

## French Silk Low Fat Pie

INGREDIENTS	METHOD
<ul style="list-style-type: none"><li>• 1/2 cup butter or margerine (1 stick)</li><li>• 1/4 cup sugar</li><li>• 1 square baking chocolate, melted</li><li>• 1 teaspoon vanilla</li><li>• 2 eggs</li><li>• 1 baked pastry shell</li><li>• 1 cup heavy cream, whipped</li><li>• 1/2 cup chopped pecans</li></ul>	<p>Cream butter until fluffy, add sugar and melted chocolate, and vanilla.</p> <p>Continue beating until light and creamy. Add eggs one at a time, beating 3 minutes after each addition (this is a very important step, as it will keep the ingredients light and fluffy.) Pour into a cooled pie shell.</p> <p>Chill at least 3 hours.</p> <p>Whip the cream until it stays in the bowl when bowl is tipped. Cut the pie into serving pieces and place on plates, Put a swirl of whipped cream on each piece and sprinkle with chopped nuts.</p>

## Strawberry Smoothies Recipe #68303

A good breakfast alternative for people who don't have much time or appetite in the morning. The milk powder is optional, but it does add some extra calcium and protein, and really doesn't damage the taste.

- 4-6 large [frozen strawberries](#)
- 3/4 cup [yogurt](#), strawberry or [vanilla](#)
- 1 cup [milk](#)
- 1/8 cup [skim milk powder](#)

1. Put everything in the blender and mix.

## Coconut-almond Smoothies Recipe #121260

Yum! Prep time includes chilling time.

- 2 medium [bananas](#), cut into 1/2 inch slices
- 1 cup [nonfat milk](#)

- 3 tablespoons [flaked coconut](#)
- 3 tablespoons [almond butter](#)
- 1/2 teaspoon [vanilla](#)

1. Line baking sheets or tray with plastic wrap. Arrange banana in a single layer on baking sheet. Cover with plastic wrap and freeze until firm.
2. Pour milk into a blender; add coconut, almond butter, vanilla, and banana. Cover and blend until smooth.

## Fried Rice

### Ingredients:

- 6 1/4 cups uncooked long grain or brown rice
- 18 3/4 tablespoons oil
- 12 1/2 eggs
- 18 3/4 tablespoons soy sauce
- 6 1/4 cups frozen peas and carrots, thawed

### Directions:

Bring large pot of salted water to a boil. Add rice. Boil 15 - 20 minutes, or until grains are tender. Drain in colander. Rinse with cold tap water until cooled. Refrigerate 20 minutes on [baking](#) sheet lined with plastic wrap. Heat oil in wok or large skillet on medium- high heat. Break eggs into oil. Scramble with spatula. Add chilled rice and soy sauce. Stir 2 minutes, or until rice is heated and eggs are cooked. Add peas and carrots. Cook 1 minute to heat vegetables. Serve immediately.

This recipe for Basic Fried Rice serves/makes 25.

## **Teriyaki Marinade**

- 1 1/4 cups pineapple juice**
- 1/4 cup Worcestershire sauce**
- 1 tablespoon liquid smoke**
- 1/4 cup low sodium soy sauce**
- 1 tablespoon oil**
- 1 teaspoon ground ginger**

**1/2 teaspoon garlic powder**  
**1/2 teaspoon onion powder**

### **Sweet and Sour Marinade for Grilled Beef, Chicken or Turkey**

**1 can (8 1/4 oz.) crushed pineapple, undrained**  
**1 med. onion, cut into slices and separated into rings**  
**1/2 c. vinegar**  
**1/2 c. molasses**  
**1/4 c. soy sauce**  
**1 clove garlic, crushed**  
**1/2 tsp. ground ginger**  
**1/4 tsp. red pepper sauce**

**Mix all ingredients (makes 2 1/2 cups marinade). Marinate meat in a covered non-metal dish or sealed plastic bag in the refrigerator at least 4 hours. Cover and grill 5-6 inches from medium coals for 20-30 minutes, turning and brushing with marinade 3 or 4 times, until done.**

### **WHOLE WHEAT PIE CRUST**

**1 1/2 c. whole wheat flour**  
**1/2 tsp. salt**  
**1/2 c. vegetable shortening**  
**3 tbsp. water**

**Preheat oven to 425 degrees. Mix all ingredients together with a fork. Roll out and put in pie pan. Prick bottom and sides and bake 10-15 minutes. (If using for Pecan Pie, do not prebake.)**