiber (g): 6;