



Holiday Pumpkin Pie

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## Black Forest Trifle

**Makes:** 15 servings

**Prep Time:** 30 minutes

**Cook Time:** 15 minutes

"This is a festive holiday dish that creates those richer flavors I associate with holiday menus. While I have been known to switch out seasonal fruits like strawberries in the summertime or bananas in the colder months: one thing remains constant: the walnuts. They are the crunchy texture and deep nutty note contrasting the cream and fruit. You can also use a store bought cake and simply assemble the layers of flavor to save time. This is an easy dessert that can be made ahead and is beautiful displayed for your friends and family to see..."

– Alex Guarnaschelli

### Cake\*

- 1½ cups brown sugar
- 3 eggs
- 1¼ cups mayonnaise
- ¾ cup cocoa powder
- 1½ cups boiling water
- 1 teaspoon vanilla extract
- 2¼ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup miniature chocolate chips

### Cherries

- 12 oz cherries, fresh or frozen, pitted, halved (about 2 ½ cups)
- 1 cup cherry (or seedless raspberry) jam (12 oz)
- 2 tablespoons brandy, optional
- ½ teaspoon almond extract

### Trifle

- 2 cups heavy cream
- 2 tablespoons granulated sugar
- ¼ teaspoon almond extract
- 1½ cups Fisher® Walnut Halves and Pieces

**1. Cake:** Preheat the oven to 350°F. Line the bottoms of 3 9-inch cake pans\*\* with parchment or waxed paper. Spray the insides of the pans with non-stick cooking spray.

**2.** Whip sugar and eggs on high in an electric mixer fitted with the whisk attachment for 5-8 minutes or until pale yellow and fluffy.

**3.** Meanwhile, whisk the mayonnaise and cocoa in another large bowl until well blended then whisk in the water and vanilla extract. Add the remaining cake ingredients and whisk until the mixture becomes very thick then finish mixing with a wooden spoon. Fold in the egg mixture in 3 batches. Divide the cake batter evenly among the pans. Bake for 20 to 25 minutes or until a cake tester comes out clean. Cool completely.

**4. Cherry Layer:** Boil cherries with ¼ cup water in a medium saucepan for 1 minute. Strain and reserve the liquid. Transfer the cherries to a glass measure; stir in the jam, brandy, almond extract and enough liquid to make 2½ cups; discard remaining juice.

**5. To assemble Trifle:** Whip the cream, sugar and almond extract to form medium peaks. Place one cake round in the bottom of a 9-inch trifle dish. Spread 1 cup of the cherry mixture over the cake. Spread about 1½ cups whipped cream over cherries and scatter ½ cup of walnut pieces onto the top and around the edges. Repeat for second layer. Top with remaining cake round. Remove cherries from remaining cherry mixture and pour liquid over cake. Top with whipped cream, cherries and walnuts.

### Tips:

To save time, you can replace the scratch cake with either a chocolate fudge cake mix or a ready-made 1 lb. chocolate loaf cake. For the cake mix, prepare as directed, place into 3 9-inch circular pans and bake for 15 minutes. For the ready-made cake, cut into 12 slices and layer 4 slices per cake layer as outlined above.

Two 9-inch and one 8-inch cake pans can also be used. Bake 8-inch layer about 5 minutes longer, if necessary.



recipe from **Fisher**





## Peppermint Pattie Pots de Crème

**Makes:** 8 servings

**Active time:** 40 minutes **Total:** 3½ hours

**To make ahead:** Prepare through Step 5, cover and refrigerate for up to 2 days. **Equipment:** Eight 4-ounce ramekins or custard cups

☐ Heart Health ☐ Diabetes ☐ Weight Loss ☒ Gluten Free

We love York peppermint patties and the flavor of these festive pots de crème is a dead ringer for the candy. Unlike traditional über-rich custard recipes, this custard uses low-fat milk, only 3 egg yolks and ½ cup of half-and-half for its creamy richness. Just ½ teaspoon of peppermint extract in the custard gives plenty of minty flavor, but if you want that icy mountain-breeze sensation, add a whole teaspoon instead.

### Custard

- 3 large egg yolks
- 1 cup sugar
- 2 teaspoons vanilla extract
- ½ teaspoon peppermint extract
- ¼ teaspoon salt
- 2 cups low-fat milk, divided
- ¼ cup cornstarch
- ½ cup half-and-half

### Chocolate Glaze & Garnish

- ⅓ cup nonfat evaporated milk
- ¼ cup bittersweet or semisweet chocolate chips
- 2 tablespoons honey
- ⅓ cup unsweetened cocoa powder
- ¼ cup confectioners' sugar
- Small sprigs fresh mint for garnish

1. Preheat oven to 325°F. Put a kettle of water on to boil for a water bath. Place eight 4-ounce ramekins or custard cups in a roasting pan.

2. **To prepare custard:** Whisk egg yolks, sugar, vanilla extract, peppermint extract and salt in a large bowl; set near the stove. Whisk ½ cup milk and cornstarch in a small bowl until smooth. Heat the remaining 1½ cups milk and half-and-half in a medium saucepan over medium-high heat, stirring until steaming hot. Whisk the cornstarch mixture into the steaming milk and continue cooking, whisking constantly, until the mixture boils and thickens, 2 to 4 minutes. Gradually whisk the thickened milk mixture into the egg yolk mixture.

3. Carefully pour the custard through a fine-mesh sieve into a large measuring cup or heatproof pitcher. Evenly divide among the ramekins or custard cups. They will be about three-quarters full.

4. Pour enough boiling water into the roasting pan to come about halfway up the sides of the cups. Carefully transfer the roasting pan to the oven. Bake the custards until they are set but still jiggle a little bit, 35 to 40 minutes.

5. Remove the roasting pan from the oven. Let the custards cool in the water bath to room temperature, about 1 hour. Remove from the water bath and refrigerate until cold, about 1 hour more.

6. **To prepare chocolate glaze:** Shortly before serving, heat evaporated milk in a small saucepan over medium-high heat. Place chocolate chips and honey in a heatproof medium bowl. As soon as the milk starts to bubble, pour it over the chocolate chips and whisk until completely smooth, about 1 minute. Sift in cocoa powder and confectioners' sugar while whisking; whisk until smooth.

