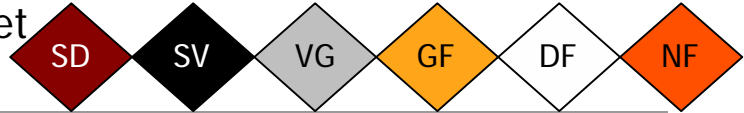


Mini "Not-Pigs" in a Blanket (*see dietary notes)



Recipe by: Chef Kelly Yorke

Traditional Mini Pigs in a Blanket are made with cocktail sausages and store-bought crescent roll dough (which contain hydrogenated fats). This recipe swaps the cocktail sausages with baby carrots and mini dill pickles and swaps the crescent roll dough with homemade pizza dough. This healthier version makes a great lunch box item or snack choice for kids and a tasty hors d'oeuvre for serving with cocktails for adults.

Ingredients:

1 – 1/4 cups	Unbleached white whole wheat flour
1 Tbsp.	Wheat Bran
1/2 tsp.	Salt
1/2 cup	Lukewarm water
1 Tbsp.	Olive oil
1/2 package	Fast Acting Dry Yeast (about 1 – 1/4 tsp.)
12 each	Baby Dill Pickles, halved lengthwise
24 each	Baby Carrots, cooked and drained
1/4 cup	Egg Beaters, liquid pasteurized eggs, or one beaten egg
1 Tbsp.	Dill Weed

Directions:

1. Preheat oven to 400° F.
2. In a medium bowl combine the flour, wheat bran and salt, mix well and set aside.
3. In a large bowl combine lukewarm water, olive oil and a spoonful of the flour mixture. Sprinkle fast acting dry yeast over the liquid, stir until dissolved, and then let sit 2-3 minutes to bloom.
4. Stir the rest of the flour mixture, a little at a time, into the liquid yeast mixture to form a semi-firm ball of dough. Place dough ball on a flour-covered surface and knead for 2 to 4 minutes or until dough is smooth, supple and no longer sticky.
5. Using a rolling pin, roll dough ball out into a pizza-like 11 to 12-inch circle. Use a pizza wheel cutter or knife to cut the pizza into eight pie-shaped wedges and then cut each eighth into thirds to create a total of 24 thin wedges.
6. Place one carrot and one pickle strip on the fat end of one of the dough wedges and then roll up dough towards the pointed end. Place pointed end down on a cookie sheet that has been lined with non-stick foil or foil sheet that is sprayed with vegetable cooking spray. Repeat with the remaining triangles of dough to make 24 "Not-Pigs" in a Blanket. Brush tops with beaten egg and then sprinkle with dill weed.
7. Bake until dough is golden brown, about 12 - 14 minutes. If desired, serve with Mustard and Ketchup or other dipping sauce of your choice.

YIELD: 6 Servings

*Dietary Notes:

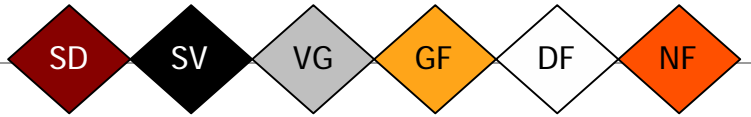
- To make Vegan (SV), substitute Eggs with 1/4-cup of rice milk.
- To make gluten-free (GF), omit wheat flour and replace with 1 – 1/4 cups of Bob's Red Mill GF All Purpose Baking Flour and 1 teaspoon guar gum and 1 teaspoon Xanthan gum. Omit wheat bran and replace with 1 Tablespoon of oat or rice bran.

Per Healthy-Swapped Serving: 131 Calories, 20g Carbohydrates, 3g Fat, 5g Protein, 4g Dietary Fiber, 0mg Cholesterol, 438mg Sodium

Per Traditional Recipe Serving: 310 Calories, 20g Carbohydrates, 20g Fat, 8g Protein, 0mg Dietary Fiber, 27mg Cholesterol, 783mg Sodium

Additional & Option Tip: If you're in a pinch for time, substitute homemade dough (first six ingredients) with one 8 ounce tube of refrigerated reduced-fat crescent rolls. Separate the dough into eight triangles and cut each triangle into thirds to create 24 long skinny triangles. Follow steps six and seven as written.

Fennel-Infused Peach Ketchup



Recipe by: Chef Kelly Yorke

Ingredients:

1 medium Fresh Peach, about 6 ounces, pitted, coarsely chopped
1/3 cup Ketchup, low sodium, fructose-free
1 tsp. Fennel seeds, toasted
1/2 tsp. Onion Powder
1/4 tsp. Garlic Powder
1/8 cup Water

Directions:

1. Place all ingredients in a food processor or blender and mix until pureed (seeds may still remain whole after blending – this is fine).
2. Pour puree into a small sauce pan and heat until mixture comes to a boil. Reduce heat, cover and simmer for 3-5 minutes. Remove from heat, cool slightly and then strain mixture through a sieve or china cap to remove seeds.
3. Chill or serve warm as a dipping sauce with hors d' oeuvres, canapés and crudités.

YIELD: 6 Servings or about 1 cup

Per Serving: 25 Calories, 6g Carbohydrates, 0g Fat, 0g Protein, 1g Dietary Fiber, 0mg Cholesterol, 3mg Sodium