

# KitchenAid®

## STAND MIXER/BATTEURS SUR SOCLE INSTRUCTIONS AND RECIPES/INSTRUCTIONS ET RECETTES



**1-800-461-5681**

Call our Consumer Interaction Centre  
with questions or comments  
Website: [www.KitchenAid.ca](http://www.KitchenAid.ca)

**1-800-461-5681**

Des questions ? des commentaires ?  
Appelez notre centre du service à la clientèle.  
Site Web : [www.KitchenAid.ca](http://www.KitchenAid.ca)



FOR THE WAY IT'S MADE.®  
BIEN PENSÉ. BIEN FABRIQUÉ.®

# Product Registration Card

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Before you use your stand mixer, please fill out and mail your product registration card packed with the Instructions and Recipes manual. This card will enable us to contact you in the unlikely event of a product safety notification and assist us in complying with the provisions of the Consumer Product Safety Act. THIS CARD DOES NOT VERIFY YOUR WARRANTY.

KEEP A COPY OF THE SALES RECEIPT SHOWING THE DATE OF PURCHASE OF YOUR STAND MIXER. PROOF OF PURCHASE WILL ASSURE YOU OF IN-WARRANTY SERVICE.

Please complete the following for your personal records:

Model Number \_\_\_\_\_

Date Purchased \_\_\_\_\_

Dealer's Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

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# IMPORTANT SAFEGUARDS

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When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. To protect against risk of electrical shock, do not put mixer in water or other liquid.
3. Close supervision is necessary when this or any appliance is used near children.
4. Unplug mixer from outlet when not in use, before putting on or taking off parts and before cleaning.
5. Avoid contacting moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from beater during operation to reduce the risk of injury to persons and/or damage to the mixer.
6. Do not operate mixer unattended or near edge of work surface. When used for heavy loads or at high speeds, mixer may move on work surface.
7. Do not operate mixer with a damaged cord or plug or after the mixer malfunctions, or is dropped or damaged in any manner. Call the KitchenAid Consumer Interaction Centre at 1-800-461-5681 for more information.
8. The use of attachments not recommended or sold by KitchenAid may cause fire, electrical shock or injury.
9. Do not use the mixer outdoors.
10. Do not let the cord hang over edge of table or counter.
11. Remove flat beater, wire whip or dough hook from mixer before washing.
12. This product is designed for household use only. (Except Model 4KSMC50S which is designed for commercial use.)

## SAVE THESE INSTRUCTIONS

**Your safety and the safety of others are very important.**

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to potential hazards that can kill or hurt you and others.

All safety messages will follow the safety alert symbol and either the word "DANGER" or "WARNING." These words mean:

**! DANGER**

**You can be killed or seriously injured if you don't immediately follow instructions.**

**! WARNING**

**You can be killed or seriously injured if you don't follow instructions.**

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

## Electrical Requirements

Volts: 120 A.C. only. Hertz: 60

The wattage rating for your mixer is printed on the trim band or on the serial plate.

**Model 4KSMC50S Only:**

Watts	350
Volts	120
Amps	3.0
Horsepower	2/5
Hertz	60



**! WARNING**



**Electrical Shock Hazard**

**Plug into a grounded 3 prong outlet.**

**Do not remove ground prong.**

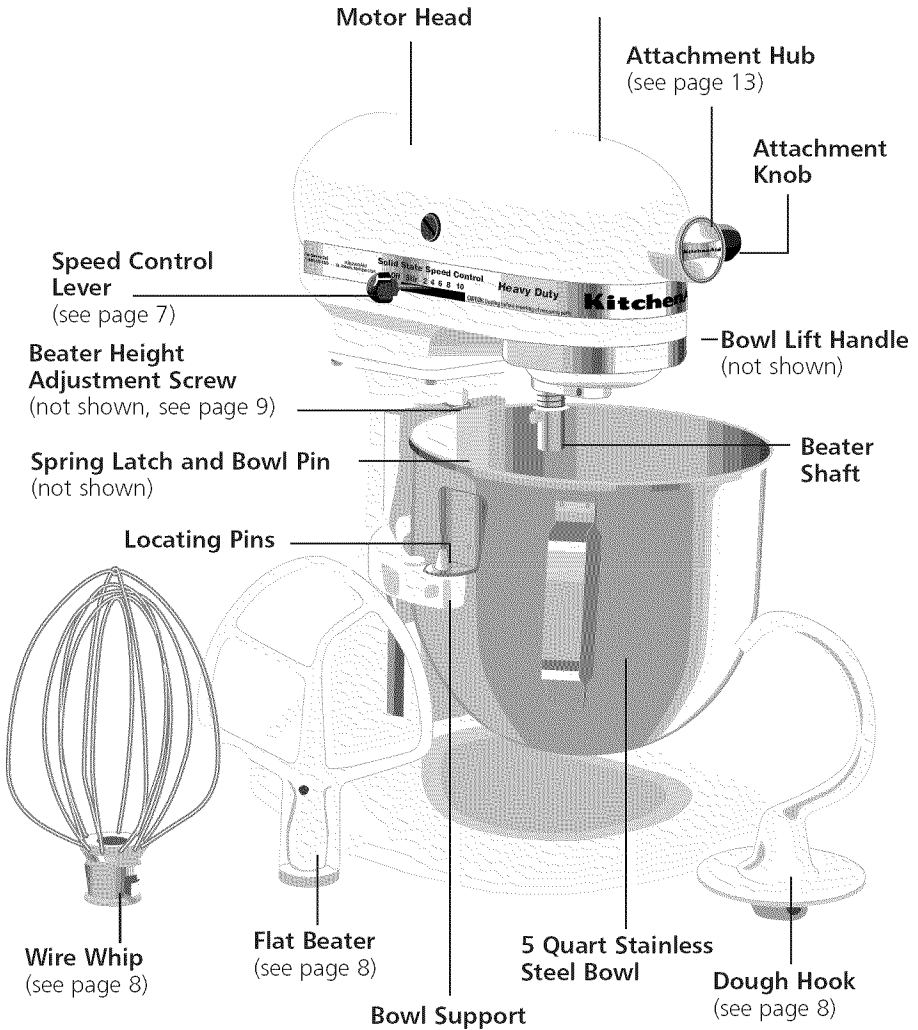
**Do not use an adapter.**

**Do not use an extension cord.**

**Failure to follow these instructions can result in death, fire or electrical shock.**

# Bowl-Lift Models\* Stand Mixer Features

Overload Reset Button  
Model 4KSMC50S only  
(not shown)



\*Bowl-Lift models include 4K5SS, 4KSM5, 4KSM50P, 4KSMC50S  
Commercial model not shown.

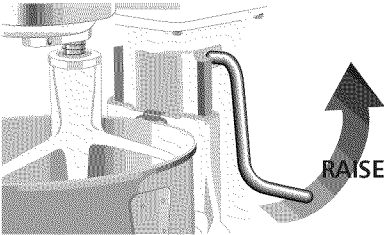
# Assembling Your Bowl-Lift Mixer

## To Attach Bowl

1. Be sure speed control is OFF and mixer is unplugged.
2. Place bowl lift handle in down position.
3. Fit bowl supports over locating pins.
4. Press down on back of bowl until bowl pin snaps into spring latch.
5. Raise bowl before mixing.
6. Plug mixer in proper electrical outlet.\*\*

## To Remove Bowl

1. Be sure speed control is OFF and mixer is unplugged.
2. Place bowl lift handle in down position.
3. Remove flat beater, wire whip, or dough hook.
4. Grasp bowl handle and lift straight up and off locating pins.



## To Raise Bowl

1. Rotate handle to straight-up position.
2. Bowl must always be in raised, locked position when mixing.

## To Lower Bowl

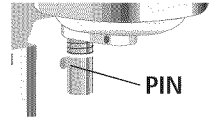
1. Rotate handle back and down.