7. Divide the chocolate glaze among the custards, tilting each to cover it completely. Garnish with mint, if desired.

**Per serving:** 254 calories; 6 g fat (3 g sat, 2 g mono); 78 mg cholesterol; 48 g carbohydrate; 37 g added sugars; 5 g protein; 2 g fiber; 123 mg sodium; 232 mg potassium.

**Carbohydrate Servings:** 3

**Exchanges:** 3 carbohydrate (other), 1 fat

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## Cranberry Coconut Trifle

**Makes:** 16 servings, about 1 cup each

**Active time:** 2 hours **Total:** 6 hours

**To make ahead:** Prepare the custard and cranberry filling, cover and refrigerate for up to 2 days; tightly wrap the cooled cake and store at room temperature for up to 1 day. Or prepare the trifle through Step 10, cover and refrigerate for up to 8 hours.

**Equipment:** Trifle bowl or similar 12-cup glass serving dish; 12-by-16½-inch rimmed baking sheet

   

No other dessert turns heads like a trifle. Festive in every way, this trifle recipe glows from within with scarlet layers of juicy cranberries. The filling is made from an astounding 6 cups of antioxidant-packed cranberries! We made the custard “skinny” with a combination of low-fat milk and light coconut milk. From-scratch brown-butter sponge cake, made with whole-wheat pastry flour, stands in for store-bought ladyfingers.

### Custard

- 3 cups low-fat milk, divided**
- ⅓ cup cornstarch**
- 3 large eggs, beaten**
- 1 teaspoon coconut extract**
- ¼ teaspoon salt**
- 1 15-ounce can “lite” coconut milk**
- ⅔ cup granulated sugar**

### Cranberry Filling

- 2 12-ounce bags cranberries (6 cups)**
- 1 cup unsweetened cranberry juice**
- 1 cup granulated sugar**
- ½ cup honey or agave nectar (see Tips)**

### Sponge Cake

- 5 large eggs**
- 3 tablespoons unsalted butter**
- 2 teaspoons coconut extract**
- ¾ cup whole-wheat pastry flour (see Tips)**
- ½ cup cake flour, sifted**
- ⅔ cup granulated sugar**
- ½ teaspoon salt**

### Topping

- ½ cup heavy cream or whipping cream**
- ½ cup nonfat vanilla Greek yogurt**
- 2 tablespoons confectioners’ sugar, sifted**
- 1 teaspoon coconut extract**
- 3 tablespoons unsweetened coconut chips or flakes, toasted if desired (see Tips)**

**1. To prepare custard:** Whisk ½ cup milk with cornstarch in a medium bowl; set near the stove. Whisk 3 eggs, 1 teaspoon coconut extract and ¼ teaspoon salt in another medium bowl. Combine the remaining 2½ cups milk, coconut milk and ⅔ cup sugar in a large saucepan. Heat over medium-high heat, stirring occasionally, until steaming but not bubbling. Whisk the hot milk into the cornstarch mixture, then return the mixture to the saucepan and bring to a full boil over medium heat, stirring constantly.

**2.** Gradually whisk the hot milk into the egg mixture. Strain through a sieve into a bowl or storage container. Cover and refrigerate until cold, 4 hours or up to 2 days.

**3. To prepare cranberry filling:** Combine cranberries, cranberry juice, 1 cup sugar and honey (or agave) in a large saucepan. Cook over medium-high heat, stirring often, until most of the cranberries burst open, 7 to 10 minutes. Let cool to room temperature. Or transfer to a storage container and refrigerate for up to 2 days.

**4. To prepare sponge cake:** Preheat oven to 350°F. Line a large (12-by-16½-inch) rimmed baking sheet (half sheet pan) with parchment paper. Trim the paper so it covers the bottom of the pan completely, but does not curl up the sides. Coat the paper and pan sides with cooking spray. Place 5 eggs (in the shell) in a stand mixer bowl or large mixing bowl, add very warm tap water and set aside to warm the eggs and bowl.

**5.** Melt butter in a small saucepan over medium-low heat, swirling occasionally, until the white flecks of milk solids in the bottom of the pan start to turn golden brown, 4 to 8

minutes. Scrape into a medium bowl. Let cool to room temperature, then stir in 2 teaspoons coconut extract. Set aside.

**6.** Meanwhile, whisk whole-wheat pastry flour and cake flour in a medium bowl; set aside.

**7.** Drain the water and break the eggs into the warmed mixing bowl. Add ⅔ cup sugar and ½ teaspoon salt and beat with an electric mixer on medium-high speed until tripled in volume and very pale light yellow, 5 to 15 minutes (depending on the strength of your mixer). To test if it’s beaten well enough, lift the beater from the batter: as the batter falls off the beater into the bowl, it should mound for a moment on the surface.

**8.** Gently fold the flour mixture into the egg mixture with a whisk, in two additions, until just incorporated. Gently fold about 1 cup of the batter into the reserved butter. Then gently fold the butter mixture into the bowl of batter with a whisk until just incorporated, being careful not to overmix. Spread the batter evenly in the prepared baking sheet.

**9.** Bake the cake until puffed and a toothpick inserted in the center comes out with a few moist crumbs attached, 8 to 12 minutes. Cool in the pan on a large wire rack for 10 minutes. Gently run a knife around the edges and turn the cake out onto the rack; remove the parchment and let cool completely.

**10. To assemble trifle:** Cut the cake into 1-inch cubes. Spread about 1 cup of the custard in the bottom of a trifle dish. Top with about 3 cups cake cubes and 1 cup of the cranberry filling. Repeat the layering 3 more times.

**11. To prepare topping:** Just before serving, whisk or beat cream in a large bowl until soft peaks form. Whisk in yogurt, confectioners’ sugar and 1 teaspoon coconut extract until smooth. Spread over the top of the trifle. Garnish with coconut.

**Per serving:** 356 calories; 10 g fat (6 g sat, 2 g mono); 111 mg cholesterol; 60 g carbohydrate; 39 g added sugars; 7 g protein; 3 g fiber; 180 mg sodium; 175 mg potassium.

