

Cheesy Smashed Potatoes

Prep Time: 10 min

Total Time: 40 min

Makes: 6 servings, ½ cup each

1 lb. red potatoes (about 3 small), cut into chunks

1 cup small cauliflower florets

¼ cup BREAKSTONE'S reduced fat or KNUDSEN light sour cream

1 cup KRAFT 2% milk shredded sharp cheddar cheese

Cook potatoes and cauliflower in boiling water in large saucepan 20 min. or until vegetables are tender; drain. Return to pan.

Add sour cream; mash until vegetable mixture is fluffy.

Stir in cheese.

Kraft Kitchens Tips

Substitute:

Prepare using frozen cauliflower.

Use your microwave:

Place potatoes and cauliflower in large microwaveable bowl; add enough water to cover. Cover bowl with waxed paper. Microwave on high 20 min. or until vegetables are tender. Continue as directed.

Cherry Celebration

Makes 12 servings

- 2 cups boiling water
- 2 3-ounce packages cherry gelatin
- 4 cups ice cubes
- 3 cups thawed cool whipped topping
- 1 cup cherry pie filling

1. Stir boiling water into gelatin in a large bowl until completely dissolved.
2. Add ice cubes; stir until gelatin begins to thicken. Remove any unmelted ice.
3. Add whipped topping; stir with wire whisk until well blended. Refrigerate about 20 minutes until slightly thickened.
4. Add cherry pie filling; stir gently until well blended.
5. Spoon into glass bowl or 12 glasses. Refrigerate 4 hours or overnight.
6. Garnish with additional whipped topping and cherry pie filling just before serving.

Additional decorating tip: drizzle melted chocolate on inside of empty bowl or glasses and refrigerate. Fill with pie filling mixture and refrigerate as directed.

Nutrition information per serving (2/3 cup): 120 calories, 3.5g fat, 3.5g saturated fat, 0mg cholesterol, 80mg sodium, 22g carbohydrates, 0g fiber, 19g sugar, 1g protein, vitamin A 0%, vitamin C 0%, calcium 0%, iron 0%

Diet Soda Chocolate Cake (From Scratch)

Makes 16 servings

1 cup all purpose flour
1 cup whole wheat flour
 $\frac{3}{4}$ cup sugar
 $\frac{1}{3}$ cup cocoa powder
 $\frac{1}{4}$ cup cornstarch
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
12 ounces diet soda

1. Mix all dry ingredients together.
2. Mix in one can (12 oz) diet soda of choice
3. Bake at 350 degrees for 30-40 minutes.
4. Allow to cool so cake doesn't collapse when cut.
5. Top with fat free cool whip if desired.

Nutrition Information per serving (50.5g): 105 calories, 0.3g fat, 0.1g saturated fat, 0mg cholesterol, 115mg sodium, 24.1g carbohydrates, 0.9g dietary fiber, 9.4g sugars, 1.9g protein, 0% vitamin A, 0% vitamin C, 1% calcium, 6% iron

Note: 1 box of chocolate cake mix can be substituted mixed with 1 12 ounce can of diet soda.

Raspberry-Chipotle and Cream Cheese Dip

Serves: 6

1 block of Cream Cheese

2 C. of Raspberry-Chipotle Sauce, at room temperature

Crackers or Tortilla Chips to serve

- Place the block of Cream Cheese onto a plate or shallow bowl
- Put the Cream Cheese into the microwave for about 1 minute to warm and soften the cheese
- Pour the Raspberry-Chipotle Sauce over the top of the warmed Cream Cheese
- Serve with crackers or chips

Suggested variation

- Instead of Raspberry-Chipotle Sauce, one can use room temperature Salsa
- Instead of cream cheese use chevre cheese. It's actually a better way to enjoy this dip.