## **! WARNING**

**Injury Hazard**  
**Unplug mixer before inserting or removing beaters.**  
**Unplug mixer before cleaning.**  
**Failure to do so can result in broken bones or cuts.**

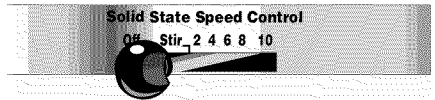
## To Attach Flat Beater, Wire Whip, or Dough Hook

1. Turn speed control to OFF and unplug.
2. Slip flat beater on beater shaft and press upward as far as possible.
3. Turn beater to right, hooking beater over the pin on shaft.
4. Plug mixer in proper electrical outlet.\*\*



## To Remove Flat Beater, Wire Whip, or Dough Hook

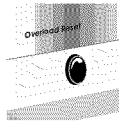
1. Turn speed control to OFF and unplug.
2. Press beater upward as far as possible and turn left.
3. Pull beater from beater shaft.
4. Plug mixer in proper electrical outlet.\*\*



## Household mixer SPEED Control

Plug mixer in proper electrical outlet.\*\* Speed control lever should always be set on lowest speed for starting, then gradually moved to desired higher speed to avoid splashing ingredients out of bowl. See pages 10, 14 for Speed Control Guide.

## Overload Reset Button

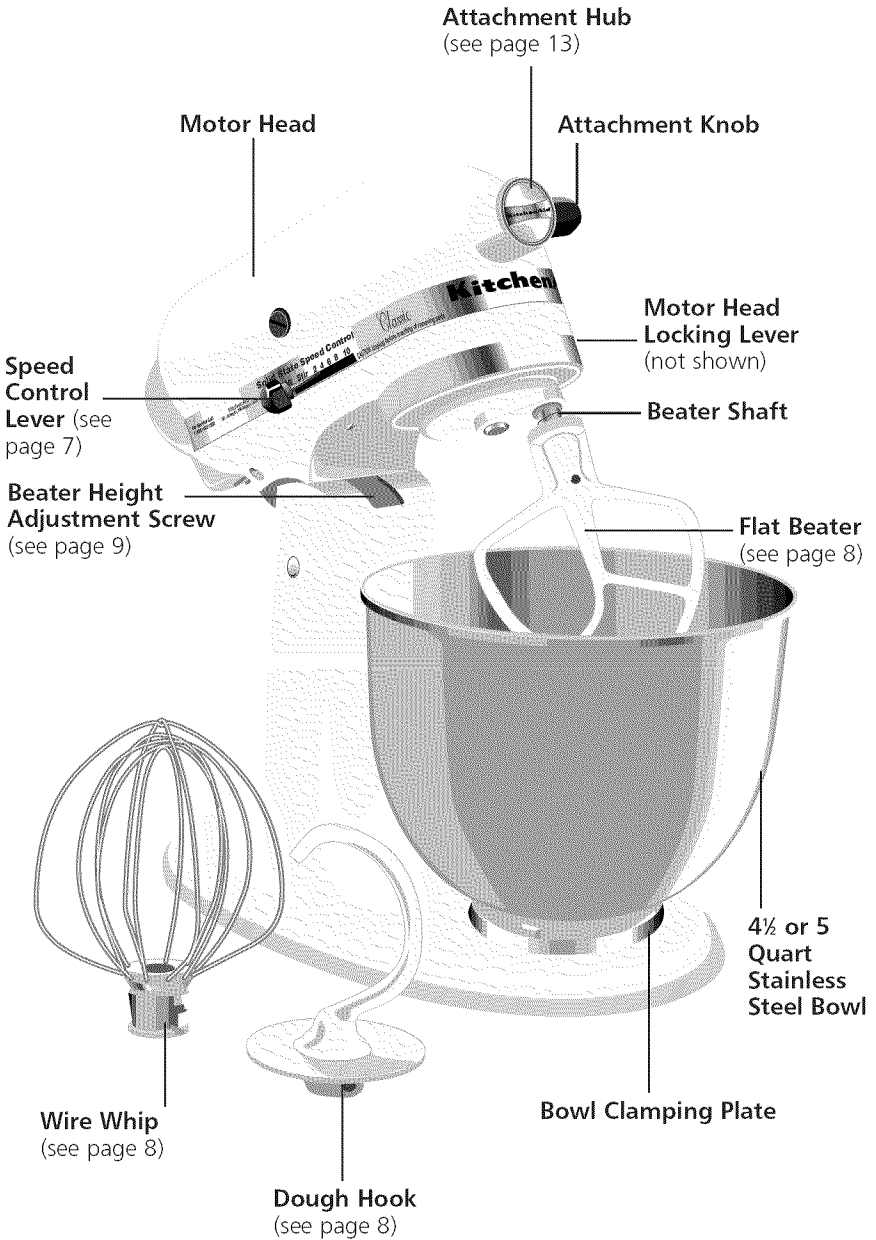


### Model 4KSMC50 only

If the mixer is overloaded, the Overload Reset Button will pop out and the mixer will shut off. Turn the Speed Control Lever to OFF. Wait a few minutes, then push in the Reset Button. Turn the Speed Control Lever to the desired speed and continue mixing.

\*\* See page 3.

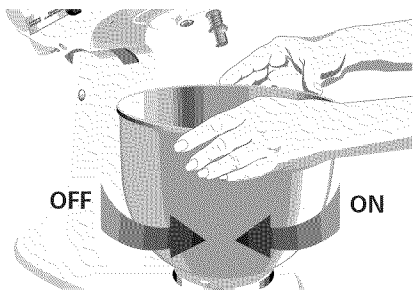
# Tilt-Head Models\* Stand Mixer Features



\*4 1/2 Quart models include 4K45, 4KSM90, 4KSM110PS  
\*5 Quart model 4KSM150



# Assembling Your Tilt-Head Mixer



## To Attach Bowl

1. Be sure speed control is OFF and mixer is unplugged.
2. Tilt motor head back.
3. Place bowl on bowl clamping plate.
4. Turn bowl gently in clockwise direction.
5. Plug mixer in proper electrical outlet.\*\*

## To Remove Bowl

1. Be sure speed control is OFF and mixer is unplugged.
2. Tilt motor head back.
3. Turn bowl in counterclockwise direction.

## **! WARNING**

### **Injury Hazard**

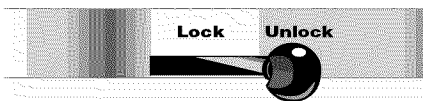
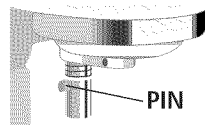
**Unplug mixer before inserting or removing beaters.**  
**Unplug mixer before cleaning.**  
**Failure to do so can result in broken bones or cuts.**

## To Attach Flat Beater, Wire Whip, Or Dough Hook

1. Turn speed control to OFF and unplug.
2. Raise motor head.
3. Slip beater onto beater shaft and press upward as far as possible.
4. Turn beater to right, hooking beater over pin on shaft.
5. Plug mixer in proper electrical outlet.\*\*

## To Remove Flat Beater, Wire Whip or Dough Hook

1. Turn speed control to OFF and unplug.
2. Press beater upward as far as possible and turn left.
3. Pull beater from beater shaft.
4. Plug mixer in proper electrical outlet.\*\*



## To Lock Motor Head

1. Make sure motor head is completely down.
2. Place locking lever in LOCK position.
3. Before mixing, test lock by attempting to raise head.

## To Unlock Motor Head

1. Place lever in UNLOCK position.
- NOTE:** Motor head should always be kept in LOCK position when using mixer.



## To Operate Speed Control

Plug mixer in proper electrical outlet.\*\* Speed control lever should always be set on lowest speed for starting, then gradually moved to desired higher speed to avoid splashing ingredients out of bowl. See page 10 for Speed Control Guide.

\*\* See page 3.

# Using Your KitchenAid® Attachments

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## Flat Beater for normal to heavy mixtures:

cakes	biscuits
creamed frostings	quick breads
candies	meat loaf
cookies	mashed potatoes
pie pastry	

## Wire Whip for mixtures that need air incorporated:

eggs	sponge cakes
egg whites	angel food cakes
heavy cream	mayonnaise
boiled frostings	some candies

## Dough Hook for mixing and kneading yeast doughs:

bread	coffee cakes
rolls	buns

## Mixing Time

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Your KitchenAid® Mixer will mix faster and more thoroughly than most other electric mixers. Therefore, the mixing time in most recipes must be

adjusted to avoid overbeating. With cakes, for example, beating time may be half as long as with other mixers.

## Mixer Use

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**NOTE:** Do not scrape bowl while mixer is operating.