**Carbohydrate Servings:** 4

**Exchanges:** 4 carbohydrate (other), 2 fat



### Tips:

Agave syrup or nectar is the naturally sweet juice extracted from the agave plant. It has a lower glycemic index and is lower in calories than table sugar, but is even sweeter. Use it in moderation when substituting for table sugar. Look for it near other sweeteners in large supermarkets and natural-foods stores.

Whole-wheat pastry flour is milled from soft wheat. It contains less gluten-forming potential than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains. Find it at large supermarkets and natural-foods stores.

Large thin flakes of dried coconut called coconut chips make attractive garnishes. Find them in the produce section of large supermarkets or at [melissas.com](http://melissas.com).

**To toast coconut:** Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 5 minutes.

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## Sticky Walnut and Toffee Pudding

**Prep Time:** 15 minutes

**Cook Time:** 45 minutes

A cross between a cake and a pudding, the classic English dessert with toffee sauce is moist and delicious. It makes a show stopping dessert for the holidays, but it's also very comforting on any cold winter's day.

### Sticky Pudding

**1 cup hot coffee**

**1 cup finely chopped pitted Medjool dates**

**1½ cups all-purpose flour**

**1 teaspoon baking powder**

**½ teaspoon baking soda**

**¼ teaspoon ground cinnamon**

**¼ teaspoon salt**

**½ cup unsalted butter, at room temperature**

**¾ cup packed brown sugar**

**1 teaspoon finely grated orange zest**

**2 eggs**

**1 tablespoon Molasses**

**1 teaspoon vanilla extract**

**1 cup Fisher® Black walnuts, chopped and divided**

### Toffee Sauce

**½ cup unsalted butter**

**1½ cups 35% heavy whipping cream**

**1¼ cups packed dark brown sugar**

**¼ teaspoon salt**

**2 tablespoons brandy**

**1 teaspoon vanilla**

**2 tablespoons icing sugar**

**1. Sticky Pudding:** Preheat oven to 350°F. Grease and line bottom and side of 9-inch round cake pan with parchment paper. In small bowl, pour hot coffee over dates. Let stand for 15 minutes to cool.

**2.** Meanwhile, whisk together flour, baking powder, baking soda, cinnamon and salt; set aside. Using electric mixer, beat together butter, brown sugar and orange zest until light and fluffy, scraping down sides of bowl as needed.

**3.** Beat in eggs, one at a time, until fully incorporated. Beat in half of the flour mixture just until flour is moistened; beat in date mixture (including liquid), molasses and vanilla. Beat in remaining flour mixture (do not overmix). Fold in ½ cup walnuts.

**4.** Scrape into prepared pan; smooth top. Bake for 30 to 35 minutes or until cake tester inserted into center of cake comes out clean. Let cool on rack for 10 minutes. Turn out cake onto rack; peel off parchment paper. Invert onto serving platter with lip.

**5. Toffee Sauce:** Meanwhile, in saucepan, combine butter, ⅔ cup cream, butter and salt; bring to boil over high heat. Reduce heat to medium; boil, stirring frequently, for 5 to 8 minutes or until sauce thickens and darkens slightly. Stir in brandy and vanilla. Using wooden skewer or chopstick, poke holes into top of cake. Slowly pour ½ cup hot sauce evenly over top of cake.

**6.** Whip remaining cream with icing sugar until stiff peaks form. Slice and serve cake warm with drizzle of remaining sauce, dollop of whipped cream and sprinkle of remaining nuts.

**Tip:** Alternatively, you can substitute vanilla ice cream for whipped cream if desired. For a rustic presentation, grease and dust the cake pan with flour, then scoop the cake right out of the pan instead of cutting it into slices.

recipe from **Fisher**



## Vanilla-Pomegranate Parfaits

**Makes:** 6 servings

**Active time:** 45 minutes

**Total:** 3¾ hours (including 3 hours chilling time)

**To make ahead:** Prepare the compote (Step 1), cover and refrigerate for up to 1 day. Cover and refrigerate parfaits for up to 8 hours.

☐ Heart Health ☐ Diabetes ☒ Weight Loss ☒ Gluten Free

Rich, creamy, vanilla bean-flecked pudding tempers the tart-sweet pomegranate compote. Pick out small, festive glass dessert dishes for this pretty parfait.

### Pomegranate Compote

- 2 tablespoons sugar
- 2 teaspoons cornstarch
- 1 cup pomegranate seeds (see *Tip*)
- ¾ cup pomegranate juice
- 1 tablespoon lemon juice

### Pudding

- 1 cup low-fat milk
- ¾ cup half-and-half
- 1 vanilla bean, halved lengthwise, or 2 teaspoons vanilla extract
- 1 large egg
- 1 large egg yolk
- ⅓ cup sugar
- 1½ tablespoons cornstarch
- 1 tablespoon butter
- ½ cup pomegranate seeds for garnish
- 6 mint sprigs for garnish

**1. To prepare compote:** Mix 2 tablespoons sugar with 2 teaspoons cornstarch in a small saucepan. Add pomegranate seeds, pomegranate juice and lemon juice; stir to combine. Bring to a boil over medium-high heat and cook, stirring, until syrupy, about 5 minutes. Transfer to a small bowl. Refrigerate while you prepare the pudding.

**2. To prepare pudding:** Combine milk and half-and-half in a medium heavy saucepan. Scrape in seeds from vanilla bean (or add vanilla extract). Bring to a simmer over medium heat. Remove from the heat, cover and let steep for 5 minutes.

**3.** Meanwhile, whisk egg, egg yolk, ⅓ cup sugar and 1½ tablespoons cornstarch in a medium bowl. Reheat the milk mixture just until steaming. Carefully whisk one-third of the steaming milk into the egg mixture. Pour the egg-milk mixture back into the pan. Cook over medium heat, whisking constantly, until very thick, 2 to 3 minutes. Remove from the heat and whisk in butter.

