Food

It's Time For Sweet Potato Pie Layered Cream Cheese-Sweet Potato Pie



While sweet potatoes abound, delight your family and guests with this tasty pie. It's an easy recipe made even easier with a frozen pie crust that's ready to bake in its own disposable pan. Bake ahead and refrigerate for your next fall gathering.

1 Pillsbury Pet-Ritz frozen deep dish pie crust

Cream Cheese Layer

1 package (8 oz.) cream cheese, not softened 1/4 cup granulated sugar

3/4 lb. uncooked)

1 teaspoon grated orange peel

Sweet Potato Layer 1 cup mashed, cooked sweet potatoes (about 2/3 cup half-and-half

1/2 cup packed brown sugar

1 teaspoon grated orange peel 1/2 teaspoon ground cinnamon

1/4 teaspoon ground ginger

1/4 teaspoon ground nutmeg

1/8 teaspoon salt

beat cream cheese and sugar on clean. Cool 30 minutes. Refrigerlow speed until well blended. Add ate until chilled, 3 to 4 hours. egg; beat well. Stir in orange peel. Store covered in refrigerator. 8 Set aside.

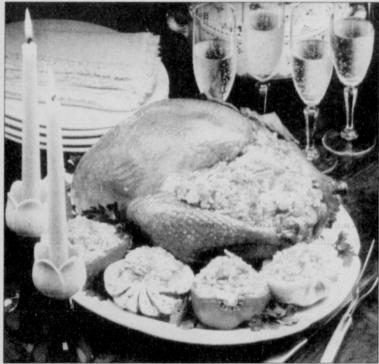
Place sweet potatoes in food processor; cover and process until blending, do not soften the cream smooth. In large bowl, beat sweet cheese prior to mixing. If preparing potato layer ingredients with wire the recipe with the Pumpkin Spice whisk. Spread cream cheese mix- Packet (included in Pet-Ritz pie crust ture in frozen pie crust. Carefully packages during winter 2005), elimispoon sweet potato mixture over nate the spices and salt. Serve with cream cheese mixture.

Bake on cookie sheet 50 to 60 sired.

Place cookie sheet on oven rack. minutes or until set and knife in-Heat oven to 350° F. In small bowl, serted near center comes out servings.

> Tip: To prevent the layers from sweetened whipped cream, if de-

Thanksgiving Fixings



Macadamia Nut Stuffing

You may want to begin your own stuffing tradition by trying this easy recipe. It includes a treasure from Hawaii — macadamia nuts, and tastes wonderful cooked in the bird or as a casserole. From Mrs. Cubbison's Best Stuffing Cookbook by Leo Pearlstein and Lisa Messinger.

Ingredients:

- 1/2 cup butter
- Macadamia Nuts • 1 1/2 cups chopped onion
- 1/2 cup chopped mushrooms
- ing or Corn Bread Stuffin' mix
- · 1 carrot, grated
- 1/4 cup chopped parsley • 1 1/2 cups chicken broth

til lightly browned. Remove scooped-out baked squash. nuts and set aside. Melt remaining butter and add onion, cel- to 15-pound turkey.

ery and mushrooms, cook 3 to 5 minutes until tender. Add stuff-• 1 1/2 cups coarsely chopped ing mix. Gradually add chicken broth until lightly moistened. (Add extra broth if moister · 1 cup chopped celery with a few dressing is preferred or dressing is baked in a casserole.) Stir in carrot, parsley and reserved two 6-ounce bags Seasoned Dress- macadamias. Cool thoroughly before stuffing turkey.

Fill turkey cavity and neck area lightly with dressing, sew or skewer shut. Wrap any extra In a large skillet, melt 1/4 cup dressing in foil or place in baking butter. Add macadamia nuts dish to roast last 45 minutes along and toss with butter over mod- with turkey. For an interesting erate heat about 5 minutes, un- edible garnish, stuff halves of

Makes enough dressing for 12

Apples - Pick of the Season

tion without a lot of calories as well • 2 tablespoons canola oil as being a quick and easy way to • 1 tablespoon cider vinegar get some tasty nutrition. One me- • 1 tablespoon Dijon-style musdium apple has about 70 calories. Apples also provide fiber, with the • Pinch salt and white pepper amount of fiber doubling when the skin is eaten. They contain less lettuce, apples, and grapes. than 1/4 gram of fat and 150 milligrams of potassium.

Tangy Apple Salad

- Makes 6 servings
- · 4 heads Boston lettuce, washed, dried and torn
- · 2 medium apples, pared, cored, and diced
- Apples provide eating satisfac- 1 cup halved seedless red grapes

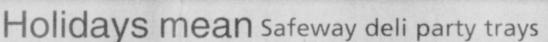
 - 1. In large salad bowl combine
 - 2. In small jar with tight-fitting lid, combine oil, vinegar, mustard, salt, and pepper; cover and shake
 - 3. Pour dressing over salad; toss

Weight Watchers POINTS value per serving: 2; 120 Calories, 5g Fat, 4g Fiber.

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