The bowl and beater are designed to provide thorough mixing without frequent scraping. Scraping the bowl once or twice during mixing is usually sufficient. Turn unit off before scraping.

The mixer may warm up during use. Under heavy loads with extended mixing time, you may not be able to comfortably touch the top of the unit. This is normal.

# Care and Cleaning

## **! WARNING**

### **Injury Hazard**

**Unplug mixer before inserting or removing beaters.**  
**Unplug mixer before cleaning.**  
**Failure to do so can result in broken bones or cuts.**

Bowl, white flat beater and white dough hook may be washed in an automatic dishwasher. Or, clean them thoroughly in hot sudsy water and rinse completely before drying.

Wire whip, burnished dough hook and burnished flat beater should be hand washed and dried immediately. Do not wash wire whip, burnished dough hook and burnished flat beater in a dishwasher. Do not store beaters on shaft.

**NOTE:** Always be sure to unplug mixer before cleaning. Wipe mixer with a soft, damp cloth. Do not use household/commercial cleaners. Do not immerse in water. Wipe off beater shaft frequently, removing any residue that may accumulate.

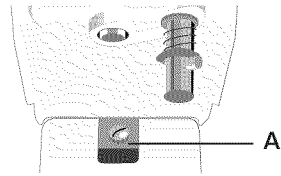
## Beater To Bowl Clearance

Your mixer is adjusted at the factory so that the flat beater just clears the bottom of the bowl. If for any reason, the flat beater hits the bottom of the bowl or is too far away from the bowl, clearance can be corrected as follows:

### **Tilt-Head models**

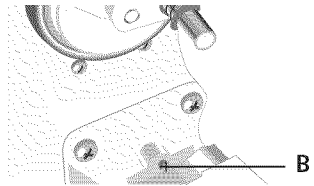
- Unplug mixer.
- Lift motor head.
- Turn screw (A) SLIGHTLY counter clockwise (left) to raise flat beater or clockwise (right) to lower flat beater.
- Make adjustment with flat beater, so it just clears surface of bowl.

If you over adjust the screw, the bowl lock lever may not lock into place.



### **Bowl-Lift models**

- Unplug mixer.
- Place bowl lift handle in down position.
- Turn screw (B) SLIGHTLY counter clockwise (left) to raise flat beater and clockwise (right) to lower flat beater.
- Make adjustments with flat beater, so it just clears surface of bowl.



**NOTE:** When properly adjusted, the flat beater will not strike on bottom or side of bowl. If beater or wire whip is adjusted too close so that it strikes bottom of bowl, coating may wear off beater or wires may wear through on wire whip.

# Speed Control Guide – 10 Speed Mixers

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## Number of Speed

Stir Speed		
	<b>STIR</b>	For slow stirring, combining, mashing, starting all mixing procedures. Use to add flour and dry ingredients to batter, add liquids to dry ingredients, and combine heavy mixtures.
<b>2</b>	<b>SLOW MIXING</b>	For slow mixing, mashing, faster stirring. Use to mix heavy batters and candies, start mashing potatoes or other vegetables, cut shortening into flour, mix thin or splashy batters, and mix and knead yeast dough. Use with Can Opener attachment.
<b>4</b>	<b>MIXING, BEATING</b>	For mixing semi-heavy batters, such as cookies. Use to combine sugar and shortening and to add sugar to egg whites for meringues. Medium speed for cake mixes. Use with: Food Grinder, Rotor Slicer/Shredder, and Fruit/Vegetable Strainer.
<b>6</b>	<b>BEATING, CREAMING</b>	For medium fast beating (creaming) or whipping. Use to finish mixing cake, doughnut, and other batters. High speed for cake mixes. Use with Citrus Juicer attachment.
<b>8</b>	<b>FAST BEATING, WHIPPING</b>	For whipping cream, egg whites, and boiled frostings.
<b>10</b>	<b>FAST WHIPPING</b>	For whipping small amounts of cream or egg whites. Use with Pasta Maker and Grain Mill attachments.

**NOTE:** Will not maintain fast speeds under heavy loads, such as when using Pasta Maker or Grain Mill attachments.

**NOTE:** The Speed Control Lever can be set between the speeds listed in the above chart to obtain speeds 3, 5, 7 and 9 if a finer adjustment is required. Do not exceed Speed 2 when preparing yeast doughs as this may cause damage to the mixer.

# Mixing Tips

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## Converting Your Recipe for the Mixer

The mixing instructions for recipes in this book can guide you in converting your own favourite recipes for preparation with your KitchenAid® mixer. Look for recipes similar to yours and then adapt your recipes to use the procedures in the similar KitchenAid recipes.

For example, the "quick mix" method (sometimes referred to as the "dump" method) is ideal for simple cakes, such as the Quick Yellow Cake and Easy White Cake included in this book. This method calls for combining dry ingredients with most or all liquid ingredients in one step.

More elaborate cakes, such as Caramel Walnut Banana Torte, should be prepared using the traditional cake mixing method. With this method, sugar and the shortening, butter or margarine are thoroughly mixed (creamed) before other ingredients are added.

For all cakes, mixing times may change because your KitchenAid® mixer works more quickly than other mixers. In general, mixing a cake with the KitchenAid® mixer will take about half the time called for in most cake recipes.

To help determine the ideal mixing time, observe the batter or dough and mix only until it has the desired appearance described in your recipe, such as "smooth and creamy."

To select the best mixing speeds, use the Speed Control Guide on pages 10 and 14.

## Adding Ingredients

Always add ingredients as close to side of bowl as possible, not directly into moving beater. The Pouring Shield can be used to simplify adding ingredients.

**NOTE:** If ingredients in very bottom of bowl are not thoroughly mixed, then the beater is not far enough into the bowl. See "Beater to Bowl Clearance," page 9.

## Cake Mixes

When preparing packaged cake mixes, use Speed 2 for low speed, Speed 4 for medium speed, and Speed 6 for high speed. For best results, mix for the time stated on the package directions.

## Adding Nuts, Raisins or Candied Fruits

Follow individual recipes for guidelines on including these ingredients. In general, solid materials should be folded in the last few seconds of mixing on Stir Speed. The batter should be thick enough to prevent the fruit or nuts from sinking to the bottom of the pan during baking. Sticky fruits should be dusted with flour for better distribution in the batter.

## Liquid Mixtures

Mixtures containing large amounts of liquid ingredients should be mixed at lower speeds to avoid splashing. Increase speed only after mixture has thickened.

## Egg Whites

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Place room temperature egg whites in clean, dry bowl. Attach bowl and wire whip. To avoid splashing, gradually turn to designated speed and whip to desired stage. See chart below.

AMOUNT	SPEED
1 egg white.....	GRADUALLY to 10
2-4 egg whites .....	GRADUALLY to 8
6 or more egg whites .....	GRADUALLY to 8

### Whipping Stages

With your KitchenAid® mixer, egg whites whip quickly. So, watch carefully to avoid overwhipping. This list tells you what to expect.

#### Frothy

Large, uneven air bubbles.

#### Begins to Hold Shape

Air bubbles are fine and compact; product is white.

#### Soft Peak

Tips of peaks fall over when wire whip is removed.

#### Almost Stiff

Sharp peaks form when wire whip is removed, but whites are actually soft.

#### Stiff but not Dry

Sharp, stiff peaks form when wire whip is removed. Whites are uniform in colour and glisten.

#### Stiff and Dry

Sharp, stiff peaks form when wire whip is removed. Whites are speckled and dull in appearance.

## Whipped Cream

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Pour cold whipping cream into chilled bowl. Attach bowl and wire whip. To avoid splashing, gradually turn to designated speed and whip to desired stage. See chart below.

AMOUNT	SPEED
¼ cup (50 mL).....	GRADUALLY to 10
½ cup (125 mL).....	GRADUALLY to 10
1 cup (250 mL).....	GRADUALLY to 8
1 pint (500 mL).....	GRADUALLY to 8

### Whipping Stages

Watch cream closely during whipping. Because your KitchenAid® mixer whips so quickly, there are just a few seconds between whipping stages. Look for these characteristics:

#### Begins to Thicken

Cream is thick and custard-like.

#### Holds Its Shape

Cream forms soft peaks when wire whip is removed. Can be folded into other ingredients when making desserts and sauces.