**4. To prepare parfaits:** Divide the pomegranate compote among six 6-ounce (¾ cup) parfait glasses, ramekins or other small dessert cups. Spoon the pudding mixture over the compote. Cover and refrigerate until the pudding is well chilled and firm, at least 3 hours. To serve, garnish each parfait with pomegranate seeds and a mint sprig, if desired.

**Per serving:** 209 calories; 8 g fat (4 g sat, 2 g mono); 88 mg cholesterol; 31 g carbohydrate; 15 g added sugars; 4 g protein; 1 g fiber; 48 mg sodium; 189 mg potassium.

**Carbohydrate Servings:** 2

**Exchanges:** ½ fruit, 1½ carbohydrate (other), 1½ fat

**Tip:** To seed a pomegranate, fill a large bowl with water. Lightly score the fruit into quarters from crown to stem end, cutting through the skin but not into the interior of the fruit. Hold the fruit under water, break it apart and use your hands to gently separate the plump seeds (arils) from the outer skin and white pith. The seeds will drop to the bottom of the bowl and the pith will float to the surface. Discard the pith. Pour the seeds into a colander. Rinse and pat dry. Seeds can be frozen for up to 3 months.



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## Holiday Pumpkin Pie

**Makes:** 10 servings

**Active time:** 30 minutes

**Total:** 4 hours (including cooling time)

**To make ahead:** Prepare the crust (Step 1), wrap tightly and refrigerate for up to 2 days or freeze for up to 3 months

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This lighter pumpkin pie has the rich, subtle spices of the classic and a delicate, faintly sweet crust.

### Crust

$\frac{3}{4}$  cup whole-wheat pastry flour  
(see *Tips*)

$\frac{3}{4}$  cup all-purpose flour

1 tablespoon sugar

$\frac{1}{4}$  teaspoon salt

2 tablespoons unsalted butter

3 tablespoons canola oil

3-4 tablespoons ice water

### Filling

1 15-ounce can unseasoned  
pumpkin puree

1 teaspoon ground cinnamon

$\frac{1}{2}$  teaspoon ground nutmeg

$\frac{1}{4}$  teaspoon ground ginger

$\frac{1}{4}$  teaspoon ground cloves

$\frac{1}{4}$  teaspoon salt

1 14-ounce can low-fat sweetened  
condensed milk

2 large eggs, lightly beaten

**1. To prepare crust:** Whisk whole-wheat flour, all-purpose flour, sugar and salt in a medium bowl. Melt butter in a small saucepan over low heat. Cook, swirling the butter, until it's light brown, 30 seconds to 1 minute. Transfer to a small bowl to cool. Stir in oil. Slowly stir the butter-oil mixture into the dry ingredients with a fork until the dough is crumbly. Gradually stir in ice water, adding enough so the dough holds together and feels moist. Press the dough into a flattened disk.

**2.** Overlap 2 sheets of plastic wrap on a work surface, place the dough in the center and cover with 2 more overlapping sheets of plastic wrap. Roll the dough into a 12-inch

circle. Remove the top sheets and invert the dough into a 9-inch pie pan. Press the dough into the bottom and up the sides of the pan. Remove the remaining plastic wrap. Fold the dough under at the rim and crimp or flute the edge (see *Tips*).

**3.** Position rack in lower third of oven; preheat to 425°F.

**4. To prepare filling & assemble pie:** Whisk pumpkin, cinnamon, nutmeg, ginger, cloves and salt in a medium bowl until well combined. Add condensed milk and eggs and whisk until smooth. Pour the filling into the prepared crust.

**5.** Bake the pie for 15 minutes. Reduce the oven temperature to 350° and bake until the filling is set and a knife inserted in the center comes out clean, 35 to 40 minutes more. (Cover the crust edges with foil if they are browning too quickly.) Let cool completely on a wire rack before serving.

**Per serving:** 292 calories; 9 g fat (3 g sat, 5 g mono); 53 mg cholesterol; 42 g carbohydrate; 22 g added sugars; 7 g protein; 3 g fiber; 174 mg sodium; 482 mg potassium.

**Nutrition bonus:** Vitamin A (137% daily value).

**Carbohydrate Servings:** 3

**Exchanges:** 1 starch, 2 carbohydrate, 2 fat.

### Tips:

Whole-wheat pastry flour is milled from soft wheat. It contains less gluten-forming potential than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains. Both are available in large supermarkets or natural-foods stores. Store in an airtight container in the freezer.

**To crimp pie crust,** use one hand to pinch or flute the edge of the crust between your thumb and side of your index finger.

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## Pecan Pie Bars

**Prep Time:** 20 minutes

**Cook Time:** 45 minutes

Enjoy the sweet taste of pecan pie in a bitesize bar. Or reinvent a classic using your favorite nut variety, like Fisher® Walnuts or Almonds.

### Crust

- 2½ cups all-purpose flour
- 1 cup butter or margarine
- ½ cup powdered sugar
- ¼ teaspoon salt

### Filling

- 1½ cups Karo® Light or Dark Corn Syrup
- 1½ cups sugar
- 3 tablespoons butter or margarine, melted
- 1½ teaspoons Pure Vanilla Extract
- 2½ cups coarsely chopped Fisher® pecans

**1. For Crust:** Preheat oven to 350°F. Mix flour, butter, powdered sugar and salt with an electric mixer until mixture resembles coarse crumbs. Press firmly and evenly into a greased 15 x 10 x 1 inch pan OR a 17 x 12 x 1 inch pan.

**2.** Bake 20 minutes, or until golden brown.

**3. For Filling:** Beat eggs, corn syrup, sugar, butter and vanilla in a large bowl until well blended. Stir in Fisher® pecans.

**4.** Pour over hot crust; spread evenly.

**5.** Bake 25 minutes at 350°F until filling is firm around the edges and slightly firm in the center. Cool completely on wire rack before serving.



recipe from **Fisher®**



## Glazed Chocolate-Pumpkin Bundt Cake

**Makes:** 16 servings

**Active time:** 30 minutes

**Total:** 3½ hours (including cooling time)

**To make ahead:** Prepare through Step 4 up to 1 day ahead. Glaze and garnish (Step 5) shortly before serving.

**Equipment:** 12-cup Bundt pan

☒ Heart Health ☐ Diabetes ☒ Weight Loss ☐ Gluten Free

You don't have to have pumpkin pie to still enjoy pumpkin and spice in a Thanksgiving dessert. This tender, moist cake uses pureed pumpkin to replace much of the fat and is delicately seasoned with classic holiday flavors.

