

Put more vegetable dishes into your meal plan

See related story on Taste front.

This is a great main course. Round out your meal with salad, garlic toast and glass of skim milk.

SPAGHETTI SQUASH BOATS

- 2 small spaghetti squash (yielding 4 cups)
- 1 cup marinara sauce or low sodium spaghetti sauce
- 4 teaspoons fresh basil, chopped
- 1/2 cup grated or crumbled Cotija cheese (available at

Sam's Club and Mexican food stores)

- 1/2 cup fat-free ricotta cheese
- 4 teaspoons Parmesan cheese

Preheat oven to 375°F. Split the squash in half, scoop out and discard seeds. Bake on cookie sheet, split sides up, for about 45 minutes or until tender. Divide Cotija and ricotta cheese equally among the four squash boats and place in hollowed-out centers. Next, fill

boats with the marinara sauce and sprinkle chopped basil and Parmesan cheese on top. Bake for about 15 minutes longer, until sauce is heated through. Serve one spaghetti boat per person. Serves 4.

Nutrition information per serving: Calories 164.73, Protein 11.22g, Fat 6.86g, Sodium 550.77mg, Carbohydrates 17.56g. Percent of calories from fat: 37.49.

Exchanges: 1 Carbohydrate, 1 Meat, 1 Fat

Recipe from HDS Services
This is a nice dish and goes great with a hearty soup or as part of a brunch.

SPINACH PIE

- 10 ounces fresh spinach, or 12 ounces frozen
- 2 eggs, well beaten
- 1 cup (2 percent) milk
- 1/3 cup celery, chopped
- 1/4 cup onion, chopped
- 2 tablespoons Parmesan cheese, grated

1/2 teaspoon salt
1/2 teaspoon nutmeg
Wash fresh spinach and discard stems. Steam in a covered saucepan over low heat until the leaves are wilted. Drain in a colander or sieve, press out liquid and chop spinach. (Or thaw frozen chopped spinach and press out liquid.)

Mix remaining ingredients together, then fold in spinach. Pour mixture into a well-greased 9-inch pie plate. Bake at 375°F for

45 minutes or until knife inserted in the middle comes out clean. Cut into 6 wedges and serve warm.

Serves 6.
Nutrition Information Per Serving: Calories 69.85, Protein 5.77g, Fat 3.42g, Sodium 281.40mg, Carbohydrates 1.05g. Percent of calories from fat: 41.01.

Exchanges: 1 Meat, 1/2 Carbohydrate, 1 Fat
Recipe adapted from "Choice Cooking," Canadian Diabetes Association.

Harvest time turkey breast and desserts are 'applicious'

See related 2 Unique column on Taste front.

TURKEY BREAST WITH APPLE MAPLE RUB

- 1 3/4 pound turkey breast
- 1 1/2 cups Mire Poix (chopped celery, carrots and onions)
- 1 1/2 cups apple cider
- 1 3/4 cup pure maple syrup
- 2 tablespoons orange juice concentrate
- 1 teaspoon fresh or dried thyme
- 1 teaspoon fresh or dried marjoram
- 1 1/2 teaspoons lemon peel
- 1 1/2 sticks butter, room temperature

To make maple rub: Mix apple cider, maple syrup, and orange juice concentrate. Boil in saucepan over medium heat until reduced by half. Remove from heat. Add fresh herbs and butter. Whisk thoroughly. Refrigerate.

Rinse turkey breast and pat dry. Season with salt and pepper. Slide hand under skin to loosen skin. Rub 3/4 cup maple rub mixture under skin. Lightly rub turkey with remaining maple rub mixture. Place turkey on mire poix in roasting pan.

Bake at 350°F for 50-65 minutes until internal temperature is 170°F. Let rest 5-8 minutes. Slice across the grain. Serves 4.

BAKED PEARS

- 4 Bartlett Pears, ripe but firm
- 3 tablespoons light brown sugar
- 2 tablespoons candied ginger, chopped
- 1 tablespoon unsalted butter
- 1/4 cup pecan pieces

Preheat oven to 350°F.

Peel and halve the pears, scoop out seeds with small spoon. Lightly butter 9- by 13-inch baking dish and place pears into pan with cut sides up.