#### Stiff

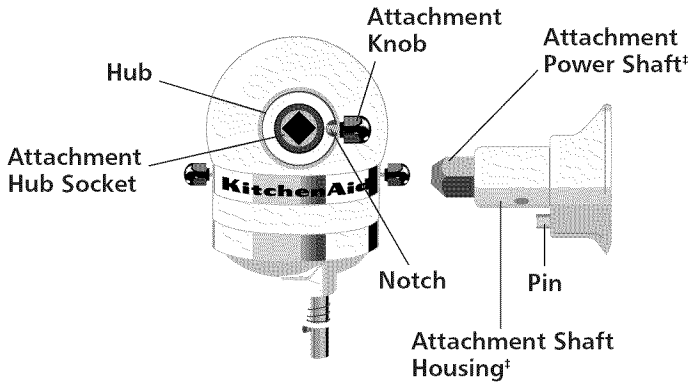
Cream stands in stiff, sharp peaks when wire whip is removed. Use for topping on cakes or desserts, or filling for cream puffs.

# Attachments and Accessories

(Attachments not NSF Approved for 4KSMC50S)

## General Information

KitchenAid® attachments are designed to assure long life. The attachment power shaft and hub socket are of a square design, to eliminate any possibility of slipping during the transmission of power to the attachment. The hub and shaft housing are tapered to assure a snug fit, even after prolonged use and wear. KitchenAid® attachments require no extra power unit to operate them; the power unit is built in.



†Not part of mixer.

## General Instructions

### To Attach

1. Turn mixer off and unplug.
2. Loosen attachment knob by turning it counterclockwise.
3. Remove attachment hub cover.
4. Insert attachment shaft housing into attachment hub, making certain that attachment power shaft fits into square attachment hub socket. It may be necessary to rotate attachment back and forth. When attachment is in proper position, the pin on the attachment will fit into the notch on the hub rim.
5. Tighten attachment knob by turning clockwise until attachment is completely secured to mixer.
6. Plug mixer in proper electrical outlet.\*\*

### To Remove

1. Turn mixer off and unplug.
2. Loosen attachment knob by turning it counterclockwise. Rotate attachment slightly back and forth while pulling out.
3. Replace attachment hub cover. Tighten attachment knob by turning it clockwise.

\*\* See page 3.

# Speed Control Guide – Commercial Mixers\*

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## Number of Speed

Stir Speed	STIR	
1	<b>SLOW MIXING</b>	For slow stirring, combining, mashing, starting all mixing procedures.
2	<b>MIXING, BEATING</b>	For slow beating, mashing and kneading yeast doughs.
3	<b>BEATING, CREAMING</b>	For mixing cookie and cake batters.
4	<b>FAST BEATING, WHIPPING</b>	For beating, creaming and medium fast whipping.
5	<b>FAST WHIPPING</b>	For whipping heavy cream, egg whites, and boiled frostings.
		For whipping small amounts of heavy cream or egg whites.

**Do not exceed Speed 1 when preparing yeast doughs as this may cause damage to the mixer.**

\*Commercial model 4KSMC50S



# KitchenAid® Mixer Warranty

Length of Warranty:	KitchenAid Canada Will Pay For:	KitchenAid Canada Will Not Pay For:
One Year Full Warranty from date of purchase.	Replacement parts and repair labour costs to correct defects in materials and workmanship. Service must be provided by a designated KitchenAid Service Centre.	<ul style="list-style-type: none"> <li>A. Repairs when mixer is used in other than normal single-family household use.</li> <li>B. Damage resulting from accident, alteration, misuse or abuse, fire, floods, acts of God, or use of products not approved by KitchenAid Canada.</li> <li>C. Any incidental shipping or handling costs to deliver your mixer to a designated KitchenAid Service Centre.</li> <li>D. Replacement parts or repair labour costs for mixer operated outside Canada.</li> </ul>

**KITCHENAID CANADA DOES NOT ASSUME ANY RESPONSIBILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES.** Some provinces do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from province to province.

## How To Arrange For Warranty Service – Canada

First review the Troubleshooting section, to possibly avoid the need for service.

One Year Full warranty from date of purchase KitchenAid Canada will pay for replacement parts and repair labour costs to correct defects in materials and workmanship. Service must be provided by a designated KitchenAid Service Centre.

Take the mixer or ship prepaid and insured to a designated KitchenAid Service Centre. Your repaired mixer will be returned prepaid and insured.

If you are unable to obtain satisfactory service in this manner, contact KitchenAid Canada, 1901 Minnesota Court, Mississauga, Ontario L5N 3A7. Telephone 1-800-807-6777.

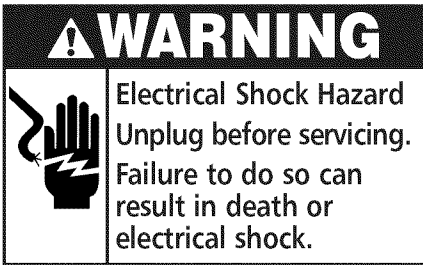
# How To Arrange For Out-Of-Warranty Service

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- First review the Troubleshooting section below.
- Then, consult your telephone directory for a designated KitchenAid Service Centre near you. If one is not listed contact KitchenAid Service from anywhere in Canada at 1-800-807-6777.
- Take the mixer or ship prepaid and insured to a designated KitchenAid Service Centre. Your repaired mixer will be returned prepaid and insured.
- All out-of-warranty service should be handled by a designated KitchenAid Service Centre.

## Troubleshooting

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First try the solutions suggested here and possibly avoid the cost of service. **If your mixer should malfunction or fail to operate, check the following:**

- Is the mixer plugged in?
- Is the fuse in the circuit to the mixer in working order? If you have a circuit breaker box, be sure the circuit is closed.

- Try unplugging and waiting 15-20 minutes before re-plugging the mixer.
- If the problem is not due to one of the above items, see "How to Arrange For Service" sections.
- DO NOT return the mixer to the retailer as they do not provide service.
- For assistance throughout Canada call KitchenAid Consumer Interaction Centre toll-free 8:30 a.m. - 5:30 p.m. (EST): 1-800-461-5681. or write to:  
Consumer Relations Centre  
KitchenAid Canada  
1901 Minnesota Court  
Mississauga, ON L5N 3A7

## Crabmeat Dip

- 1 package (8 oz. [250 g]) light cream cheese
- 1 cup (250 mL) reduced-fat cottage cheese
- $\frac{1}{4}$  cup (50 mL) reduced-calorie mayonnaise
- 1 can (6 $\frac{1}{2}$  oz. [195 g]) crabmeat, flaked
- 1 tablespoon (15 mL) lemon juice
- 3 tablespoons (45 mL) chopped green onions
- $\frac{1}{2}$  teaspoon (2 mL) garlic salt
- 3 drops hot pepper sauce

Place cream cheese, cottage cheese, and mayonnaise in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 6 and beat about 1 minute, or until well blended. Stop and scrape bowl. Add all remaining ingredients. Turn to Speed 6 and beat about 1 minute, or until all ingredients are combined.

Refrigerate until well chilled. Serve with assorted crackers or raw vegetables.

Yield: 24 servings (2 tablespoons [30 mL] per serving).

Per serving: About 42 cal, 4 g pro, 1 g carb, 3 g fat, 12 mg chol, 180 mg sod.

## Creamy Pineapple Fruit Dip

- 4 ounces (120 g) light cream cheese
- $\frac{1}{2}$  cup (125 mL) marshmallow cream
- 1 can (8 oz. [250 g]) crushed pineapple, well drained
- 2 teaspoons (10 mL) grated orange peel

Place cream cheese in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds. Stop and scrape bowl. Add marshmallow cream, pineapple, and orange peel. Turn to Speed 4 and beat about 30 seconds. Stop and scrape bowl. Turn to Speed 4 and beat about 30 seconds. Refrigerate at least 2 hours. Serve with sliced fresh fruit, if desired.

Yield: 12 servings (2 tablespoons [30 mL] per serving).

Per serving: About 61 cal, 1 g pro, 11 g carb, 2 g fat, 3 mg chol, 58 mg sod.