### Cake

- 1 cup all-purpose flour
- ¾ cup whole-wheat pastry flour
- 1 cup granulated sugar
- ¾ cup unsweetened cocoa powder (not Dutch-process)
- 1½ teaspoons baking powder
- 1½ teaspoons baking soda
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon salt
- 1 cup nonfat buttermilk
- 1 15-ounce can unsweetened pumpkin puree
- ¾ cup packed dark brown sugar
- 1 large egg, at room temperature (see *Tips*)
- 1 large egg white, at room temperature
- ¼ cup canola oil
- ¼ cup light corn syrup
- 1 tablespoon vanilla extract

### Glaze & Garnish

- ½ cup packed confectioners' sugar
- 1 tablespoon nonfat buttermilk
- 2 tablespoons mini chocolate chips or toasted chopped nuts (see *Tips*)

**1. To prepare cake:** Preheat oven to 350°F. Coat a 12-cup Bundt pan with cooking spray.

**2.** Whisk all-purpose flour, whole-wheat flour, granulated sugar, cocoa, baking powder, baking soda, pumpkin pie spice and salt in a medium bowl.

**3.** Blend 1 cup buttermilk, pumpkin puree and brown sugar in a large bowl with an electric mixer on low speed. Beat in whole egg and egg white. Stir in oil, corn syrup and vanilla. Gradually add the dry ingredients, stirring until just combined. Transfer the batter to the prepared pan.

**4.** Bake the cake until a wooden skewer inserted in the center comes out with only a few moist crumbs attached, 1 to 1¼ hours. Let cool on a wire rack for 15 minutes. Remove from the pan and let cool completely on the rack, about 2 hours.

**5. To glaze & garnish cake:** Combine confectioners' sugar and 1 tablespoon buttermilk in a small bowl, stirring until completely smooth. Place the cake on a serving plate and drizzle the glaze over the top; garnish with chocolate chips (or chopped nuts) while the glaze is still moist.

**Per serving:** 234 calories; 5 g fat (1 g sat, 3 g mono); 13 mg cholesterol; 46 g carbohydrate; 28 g added sugars; 4 g protein; 3 g fiber; 238 mg sodium; 159 mg potassium.

**Nutrition bonus:** Vitamin A (80% daily value).

**Carbohydrate Servings:** 3

**Exchanges:** 3 other carbohydrate, 1 fat

### Tips:

To warm an egg to room temperature, either set it out on the counter for 15 minutes or submerge it (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.

To toast chopped nuts: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

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## Pear, Apple & Cranberry Tarte Tatin

**Makes:** 8 servings

**Active time:** 1 hour **Total:** 1¼ hours

**To make ahead:** Prepare the crust (Step 1), wrap tightly and refrigerate for up to 3 days.

 Heart Health  Diabetes  Weight Loss  Gluten Free

This ultimate fall and winter tart showcases the best fruits of the season: pears, apples and cranberries. Unlike other tarts, the tarte tatin is made upside down in a skillet. You start by cooking the fruit, then top it with the dough, carefully tuck in the edges and let it cook. When it's ready you invert the whole tart onto a plate. It comes out looking beautiful and is actually much easier than you might imagine.

### Crust

- 1 cup white whole-wheat flour**  
(see Tip)
- ½ cup old-fashioned rolled oats**
- 1 tablespoon granulated sugar**
- ½ teaspoon salt**
- 4 tablespoons cold unsalted butter,**  
cut into small pieces
- 2 tablespoons canola oil**
- 3 tablespoons ice water**

### Filling

- 2 ripe but firm pears, peeled and**  
thinly sliced
- 1 large apple, peeled and thinly sliced**
- 1 tablespoon lemon juice**
- ½ cup light brown sugar**
- 2 tablespoons unsalted butter**
- 1 teaspoon ground cinnamon**
- ½ teaspoon ground ginger**
- 1 cup fresh cranberries**

**1. To prepare crust:** Place flour, oats, granulated sugar and salt in a food processor; process until the oats are finely ground. Add butter one piece at a time, pulsing once or twice after each addition, until incorporated. Add oil and water and pulse just until the dough starts to come together. Turn the dough out onto a lightly floured surface and knead it a few times until it holds together. Form the dough into a 5-inch disk, wrap in plastic or wax paper and refrigerate while you prepare the filling.

**2. Preheat oven to 375°F.**

**3. To prepare filling:** Toss pears and apple with lemon juice in a large bowl.

**4. Place brown sugar, butter, cinnamon and ginger in a 10-inch ovenproof skillet;** cook over medium-low heat, stirring, until the butter and sugar are melted and the mixture starts to bubble. Remove from the heat. Starting at the center of the pan, arrange the pear and apple slices in concentric circles, overlapping the slices and adding another layer until all the slices are in the pan. Scatter cranberries on top.

**5. Return the pan to medium-low heat and bring the liquid to a simmer.** (It might be hard to see the simmering—take a peek under the fruit or listen for the bubbling.) Cover and cook for 5 minutes. Uncover and cook, gently swirling the pan occasionally, until the sauce becomes a thick, caramel-like glaze, 7 to 10 minutes. Remove from the heat.

**6. Roll the dough out between sheets of parchment or wax paper into a 12-inch circle.** Peel off the top sheet and invert the dough over the fruit. Peel off the remaining paper. Quickly tuck the edges of the crust down into the sides of the pan. Prick the top with a fork.

**7. Transfer the pan to the oven.** Bake until the crust is just beginning to brown around the edges, 30 to 35 minutes. Let cool for 15 minutes. Run a knife around the edge of the pan to release the crust. Place a serving plate larger than the pan on top of it and invert the tart onto the plate (it may take a light shaking to release the tart from the pan). Serve warm.