Sprinkle pears with sugar and candied ginger. Dot with butter, and sprinkle on pecan pieces.

Bake on top shelf of oven until hot, 20-30 minutes.

PUMPKIN SCONES

- 3/4 cup chopped walnuts
- 1 tablespoon pumpkin pie spice
- 3 cups white all-purpose flour
- 2 cups whole wheat flour
- 1 tablespoon salt
- 2 1/2 sticks whole unsalted butter (10 ounces)
- Zest of one grated orange
- 1 1/2 cups heavy cream
- 3/4 cup spiced pumpkin pack

Cut butter in small chunks and place in freezer. Mix nuts, flour, spices and salt. Cut in cold butter.

Mix heavy cream and pumpkin pack (puree) with orange peel. Mix heavy cream, pumpkin mixture into dry ingredients by hand (just

until) cream is barely incorporated).

Chill dough 1 hour.

Remove from fridge. Roll out dough 1/2 to 3/4-inch thick. Cut into desired shapes. Brush with egg wash and sprinkle with coarse sugar. Bake in preheated 350°F oven for 18-20 minutes until golden on cookie sheet lined with parchment paper.

AUTUMN APPLE POCKETS

- 1/2 stick unsalted butter
- 1/2 cup chopped walnuts
- 1/2 cup dried cherries
- 5 cups cored, peeled, medium-diced apples
- Juice of 1 lemon
- 2 tablespoons flour
- 1/2 cup white sugar
- 3/4 cup brown sugar

1/8 teaspoon cloves

1/8 teaspoon allspice

1/8 teaspoon ginger

1 teaspoon cinnamon

2 sheets puff pastry

Melt butter in sauté pan, add apples, sauté lightly approximately 2 minutes. Add cherries and continue to sweat for 1 minute.

Toss apples with sugar, lemon juice and spices; cool down for 15 minutes. Cut each puff pastry sheet into 4 equal sections spooning filling evenly on half and fold over. Crimp edges to avoid leaks, brush with egg wash and sprinkle with coarse sugar.

Bake at 350°F on parchment lined cookie sheet for 20-25 minutes until golden brown. Makes 8 pockets.

Fancy almond pear tart easy enough to make at home

AP - Almond Pear Tart looks like an expensive dessert from a fancy pastry shop, but it is easily made at home. The pears are placed in a neat spoke-pattern over a creamy, ground-almond base, then are given a sweet glaze of apricot jam before baking. The tart is best served at room temperature.

ALMOND PEAR TART

- 1 1/4 cups all-purpose flour

1 tablespoon granulated sugar

Pinch salt

1/2 cup unsalted butter, cut into bits, softened

2 tablespoons (about) cold water

Almond Filling:

1/2 cup granulated sugar

6 tablespoons unsalted butter, softened

1 large egg

3/4 teaspoon almond extract

1 cup finely ground blanched almonds

4 med. un. pears

1/4 cup apricot jam

Pastry: In bowl, combine flour, sugar and salt. Cut in butter using a pastry blender or fingertips to make coarse crumbs. Sprinkle

with enough water to hold dough together. Gather into a ball and flatten to a 5-inch disc; wrap in plastic wrap and refrigerate for 30 minutes.

On a lightly floured board, roll out pastry to an 11-inch circle; fit in a 9-inch fluted pie crust tart pan with removable bottom. Trim edges; place pan in freezer for 20 minutes.

Almond filling: In bowl, cream sugar and butter until fluffy; beat in egg and almond extract. Stir in ground almonds. Spread evenly in pastry shell.

Peel pears; cut into halves and remove cores. Cut each half lengthwise into 1/4-inch slices, being careful not to cut through the stem end. Arrange 6 halves spoke-fashion on top of almond filling; place 1 pear half in center.

(There will be 1 leftover pear half.)

Bake in preheated 375°F oven for 35 to 40 minutes or until pastry is golden brown. Transfer to rack. In saucepan, heat jam with 1 tablespoon water until melted; press enough fruit to fill a cavity and brush with jam. Let cool. Serve at room temperature.

Makes 6 servings.
Recipe from: *Cups of Fruit*

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