## Layered Mexican Dip

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- 1 package (8 oz. [250 g]) light cream cheese
- $\frac{1}{2}$  cup (125 mL) shredded hot pepper Monterey Jack cheese
- $\frac{1}{4}$  cup (50 mL) bean or black bean dip
- $\frac{1}{2}$  cup (125 mL) thick and chunky salsa
- $\frac{1}{2}$  cup (125 mL) chopped green onions
- $\frac{1}{4}$  cup (50 mL) sliced pitted ripe olives

Place cream cheese in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds. Stop and scrape bowl. Add Monterey Jack cheese. Turn to Speed 2 and mix about 30 seconds.

Spread cheese mixture on 10-inch (25-cm) serving plate to within 1 or 2 inches (2.5 or 5 cm) of edge. Spread bean dip over cheese. Spread salsa over bean dip. Top with onions and olives. Refrigerate until ready to serve. Serve with tortilla chips, if desired.

Yield: 12 servings ( $\frac{1}{4}$  cup [50 mL] per serving).

Per serving: About 70 cal, 4 g pro, 3 g carb, 5 g fat, 12 mg chol, 265 mg sod.

## Nutty Cheese Ball

---

- 1 cup (250 mL) shredded sharp Cheddar cheese
- 1 cup (250 mL) shredded Swiss cheese
- 1 package (8 oz. [250 g]) light cream cheese
- 2 tablespoons (30 mL) chopped fresh chives
- 2 teaspoons (10 mL) Worcestershire sauce
- $\frac{1}{4}$  teaspoon (1 mL) paprika
- $\frac{1}{2}$  teaspoon (2 mL) garlic powder
- $\frac{1}{4}$  cup (50 mL) finely chopped pecans

Place all ingredients, except pecans, in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 4 and beat about 1 minute, or until well blended.

On waxed paper, shape mixture into a ball. Roll ball in chopped pecans. Wrap in waxed paper. Refrigerate until serving time. Serve with assorted crackers or raw vegetables.

Yield: 24 servings (2 tablespoons [30 mL] per serving).

Per serving: About 65 cal, 4 g pro, 1 g carb, 5 g fat, 13 mg chol, 109 mg sod.

## Spinach and Cheese Crostini

---

- 1 *baguette loaf, cut into 1/2-inch (1.25-cm) slices*
- 2 *teaspoons (10 mL) butter or margarine*
- 1/2 *cup (125 mL) finely chopped onion*
- 1 *clove garlic, minced*
- 1 *package (9 oz. [270 g]) frozen chopped spinach, thawed and squeezed dry*
- 1 *package (8 oz. [250 g]) light cream cheese*
- 1/4 *cup (50 mL) roasted red peppers*
- 1/2 *cup (125 mL) shredded Cheddar cheese*

Place baguette slices on baking sheet. Bake at 375°F (190°C) for 4 to 6 minutes, or until toasted. Set aside.

Melt butter in 10-inch (25-cm) skillet over medium heat. Add onion and garlic. Cook and stir 2 to 3 minutes, or until softened. Add spinach. Cook and stir 30 to 60 seconds, or until warm. Cool slightly.

Place cream cheese in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2, mix about 30 seconds. Add spinach mixture. Continuing on Speed 2, mix about 30 seconds. Add red peppers.

Continuing on Speed 2, mix about 30 seconds. Spread spinach mixture on toasted baguette slices. Top each slice with about 1 teaspoon (5 mL) Cheddar cheese. Bake at 375°F (190°C) for 5 to 8 minutes, or until thoroughly heated and cheese is melted. Serve warm.

Yield: 12 servings (2 crostini per serving).

Per serving: About 141 cal, 6 g pro, 16 g carb, 6 g fat, 12 mg chol, 324 mg sod.

## Meatballs with Salsa

---

- 1/4 *cup (50 mL) fat-free egg substitute or 1 egg*
- 1/3 *cup (75 mL) fresh bread crumbs*
- 1/2 *teaspoon (2 mL) chili powder*
- 1/4 *teaspoon (1 mL) garlic powder*
- 1/8 *teaspoon (.5 mL) cayenne pepper*
- 1 *pound (500 g) ground turkey*
- 1/2 *cup (125 mL) thick and chunky salsa*
- 1/2 *cup (125 mL) chili sauce*
- 1/2 *cup (125 mL) water*

Place egg substitute, bread crumbs, chili powder, garlic powder, pepper, and ground turkey in mixer bowl. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 30 seconds.

Form turkey mixture into 1-inch (2.5-cm) balls. Spray 12-inch (30-cm) skillet with no-stick cooking spray. Cook meatballs over medium-high heat until well browned; drain.

Mix salsa, chili sauce, and water in small bowl. Add to meatballs and stir. Reduce heat to low. Cook, covered, about 10 minutes, or until meatballs are thoroughly cooked, stirring frequently. Serve warm.

Yield: 12 servings (3 meatballs per serving).

Per serving: About 84 cal, 8 g pro, 5 g carb, 3 g fat, 30 mg chol, 280 mg sod.

# Mushroom-Onion Tartlets

---

## Pastry Crusts

- 4 oz. (120 g) light cream cheese
- 3 tablespoons (45 mL) butter or margarine, divided
- $\frac{3}{4}$  cup plus 1 teaspoon (180 mL) all-purpose flour
- 8 oz. (250 mL) fresh mushrooms, coarsely chopped
- $\frac{1}{2}$  cup (125 mL) chopped green onions

## Filling

- 1 egg
- $\frac{1}{4}$  teaspoon (1 mL) dried thyme leaves
- $\frac{1}{2}$  cup (125 mL) shredded Swiss cheese

To make **Pastry Crusts**, place cream cheese and 2 tablespoons (30 mL) butter in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 4 and beat about 1 minute. Stop and scrape bowl. Add  $\frac{3}{4}$  cup (175 mL) flour. Turn to Speed 2 and mix about 1 minute, or until well blended. Form mixture into a ball. Wrap in waxed paper and chill 1 hour. Clean mixer bowl and beater.

To make **Filling**, melt remaining 1 tablespoon (15 mL) butter in 10-inch (25-cm) skillet over medium heat. Add mushrooms and onions. Cook and stir until tender. Remove from heat. Cool slightly.

Divide chilled dough into 24 pieces. Press each piece into miniature muffin cup (greased, if desired).

For **Filling**, place egg, remaining 1 teaspoon (5 mL) flour, and thyme in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 6 and beat about 30 seconds. Stir in cheese and cooled mushroom mixture. Spoon into pastry-lined muffin cups. Bake at 375°F (190°C) for 15 to 20 minutes, or until egg mixture is puffed and golden brown. Serve warm.

Yield: 12 servings (2 tartlets per serving).

Per serving: About 98 cal, 4 g pro, 8 g carb, 6 g fat, 33 mg chol, 83 mg sod.

## Stuffed New Potatoes

---

- 8 *small new red potatoes, boiled in skins*
- $\frac{1}{4}$  *cup (50 mL) reduced-fat sour cream*
- 1 *tablespoon (15 mL) margarine or butter, melted*
- $\frac{1}{4}$  *teaspoon (1 mL) garlic salt*
- $\frac{1}{4}$  *teaspoon (1 mL) dried thyme leaves*
- $\frac{1}{4}$  *cup (50 mL) finely chopped green onions*
- $\frac{1}{4}$  *cup (50 mL) finely shredded Cheddar cheese*  
*Paprika, if desired*

Cut potatoes in half. Scoop out insides of potatoes, leaving  $\frac{1}{8}$ -inch (3-mm) shells. Place insides of potatoes in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute. Add sour cream, margarine, garlic salt, and thyme. Turn to Speed 2 and mix about 30 seconds. Stop and scrape bowl. Turn to Speed 2 and mix about 30 seconds. Turn to Stir Speed and add onions, mixing just until blended.

Spoon or pipe potato mixture into potato shells. Place filled shells in shallow baking dish. Bake at 375°F (190°C) for 20 to 25 minutes, or until thoroughly heated. Sprinkle with cheese and paprika, if desired. Bake 5 minutes longer, or until cheese is melted. Serve warm.

Yield: 8 servings (2 potato halves per serving).

Per serving: About 58 cal, 2 g pro, 6 g carb, 3 g fat, 5 mg chol, 108 mg sod.