**Per serving:** 264 calories; 13 g fat (6 g sat, 5 g mono); 23 mg cholesterol; 38 g carbohydrate; 11 g added sugars; 3 g protein; 5 g fiber; 150 mg sodium; 149 mg potassium.

**Carbohydrate Servings:** 2½

**Exchanges:** 1 starch, 1 fruit, 1 carbohydrate (other), 2 fat

**Tip:** White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. Available in large supermarkets and in natural-foods stores. Store in the freezer.

## Deep-Dish Apple Pie

**Makes:** 10 servings

**Active time:** 1¼ hours

**Total:** 4 hours (including cooling time)

**To make ahead:** Prepare the crust (Step 1), wrap tightly and refrigerate for up to 2 days or freeze for up to 6 months.

**Equipment:** 9 ½-inch deep-dish pie pan.

   

With all that delicious fruit an apple pie should be healthy, but the truth is a slice can have as much as 750 calories and 30 grams of fat. For the most part, the culprit is the crust. We use whole-wheat pastry flour to add fiber and lower the saturated fat by replacing some of the butter with canola oil. The brown sugar-sweetened filling in this pie is made with two kinds of apples for the perfect balance. A slice has half the calories of a typical version and only 10 grams of fat – sweet!

### Crust

- 1¼ cups whole-wheat pastry flour  
(see Tip)
- 1¼ cups all-purpose flour
- 2 tablespoons granulated sugar
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter
- ¼ cup reduced-fat sour cream
- 3 tablespoons canola oil
- 4 tablespoons ice water

### Filling

- 6 cups thinly sliced peeled McIntosh apples (about 2 pounds)
- 6 cups thinly sliced peeled Granny Smith apples (about 2 pounds)
- ⅔ cup packed light brown sugar
- 1 tablespoon lemon juice
- 1¼ teaspoons ground cinnamon, divided
- ⅛ teaspoon ground nutmeg
- Pinch of ground allspice
- Pinch of salt
- 2 tablespoons all-purpose flour
- 1 teaspoon granulated sugar
- 1 large egg white, lightly beaten, for brushing

**1. To prepare crust:** Whisk whole-wheat flour, 1¼ cups all-purpose flour, 2 tablespoons sugar and ½ teaspoon salt in a large bowl. Cut butter into small pieces and, with your fingers, quickly rub them into the dry ingredients until the pieces are smaller but still visible. Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle water over the mixture. Toss with a fork until evenly moist. Knead the dough with your hands in the bowl a few times—the mixture will still be a little crumbly. Turn out onto a clean surface and knead a few more times, until the dough just holds together. Divide the dough in half and shape into 5-inch-wide disks. Wrap the dough in plastic and refrigerate for at least 1 hour.

**2. Meanwhile, make filling:** Combine apples, brown sugar, lemon juice, 1 teaspoon cinnamon, nutmeg, allspice and pinch of salt in a large bowl. Reserving 4 cups, transfer the rest of the apple mixture to a Dutch oven. Cook over medium heat, stirring, until the apples are tender and beginning to break down, about 10 minutes. Remove from the heat, stir in the reserved apples and 2 tablespoons flour; let cool for about 30 minutes.

**3. To assemble & bake pie:** Position a rack in lower third of oven; preheat to 425°F.

**4. Remove the dough from the refrigerator;** let stand for 5 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 13-inch circle. Peel off the top sheet and invert the dough into a 9 ½-inch deep-dish pie pan. Peel off the remaining paper. Scrape the filling into the crust. Roll the remaining portion of dough between sheets of parchment or wax paper into another 13-inch circle. Peel off the top sheet of paper and invert the dough onto the fruit. Peel off the remaining paper. Trim the crust so it overhangs evenly. Tuck the top crust under the bottom crust, sealing the two together and making a plump edge. Flute the edge with your fingers. Combine 1 teaspoon granulated sugar and the remaining ¼ teaspoon cinnamon in a small bowl. Brush the crust with egg white and sprinkle with the

cinnamon-sugar. Cut 6 steam vents in the top crust.

**5. Bake the pie on the bottom rack for 20 minutes.** Reduce the oven temperature to 375° and continue baking until the crust is golden brown and the filling is bubbling, 25 to 35 minutes more. Let cool on a wire rack for about 1½ hours before serving.

**Per serving:** 344 calories; 10 g fat (4 g sat, 3 g mono); 14 mg cholesterol; 62 g carbohydrate; 17 g added sugars; 4 g protein; 5 g fiber; 143 mg sodium; 212 mg potassium.

**Carbohydrate Servings:** 4

**Exchanges:** 2 starch, 2 fruit, 2 fat.

**Tip:** Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer.

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## Chocolate Tart with Hazelnut Shortbread Crust

**Makes:** 10 servings

**Active time:** 45 minutes

**Total:** 1¾ hours

**To make ahead:** Loosely cover and refrigerate the tart for up to 1 day.

**Equipment:** 9-inch tart pan (with or without removable bottom)

☐ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

A sublime silky chocolate custard fills this simple hazelnut shortbread crust. Serve garnished with whipped cream and toasted hazelnuts for a special touch.

### Crust

- 1 cup whole-wheat pastry flour
- ¼ cup all-purpose flour
- ½ cup hazelnuts
- ¼ cup sugar
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 2 tablespoons hazelnut oil or canola oil
- 1 tablespoon ice water

### Filling

- 1½ teaspoons unflavored gelatin
- 1 tablespoon water
- ¾ cup low-fat milk
- 2 large egg yolks
- 2½ tablespoons plus ¼ cup sugar, divided
- 1 tablespoon all-purpose flour
- 2 ounces unsweetened chocolate, finely chopped
- 1 tablespoon coffee liqueur, such as Kahlua (optional)
- 4 teaspoons dried egg whites (see Tip), reconstituted according to package directions (equivalent to 2 egg whites)
- ½ teaspoon cream of tartar

1. Preheat oven to 400°F.

2. **To prepare crust:** Coat a 9-inch tart pan with cooking spray. Combine whole-wheat pastry flour, ¼ cup all-purpose flour, hazelnuts, ¼ cup sugar and salt in a food processor; process until the nuts are finely ground.

