

FOOD & DINING

Enjoy a low-calorie Valentine's treat

Decadent treats have become a staple of Valentine's Day. But not all Valentine's celebrants want to indulge in high-calorie treats with their significant others. For those who want the decadence without all those extra calories, try the following low-calorie recipe for "Rockin' Red Velvet Trifle" from Lisa Lillian's "Hungry Girl 200 Under 200: Just Desserts" (St. Martin's Press).

ROCKIN' RED VELVET TRIFLE

Makes 8 servings

- 1 packet hot cocoa mix with 20 to 25 calories
- 2 tablespoons mini semi-sweet chocolate chips
- 1/2 cup moist-style devil's food cake mix
- 1/2 cup moist-style yellow cake mix
- 1/4 cup fat-free liquid egg substitute
- 1/2 tablespoon red food coloring
- Dash of salt
- 4 ounces fat-free cream cheese
- 2 tablespoons Jell-O Sugar-Free Fat-Free Vanilla Instant pudding mix
- 2 tablespoons Splenda No Calorie Sweetener (granulated)
- 1/4 teaspoon vanilla extract
- 1 8-ounce container Cool Whip (thawed)
- 4 cups chopped strawberries

Preheat oven to 350 F. Spray an 8-inch by 8-inch baking pan with nonstick spray.

Place the cocoa mix and 1 tablespoon chocolate chips in a glass. Add 1/4 cup very hot water, and stir until mostly dissolved. Add 1/3 cup cold water.

In a large bowl, combine the cake mixes, egg substitute, food coloring, and salt. Add cocoa mixture, and whisk until smooth.

Pour batter into the baking pan, and sprinkle with remaining 1 tablespoon chocolate chips.

Bake until a toothpick inserted into the center comes out mostly clean, 26 to 28 minutes.

Let cool completely, about 30 minutes in the pan and 30 minutes out of the pan on a cooling rack.

Meanwhile, in a medium bowl, stir cream cheese until smooth. In another medium bowl, combine pudding mix with Splenda. Add vanilla extract and 1/4 cup cold water, and vigorously stir until mostly smooth and slightly thickened. Add cream cheese and 1 cup Cool Whip, and stir until uniform. Cover and refrigerate.

Cut cake into 1-inch cubes.

In a large glass bowl or trifle dish, evenly layer half of the cubed cake.

Spread all of the pudding mixture over the cake layer. Evenly top with half of the strawberries.

Continue layering with remaining cubed cake, Cool Whip and strawberries.



MAPLE STREET GRILLE
 COME TRY OUR NEW LOCAL HUCKLEBERRY VODKA MARTINI
SUNDAY FEBRUARY 14TH VALENTINE'S SPECIAL
 8oz Prime Rib served with Loaded Baked Potato and sautéed asparagus. Our special will include chocolate fondue with cheese cake bites, strawberries and banana dippers.
MAKE YOUR RESERVATIONS NOW, SEATING IS LIMITED.
 Open for Lunch & Dinner Tues- Saturday 11:30-8:30
 Reservations Suggested.
 165 MAPLE ST. • 541-997-9811 • WWW.MAPLESTREETGRILLE.COM

Mo's Restaurant
SEAFOOD SLIDERS
for only \$9.50
and for dessert...
 SNICKER OR PEANUT BUTTER PIE FOR \$4.95
 Every Month Mo's has brought in special "Motivation for Kids" tables which raise money for local charities that are devoted to helping the wellbeing of local children. This month C.R.O.W. is the local charity being honored.
 Mo's Old Town, Florence • Daily 11 am - 8 pm
 Serving Bowls of comfort for Over 50 Years

Great Food & Specialty Cocktails
 Enjoy an extraordinary meal paired with a classic cocktail or handcrafted martini tonight... our recipe for a perfect evening.
Happy Hour
 Monday-Friday 3:00pm to 5:00pm
 Enjoy discount food and drink specials at the bar!
 Where good friends & great food come together!
1285 Bay Street
 in Old Town Florence
(541) 902-8338

THE GRILL & LOUNGE
AT SANDPINES
VALENTINES LUNCH SPECIAL
 COHO SAIM ON WITH RICE PILAF AND SALAD
ONLY \$12
OFFERED 11AM -5PM
VALENTINES DAY 2/14/16
 GRILL AND LOUNGE SERVING LUNCH DAILY FROM 11-5PM
 1201 35th Street at Kingwood, Florence
 Highway 101 & 35 St. 541-997-4623

Meet KATIE BURCH BARTENDER for Surfside Restaurant at Driftwood Shores

Q Favorite Bar Gadget:
A: Jigger

Q What made you decide to become a Bartender:
A: Tips for vaca

Q Describe your style/restaurant in one word:
A: Mesmerizing

Q Who was your greatest restaurant influence:
A: Shawn

Q Celebrity you would love to bartend for:
A: Bobby Flay



SurfSide Restaurant
At Driftwood Shores
DAILY DEALS
2 Breakfast
 or
2 Lunch Entrees
for \$16.00
 (Limited Menu)
Monday - Friday
7:00am - 2:00pm
 LIKE Surfside Restaurant ON FACEBOOK!
 Win Prizes! Food Specials! 88416 1st Avenue 541-997-8263