## Sweet Potato Puff

---

- 2 *medium sweet potatoes, cooked and peeled*
- $\frac{1}{2}$  *cup (125 mL) low-fat milk*
- $\frac{1}{3}$  *cup (75 mL) sugar*
- 2 *eggs*
- 2 *tablespoons (30 mL) butter or margarine*
- $\frac{1}{2}$  *teaspoon (2 mL) nutmeg*
- $\frac{1}{2}$  *teaspoon (2 mL) cinnamon*

Place potatoes in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds. Add milk, sugar, eggs, 2 tablespoons (30 mL) butter, nutmeg, and cinnamon. Turn to Speed 4 and beat about 1 minute. Spread mixture in greased 9-inch (23-cm) pie plate. Bake at 400°F (200°C) for 20 minutes, or until set. Clean bowl and beater.

Place all **Topping** ingredients in mixer bowl. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 15 seconds. Spread on hot puff. Bake 10 minutes longer.

Yield: 6 servings ( $\frac{1}{2}$  cup [125 mL] per serving).

Per serving: About 268 cal, 6 g pro, 35 g carb, 12 g fat, 2 mg chol, 176 mg sod.

### **Crunchy Praline Topping**

- 2 *tablespoons (30 mL) butter or margarine, melted*
- $\frac{3}{4}$  *cup (175 mL) corn flakes*
- $\frac{1}{4}$  *cup (50 mL) chopped walnuts or pecans*
- $\frac{1}{4}$  *cup (50 mL) firmly packed brown sugar*

# Mashed Potatoes

---

- 5 large potatoes (about 2½ lbs. [1250 g]), peeled, quartered, and boiled
- ½ cup (125 mL) low-fat milk, heated
- 2 tablespoons (30 mL) butter or margarine
- 1 teaspoon (5 mL) salt
- ⅛ teaspoon (.5 mL) black pepper

Warm mixer bowl and flat beater with hot water; dry. Place hot potatoes in bowl. Attach bowl and flat beater to mixer. Gradually turn to Speed 2 and mix about 1 minute, or until smooth.

Add all remaining ingredients. Turn to Speed 4 and beat about 30 seconds, or until milk is absorbed. Gradually turn to Speed 6 and beat about 1 minute, or until fluffy. Stop and scrape bowl. Exchange flat beater for wire whip. Turn to Speed 10 and whip 2 to 3 minutes.

Yield: 9 servings (¾ cup [175 mL] per serving).

Per serving: About 111 cal, 2 g pro, 19 g carb, 3 g fat, 8 mg chol, 296 mg sod.

## VARIATIONS

### Garlic Mashed Potatoes

Substitute 1 teaspoon (5 mL) garlic salt for salt.

Per serving: About 111 cal, 2 g pro, 19 g carb, 3 g fat, 8 mg chol, 239 mg sod.

### Parmesan Mashed Potatoes

Increase milk to ¾ cup (175 mL). Add ½ cup (75 mL) grated Parmesan cheese with milk.

Per serving: About 205 cal, 6 g pro, 32 g carb, 6 g fat, 7 mg chol, 524 mg sod.

### Sour Cream-Chive Mashed Potatoes

Substitute ¼ cup (50 mL) reduced-fat sour cream for ¼ cup (50 mL) milk. Add 2 tablespoons (30 mL) chopped fresh chives.

Per serving: About 178 cal, 4 g pro, 32 g carb, 4 g fat, 2 mg chol, 417 mg sod.



## Herbed Whipped Squash

---

- 1 large butternut squash, baked (about 3 cups [750 mL] cooked)
- $\frac{1}{4}$  cup (50 mL) butter or margarine, melted
- $\frac{1}{2}$  teaspoon (2 mL) dried tarragon leaves
- $\frac{1}{8}$  teaspoon (.5 mL) salt
- $\frac{1}{8}$  teaspoon (.5 mL) black pepper

Scoop cooked squash out of shell and place in mixer bowl. Attach bowl and wire whip to mixer. Turn to Speed 4 and beat about 30 seconds. Add all remaining ingredients. Turn to Speed 2 and mix about 30 seconds. Turn to Speed 4 and beat about 2 minutes.

Yield: 6 servings ( $\frac{1}{2}$  cup [125 mL] per serving).

Per serving: About 107 cal, 1 g pro, 11 g carb, 7 g fat, 0 mg chol, 137 mg sod.

## Black Bean Frittata

---

- 2 cups (500 mL) fat-free egg substitute or 8 eggs
- $\frac{1}{4}$  cup (50 mL) low-fat milk
- 1 tablespoon (15 mL) oil
- $\frac{1}{2}$  medium red bell pepper, chopped
- 4 green onions, sliced
- 1 can (16 oz.) (500 g) black beans, rinsed and drained
- 1 cup (250 mL) shredded Monterey Jack cheese

Place egg substitute and milk in mixer bowl. Attach bowl and wire whip to mixer. Turn to Speed 2 and mix about 30 seconds. Set aside.

Heat oil in large skillet over medium heat until oil sizzles. Add bell pepper and onions. Cook about 1 minute, or until slightly tender. Stir in beans. Cook about 1 minute, or until thoroughly heated.

Reduce heat to medium-low. Pour egg mixture over vegetables. Cook about 6 minutes, or until almost set. As bottom of egg mixture sets, carefully lift edges with spatula and let uncooked egg run to the bottom of the pan. Cook, covered, about 2 minutes, or until top is set but still shiny. Sprinkle with cheese. Cook, covered, about 1 minute, or until cheese melts.

Yield: 6 servings.

Per serving: About 208 cal, 18 g pro, 15 g carb, 8 g fat, 18 mg chol, 463 mg sod.

**Tip:** For browned top on frittata, place under broiler about 1 minute, or until cheese is browned and bubbly.

# Garden Quiche

---

*Baked Pastry Shell  
(see page 41)*

- 1 *tablespoon (15 mL)  
oil*
- 1 *small onion,  
chopped*
- 1 *medium green bell  
pepper, chopped*
- 8 *oz. (250 g) sliced  
fresh mushrooms*
- 6 *eggs*
- $\frac{1}{2}$  *cup (75 mL) low-fat  
milk*
- 1 *tablespoon (15 mL)  
chopped fresh  
parsley*
- 1 *teaspoon (15 mL)  
salt*
- 5 *drops hot pepper  
sauce*
- 1 *cup (4 oz. [120 g])  
reduced-fat shredded  
Swiss cheese*

Follow procedure for Baked Pastry Shell. Cool 10 minutes.

Meanwhile, heat oil in large non-stick skillet over medium-high heat. Add onion and bell pepper. Cook about 1 minute, stirring frequently. Add mushrooms. Cook and stir about 2 minutes, or until vegetables are tender. Set aside.

Place eggs, milk, parsley, salt, and hot pepper sauce in mixer bowl. Attach bowl and wire whip to mixer. Turn to Speed 2 and mix 1 to 2 minutes.

Sprinkle half of cheese in pastry shell. Top with vegetables. Pour egg mixture over vegetables. Top with remaining cheese. Bake at 350°F (180°C) for 30 to 35 minutes, or until knife inserted in center comes out clean. Let stand about 5 minutes before serving.

Yield: 8 servings.

Per serving (filling and crust): About 264 cal, 12 g pro, 17 g carb, 16 g fat, 172 mg chol, 561 mg sod.

# Cheese-Stuffed Shells

---

- $\frac{1}{2}$  *cup (125 mL) fat-  
free egg substitute  
or 2 eggs*
- 1 *container (15 oz.)  
(450 g) no-fat ricotta  
cheese*
- 2 *cups (500 mL)  
shredded part-skim  
mozzarella cheese*
- $\frac{1}{4}$  *cup (50 mL) grated  
Parmesan cheese*
- 2 *teaspoons (10 mL)  
dried parsley leaves*
- 2 *teaspoons (10 mL)  
no-salt herb and  
garlic seasoning*
- 24 *jumbo pasta shells,  
cooked and drained*
- 2 *cups (500 mL)  
prepared Marinara  
Sauce*

Place egg substitute, ricotta cheese, mozzarella cheese, Parmesan cheese, parsley, and seasoning in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds, or until combined.