Add butter one piece at a time, pulsing once or twice after each addition, until incorporated. Add oil and ice water and pulse just until incorporated. Turn the dough out into the prepared pan (it will be crumbly), spread evenly and press firmly into the bottom and all the way up the sides to form a crust.

3. Bake the crust until set and the edges are beginning to brown, about 15 minutes. Let cool on a wire rack.

4. **To prepare filling:** Sprinkle gelatin over water in a small bowl; let stand, stirring once or twice, while you prepare the rest of the filling.

5. Heat milk in a medium saucepan over medium heat until steaming (but not boiling); remove from the heat to cool slightly.

6. Whisk egg yolks, 2½ tablespoons sugar and 1 tablespoon flour in a medium bowl until combined. Gradually whisk in ½ cup of the hot milk. Whisk the egg yolk mixture into the pan with the remaining hot milk. Return to the heat and cook, stirring constantly, until the mixture thickens enough to coat the back of a spoon (do not boil), about 1 minute. Remove from the heat; whisk in chocolate until completely melted. Whisk in the softened gelatin and coffee liqueur (if using) until smooth.

7. Beat reconstituted egg whites and cream of tartar in a large bowl with an electric mixer on low speed until frothy. Increase speed to high and beat until soft peaks form. Gradually add the remaining ¼ cup sugar and beat until stiff peaks form, 3 to 5 minutes. Gently fold the chocolate custard into the egg whites until blended. Spoon the filling into the crust; smooth the top with the back of a spoon and chill, uncovered, until set, about 1 hour.

**Per serving:** 268 calories; 16 g fat (6 g sat, 7 g mono); 55 mg cholesterol; 29 g carbohydrate; 13 g added sugars; 6 g protein; 3 g fiber; 141 mg sodium; 117 mg potassium.

**Carbohydrate Servings:** 2

**Exchanges:** 2 carbohydrates (other), 3 fat

**Tip:** Dried egg whites are pasteurized—a wise choice for uncooked fillings. You'll find them in the baking or natural-foods section of most supermarkets. Reconstitute according to package directions.

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## Cranberry Upside-Down Cake

**Makes:** 10 servings

**Active time:** 30 minutes

**Total:** 1 hour 50 minutes (including 15 minutes cooling time)

**To make ahead:** Prepare up to 8 hours ahead; serve at room temperature or warm in a 300°F oven).

Heart Health Diabetes Weight Loss Gluten Free

This rustic cake is a delicious alternative to pie and uses one of the tastiest fruits of the fall harvest—cranberries. The basic recipe is very versatile and can be made with apples, pears, peaches, plums or any full-flavored, slightly acidic fruit. Just arrange the fruit in the skillet before you pour the batter over it. The cake is best served warm; if you can, put it in the oven just before you sit down to dinner. *(Recipe adapted from The Art of Simple Food by Alice Waters.)*

- ¾ cup packed light brown sugar**
- 4 tablespoons unsalted butter, softened, divided**
- 2 tablespoons plus ¼ cup fresh orange juice, divided**
- 1 12-ounce bag fresh or frozen (thawed) cranberries (about 3 cups)**
- ¾ cup whole-wheat pastry flour (see Tips)**
- ¾ cup all-purpose flour**
- 2 teaspoons baking powder**
- ¼ teaspoon salt**
- 2 large eggs, at room temperature (see Tips)**
- ⅓ cup canola oil**
- 1 cup granulated sugar**
- 1 teaspoon vanilla extract**
- ½ cup low-fat milk, at room temperature**
- Whipped cream for garnish**

1. Preheat oven to 350°F.  
2. Heat brown sugar, 2 tablespoons butter and 2 tablespoons orange juice in a large (12-inch) cast-iron or regular skillet over medium heat, stirring constantly, until the butter melts and the mixture starts to bubble. Let cool. Coat the sides of the skillet with cooking spray.

3. Bring the remaining ¼ cup orange juice and cranberries to a simmer in a medium saucepan, stirring often, until about half the cranberries have popped. Pour evenly over the cooled brown sugar mixture in the skillet.

4. Whisk whole-wheat flour, all-purpose flour, baking powder and salt in a medium bowl.

5. Separate egg whites and yolks. Place the yolks in a large bowl and add the remaining 2 tablespoons butter, oil, granulated sugar and vanilla. Beat with an electric mixer or stand mixer on medium-high speed until light and fluffy. Stir in the flour mixture alternately with milk, using a rubber spatula, starting and ending with the flour. Stir just until the flour is incorporated. Beat the egg whites in a clean dry mixing bowl with clean dry beaters on medium-high speed until they hold soft peaks. Fold one-third of the egg whites into the batter, then gently fold in the rest until almost no white streaks remain. Spread the batter over the cranberries.

6. Bake until the top is golden brown and the cake pulls away from the sides of the pan, 30 to 40 minutes. Let cool in the pan on a wire rack for 15 minutes. Run a knife around the edge of the pan and carefully invert the cake onto a serving plate. Let cool for at least 30 minutes more before serving. Serve warm or room temperature. Garnish with whipped cream, if desired.

**Per serving:** 356 calories; 13 g fat (4 g sat, 6 g mono); 50 mg cholesterol; 56 g carbohydrate; 36 g added sugars; 4 g protein; 3 g fiber; 182 mg sodium; 114 mg potassium.

**Nutrition bonus:** Vitamin C (15% daily value).

**Carbohydrate Servings:** 3½

**Exchanges:** 4 other carbohydrates, 2½ fat



### Tips:

Whole-wheat pastry flour has less gluten-forming potential than regular whole-wheat flour and helps ensure tender baked goods. Find it in the baking section of the supermarket or online.

To bring an egg to room temperature, set it on the counter for 15 minutes or submerge it (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.

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## Cinnamon Bread Pudding with Cranberry-Raisin Sauce

**Makes:** 8 servings

**Active time:** 25 minutes

**Total:** 1¼ hours

**To make ahead:** Cover and refrigerate the sauce (Steps 4-5) for up to 1 day. Reheat before serving; thin with a little water, if desired.