Fill each shell with 2 to 3 tablespoons (30-45 mL) cheese mixture. Place filled shells in 13x9x2-inch (33x23x5-cm) baking pan. Pour Marinara Sauce over shells. Cover pan with foil. Bake at 350°F (180°C) for 30 to 35 minutes, or until bubbly.

Yield: 4 to 6 servings.

Per serving: About 527 cal, 46 g pro, 56 g carb, 15 g fat, 57 mg chol, 865 mg sod.

## Quick Yellow Cake

- 2¼ cups (550 mL) all-purpose flour
- 1½ cups (375 mL) sugar
- 3 teaspoons (15 mL) baking powder
- ½ teaspoon (2 mL) salt
- ½ cup (125 mL) shortening
- 1 cup (250 mL) low-fat milk
- 1 teaspoon (5 mL) vanilla
- 2 eggs

Combine dry ingredients in mixer bowl. Add shortening, milk, and vanilla. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute. Stop and scrape bowl. Add eggs. Continuing on Speed 2, mix about 30 seconds. Stop and scrape bowl. Turn to Speed 6 and beat about 1 minute.

Pour batter into two greased and floured 8- or 9-inch (20- or 23-cm) round baking pans. Bake at 350°F (180°C) for 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pans. Cool completely on wire rack. Frost if desired.

Yield: 12 to 16 servings.

Per serving: About 272 cal, 4 g pro, 42 g carb, 10 g fat, 37 mg chol, 175 mg sod.

## Easy White Cake

- 2 cups (500 mL) all-purpose flour
- 1½ cups (375 mL) sugar
- 3 teaspoons (15 mL) baking powder
- ½ teaspoon (2 mL) salt
- ½ cup (125 mL) shortening
- 1 cup (250 mL) low-fat milk
- 1 teaspoon (5 mL) vanilla
- 4 egg whites

Combine dry ingredients in mixer bowl. Add shortening, milk, and vanilla. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute. Stop and scrape bowl. Add egg whites. Turn to Speed 6 and beat about 1 minute, or until smooth and fluffy.

Pour batter into two greased and floured 8- or 9-inch (20- or 23-cm) round baking pans. Bake at 350°F (180°C) for 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pans. Cool completely on wire rack. Frost if desired.

Yield: 12 to 16 servings.

Per serving: About 267 cal, 4 g pro, 42 g carb, 9 g fat, 2 mg chol, 183 mg sod.

# Caramel Walnut Banana Torte

## Topping

- 1 cup (250 mL) firmly packed brown sugar
- ½ cup (125 mL) butter or margarine
- ¼ cup (50 mL) whipping cream
- 1 cup (250 mL) chopped walnuts

To make **Topping**, place brown sugar, butter, and cream in small saucepan. Heat over low heat just until butter melts, stirring constantly. Pour over bottoms of three 8- or 9-inch (20- or 23-cm) round baking pans. Sprinkle with walnuts.

## Cake

- 1½ cups (375 mL) sugar
- ½ cup (125 mL) butter or margarine, softened
- 1 cup (250 mL) (2 medium) mashed ripe banana
- 1 teaspoon (5 mL) vanilla
- 3 eggs
- 2½ cups (625 mL) all-purpose flour
- ¼ teaspoon (6 mL) baking powder
- 1 teaspoon (5 mL) baking soda
- ½ teaspoon (2 mL) salt
- ¾ cup (175 mL) buttermilk

To make **Cake**, place sugar and butter in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds. Stop and scrape bowl. Add banana and vanilla. Continuing on Speed 2, mix about 30 seconds. Continuing on Speed 2, add eggs, one at a time, mixing about 15 seconds after each addition. Stop and scrape bowl.

Combine flour, baking powder, baking soda, and salt in small bowl. Add half of flour mixture to sugar mixture in mixer bowl. Turn to Speed 2 and mix about 30 seconds. Add buttermilk and remaining flour mixture. Gradually turn to Speed 6 and beat about 30 seconds. Spread batter evenly over nut mixture in pans. Bake at 350°F (180°C) for 25 to 30 minutes, or until toothpick inserted in center comes out clean. Cool in pans about 3 minutes. Remove from pans and cool completely on wire racks.

## Filling

- ½ cup (125 mL) sugar
- 3 tablespoons (45 mL) all-purpose flour
- ¼ teaspoon (1 mL) salt
- 1 cup (250 mL) low-fat milk
- 1 egg, beaten
- 1 teaspoon (5 mL) vanilla
- 1 tablespoon (15 mL) butter or margarine
- 2 medium bananas, thinly sliced
- ½ cup (125 mL) whipping cream, whipped

Meanwhile, to make **Filling**, combine sugar, flour, and salt in medium saucepan. Gradually stir in milk. Heat to boiling over medium heat, stirring constantly. Stir about ¼ cup (50 mL) hot mixture into beaten egg in separate bowl. Pour egg mixture into saucepan. Cook until mixture is bubbly, stirring constantly. Remove from heat. Stir in vanilla and butter. Cool slightly. Refrigerate 1 hour while cake is cooling.

To assemble torte, place one cake layer, nut side up, on large plate. Spread with half of **Filling**. Arrange half of banana slices over **Filling**. Top with second layer, nut side up. Spread with remaining **Filling** and banana slices. Top with remaining cake layer, nut side up. Top torte with whipped cream. Store in refrigerator.

Yield: 16 to 20 servings.

Per serving: About 451 cal, 7 g pro, 65 g carb, 19 g fat, 58 mg chol, 384 mg sod.

# Angel Food Cake

---

1¼ cups (300 mL) all-purpose flour  
1½ cups (375 mL) sugar, divided  
1½ cups (375 mL) egg whites (about 12 to 15 egg whites)  
1½ teaspoons (7 mL) cream of tartar  
¼ teaspoon (1 mL) salt  
1½ teaspoons (7 mL) vanilla or ½ teaspoon (2 mL) almond extract

Mix flour and ½ cup (125 mL) sugar in small bowl. Set aside.

Place egg whites in mixer bowl. Attach bowl and wire whip to mixer. Gradually turn to Speed 6 and whip 30 to 60 seconds, or until egg whites are frothy.

Add cream of tartar, salt, and vanilla. Turn to Speed 8 and whip 2 to 2½ minutes, or until whites are almost stiff but not dry. Turn to Speed 2. Gradually add remaining 1 cup (250 mL) sugar and mix about 1 minute. Stop and scrape bowl.

Remove bowl from mixer. Spoon flour-sugar mixture, one-fourth at a time, over egg whites. Fold in gently with spatula, just until blended.

Pour batter into ungreased 10-inch (25-cm) tube pan. With knife, gently cut through batter to remove large air bubbles. Bake at 375°F (190°) for 35 minutes, or until crust is golden brown and cracks are very dry. Immediately invert cake onto funnel or soft drink bottle. Cool completely. Remove from pan.

Yield: 16 servings.

Per serving: About 124 cal, 4 g pro, 27 g carb, 0 g fat, 0 mg chol, 79 mg sod.

## Old-Fashioned Pound Cake

---

- 3 cups (750 mL) all-purpose flour
- 2 cups (500 mL) sugar
- 3 teaspoons (15 mL) baking powder
- ½ teaspoon (2 mL) salt
- 2 cups (500 mL) butter, softened
- ½ cup (125 mL) low-fat milk
- 1 teaspoon (5 mL) vanilla
- 1 teaspoon (5 mL) almond extract
- 6 eggs

Combine dry ingredients in mixer bowl. Add butter, milk, vanilla, and almond extract. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 1 minute. Stop and scrape bowl. Turn to Speed 6 and beat about 2 minutes. Stop and scrape bowl.

Turn to Speed 2 and add eggs, one at a time, mixing about 15 seconds after each addition. Turn to Speed 4 and beat about 30 seconds.

Pour batter into greased and floured 10-inch (25-cm) tube pan. Bake at 350°F (180°C) for 1 hour 15 minutes, or until toothpick inserted in center comes out clean. Cool completely on wire rack. Remove cake from pan.

Yield: 16 servings.

Per serving: About 419 cal, 5 g pro, 44 g carb, 25 g fat, 143 mg chol, 378 mg sod.