☒ Heart Health ☐ Diabetes ☐ Weight Loss ☐ Gluten Free

Pungent and aromatic cinnamon perfumes this bread pudding and sweet-tart sauce. The sauce, made with cranberries and golden raisins, gets a toasty flavor from mustard seeds and a touch of heat from chile peppers.

### Bread Pudding

- 8 slices slightly dry whole-grain bread, crusts trimmed, cut into ½-inch cubes
- ½ cup firmly packed dark brown sugar
- ½ cup golden raisins
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 2 cups low-fat milk
- 2 large eggs, lightly beaten
- 1 teaspoon vanilla extract

### Sauce

- 1 tablespoon canola oil
- 1 teaspoon black, brown or yellow mustard seeds
- 2-3 dried red Thai or cayenne chiles, such as chile de arbol, stemmed
- 1 cup cranberries, fresh or frozen (no need to thaw), sliced in half
- ½ cup golden raisins
- ¼ cup firmly packed dark brown sugar
- ½ teaspoon ground cinnamon
- 1 cup water

**1. To prepare pudding:** Preheat oven to 350°F. Coat an 8-inch-square baking dish with cooking spray.

**2.** Combine bread, ½ cup brown sugar, raisins, 1 teaspoon cinnamon, nutmeg, milk, eggs and vanilla in a large bowl. Allow the bread cubes to swell a bit and absorb the liquid, stirring occasionally, about 15 minutes.

**3.** Transfer the bread mixture to the prepared baking dish. Place the dish in a larger baking pan filled halfway with hot tap water. Place together in the oven. Bake until a knife inserted in the center comes out clean, about 1 hour. Remove the baking dish from the water bath and let stand for about 15 minutes.

**4. To prepare sauce:** Heat oil in a small saucepan over medium-high heat. Add mustard seeds, cover, and cook until the seeds stop popping (not unlike popcorn), 30 seconds to 1 minute. Stir in chiles to taste and cook until blackened and smoky, about 30 seconds.

**5.** Add cranberries and raisins. Reduce the heat to medium and cook, uncovered, stirring occasionally, until the raisins are plump, about 2 minutes. Sprinkle with ¼ cup brown sugar and ½ teaspoon cinnamon and cook, stirring, so the sugar melts, about 30 seconds. Pour in water and cook, uncovered, stirring occasionally, until the sauce turns syrupy-thick, 8 to 10 minutes. Remove the chiles.

**6.** Slice the pudding into 8 pieces and spoon some sauce over each. Serve immediately.

**Per serving:** 278 calories; 5 g fat (1 g sat, 2 g mono); 56 mg cholesterol; 52 g carbohydrate; 20 g added sugars; 8 g protein; 4 g fiber; 163 mg sodium; 350 mg potassium.

**Nutrition bonus:** Vitamin A (18% daily value), Calcium (15% dv).

**Carbohydrate Servings:** 4

**Exchanges:** 1 starch, 1 fruit, 1 carbohydrate (other), 1 fat

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## Maple Pecan Tart with Dried Cherries

**Makes:** 10 servings

**Active time:** 40 minutes

**Total:** 2¼ hours

**To make ahead:** Cover and refrigerate for up to 1 day. Serve at room temperature.

**Equipment:** 9-inch tart pan with removable bottom

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This pecan tart gets added tang from dried cherries. Instead of corn syrup, which is found in most pecan pie recipes, we've opted for maple syrup. If you can find it, choose dark amber or grade B, because it has the richest maple flavor. The crust, made with heart-healthy pecans and canola oil, couldn't be easier to whip together. Just blend it in the food processor and pat it into your tart pan.

- 1 large egg yolk
- 3 tablespoons unsalted butter, melted, divided
- 2 tablespoons canola oil
- 1 tablespoon water
- 2 cups pecan halves, divided
- 1 tablespoon granulated sugar
- 1 cup plus 2 tablespoons all-purpose flour
- ½ teaspoon salt, divided
- 2 large eggs
- ½ cup pure maple syrup
- ½ cup packed dark brown sugar
- 2 teaspoons dark rum (optional)
- ⅓ cup dried cherries, chopped

1. Preheat oven to 400°F. Generously coat a 9-inch tart pan with removable bottom with cooking spray.

2. Combine egg yolk, 2 tablespoons melted butter, oil and water in a small bowl. Process ½ cup pecans and sugar in a food processor to the consistency of coarse meal. Add flour and ¼ teaspoon salt and pulse until combined. Drizzle the yolk mixture through the feed tube while pulsing and pulse just until the mixture is combined.

3. Spread the mixture evenly into the prepared pan, pressing it firmly into the bottom and all the way up the sides to form a crust. Place on a baking sheet. Bake until dry and just beginning to brown on the edges, 12 to 14 minutes.

4. Meanwhile, whisk eggs, maple syrup, brown sugar, rum (if using), the remaining 1 tablespoon butter and the remaining ¼ teaspoon salt in a medium bowl. Transfer ¼ cup of the mixture to a small bowl. Chop ½ cup pecans and add to the medium bowl. Stir in cherries. Mix the remaining 1 cup pecans with the reserved maple mixture.

5. Remove the tart crust from the oven. Reduce the oven temperature to 350°.

6. If there are any cracks in the crust, sprinkle with a little flour and use a dry pastry brush to "seal" the flour into the cracks. Evenly spread the filling in the crust. Arrange the maple syrup-coated pecans decoratively on top and drizzle with any remaining maple mixture.

7. Bake the tart until it no longer jiggles in the center when gently shaken, 25 to 30 minutes. Let cool on a wire rack for about 20 minutes. Remove the sides of the pan (use a butter knife to gently loosen the tart from the pan sides if it sticks in spots). Let cool completely, about 40 minutes more.

**Per serving:** 353 calories; 22 g fat (4 g sat, 11 g mono); 65 mg cholesterol; 36 g carbohydrate; 20 g added sugars; 5 g protein; 2 g fiber; 136 mg sodium; 157 mg potassium.

**Carbohydrate Servings:** 2½

**Exchanges:** 1 starch, 1½ carbohydrate (other), 4 fat



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## About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)