## Double Chocolate Pound Cake

---

- 3 cups (750 mL) all-purpose flour
- 2 cups (500 mL) sugar
- ½ cup (125 mL) unsweetened Dutch-processed cocoa powder
- 3 teaspoons (15 mL) baking powder
- ½ teaspoon (2 mL) salt
- 1 cup (250 mL) butter, softened
- 1¼ cups (300 mL) low-fat milk
- 1 teaspoon (5 mL) vanilla
- 5 eggs

Combine dry ingredients in mixer bowl. Add butter, milk, and vanilla. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 1 minute. Stop and scrape bowl. Turn to Speed 6 and beat about 2 minutes. Stop and scrape bowl.

Turn to Speed 2 and add eggs, one at a time, mixing about 15 seconds after each addition. Turn to Speed 4 and beat about 30 seconds.

Pour batter into greased and floured 10-inch (25-cm) tube pan. Bake at 325°F (160°C) for 1 hour 20 minutes, or until toothpick inserted in center comes out clean. Cool completely on wire rack. Remove cake from pan and drizzle with **Chocolate Glaze**.

To make **Glaze**, melt chocolate and margarine in small saucepan over low heat. Remove from heat. Stir in powdered sugar and vanilla. Stir in water, 1 teaspoon (5 mL) at a time, until glaze is of desired consistency.

Yield: 16 servings.

Per serving: About 390 cal, 6 g pro, 55 g carb, 18 g fat, 99 mg chol, 289 mg sod.

### Chocolate Glaze

- 2 squares (1 oz. [30 g] each) unsweetened chocolate
- 3 tablespoons (45 mL) margarine or butter
- 1 cup (250 mL) powdered sugar
- ¾ teaspoon (3 mL) vanilla
- 2 tablespoons (30 mL) hot water

# Chocolate Cake

---

- 2 cups (500 mL) all-purpose flour
- 1½ cups (325 mL) sugar
- 1 teaspoon (5 mL) baking powder
- ½ teaspoon (2 mL) baking soda
- ½ teaspoon (2 mL) salt
- ½ cup (125 mL) shortening
- 1 cup (250 mL) low-fat milk
- 1 teaspoon (5 mL) vanilla
- 2 eggs
- 2 squares (1 oz. [30 g] each) unsweetened chocolate, melted

Combine dry ingredients in mixer bowl. Add shortening, milk, and vanilla. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute. Stop and scrape bowl. Add eggs and chocolate. Continuing on Speed 2, mix about 30 seconds. Stop and scrape bowl. Turn to Speed 6 and beat about 1 minute.

Pour batter into two greased and floured 8- or 9-inch (20- or 23-cm) round baking pans. Bake at 350°F (180°C) for 30 to 35 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pans. Cool completely on wire rack. Frost if desired.

Yield: 12 to 16 servings.

Per serving: About 285 cal, 4 g pro, 41 g carb, 12 g fat, 37 mg chol, 185 mg sod.

# Sunshine Chiffon Cake

---

- 2 cups (500 mL) all-purpose flour
- 1½ cups (375 mL) sugar
- 1 tablespoon (15 mL) baking powder
- ½ teaspoon (2 mL) salt
- ¾ cup (175 mL) cold water
- ½ cup (125 mL) oil
- 7 egg yolks, beaten
- 1 teaspoon (5 mL) vanilla
- 2 teaspoons (10 mL) grated lemon rind
- 7 egg whites
- ½ teaspoon (2 mL) cream of tartar

Combine flour, sugar, baking powder, and salt in mixer bowl. Add water, oil, egg yolks, vanilla, and lemon rind. Attach bowl and wire whip to mixer. Turn to Speed 4 and beat about 1 minute. Stop and scrape bowl. Continuing on Speed 4, beat about 15 seconds. Pour mixture into another bowl. Clean mixer bowl and wire whip.

Place egg whites and cream of tartar in mixer bowl. Attach bowl and wire whip to mixer. Turn to Speed 8 and whip 2 to 2½ minutes, or until whites are stiff but not dry.

Remove bowl from mixer. Gradually add flour mixture to egg whites. Fold in gently with spatula, just until blended.

Pour batter into ungreased 10-inch (25-cm) tube pan. Bake at 325°F (160°C) for 60 to 75 minutes, or until top springs back when lightly touched. Immediately invert cake onto funnel or soft drink bottle. Cool completely. Remove from pan. Drizzle with **Lemon Glaze**.

## Lemon Glaze

- 1 cup (250 mL) powdered sugar
- 1 tablespoon (15 mL) butter or margarine, softened
- 2-3 tablespoons (30-45 mL) lemon juice

Combine powdered sugar and butter in small bowl. Stir in lemon juice, 1 tablespoon (15 mL) at a time, until glaze is of desired consistency.

Yield: 16 servings.

Per serving: About 256 cal, 4 g pro, 38 g carb, 10 g fat, 93 mg chol, 152 mg sod.



# Chocolate Almond Brownie Cake

---

## Cake

- 7 squares (1 oz. [30 g] each) semi-sweet chocolate
- ½ cup (125 mL) butter or margarine
- 3 eggs, separated
- ½ cup (125 mL) sugar
- ½ teaspoon (2 mL) almond extract
- 2 tablespoons (30 mL) all-purpose flour

## Glaze

- 1 square (1 oz. [30 g]) semi-sweet chocolate
- 1 teaspoon (5 mL) shortening

## Topping

- ½ cup (125 mL) whipping cream
- 1 tablespoon (15 mL) powdered sugar
- ¼ teaspoon (1 mL) almond extract
- 2 tablespoons (30 mL) sliced almonds

To make **Cake**, melt chocolate and butter in medium saucepan over low heat, stirring constantly. Remove from heat; cool slightly.

Place egg whites in mixer bowl. Attach bowl and wire whip to mixer. Turn to Speed 8 and whip 1 to 2 minutes, or until stiff peaks form. Place egg whites in another bowl. Clean mixer bowl and wire whip.

Place chocolate mixture, sugar, and almond extract in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 4 and beat about 1 minute. Stop and scrape bowl. Continuing on Speed 4, add egg yolks, one at a time, beating about 30 seconds after each addition. Continuing on Speed 4, add flour and beat about 15 seconds. Gently fold in egg whites with spatula.

Spoon batter into 8-inch (20-cm) springform pan that has been greased and floured on the bottom only. Bake at 375°F (190°C) for 20 to 25 minutes, or until set in center. Cool completely on wire rack before glazing. Clean mixer bowl.

To make **Glaze**, melt chocolate and shortening in small saucepan over low heat, stirring to blend. Drizzle over cake.

To make **Topping**, place cream, powdered sugar, and almond extract in mixer bowl. Attach wire whip and bowl to mixer. Turn to Speed 10 and whip 30 to 60 seconds, or until stiff peaks form. Pipe or spoon whipped cream in ring over top of cake. Sprinkle with almonds. Store in refrigerator.

Yield: 16 servings.

Per serving: About 180 cal, 3 g pro, 17 g carb, 13 g fat, 58 mg chol, 74 mg sod.

# Applesauce Cake

---

- 1½ cups (375 mL) all-purpose flour
- 1 cup (250 mL) whole wheat flour
- 1½ cups (375 mL) sugar
- 1 teaspoon (5 mL) baking powder
- 1 teaspoon (5 mL) baking soda
- ½ teaspoon (2 mL) salt
- 1½ teaspoons (7 mL) cinnamon
- ½ teaspoon (2 mL) nutmeg
- 1½ cups (375 mL) applesauce
- ½ cup (125 mL) butter or margarine, melted
- 2 eggs
- 1 cup (250 mL) chopped, peeled apple
- ½ cup (125 mL) chopped walnuts
- Caramel Creme Frosting, if desired (see page 34)

Combine dry ingredients in mixer bowl. Add applesauce, margarine, and eggs. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute. Stop and scrape bowl. Turn to Speed 4 and beat about 30 seconds. Turn to Stir Speed and add apple and walnuts, mixing just until blended.

Pour batter into greased and floured 13x9x2-inch (33x23x5-cm) baking pan. Bake at 350°F (180°C) for 35 to 40 minutes, or until toothpick inserted in center comes out clean. Cool completely on wire rack. Frost with Caramel Creme Frosting, if desired.

Yield: 12 to 16 servings.

Per serving: About 318 cal, 5 g pro, 51 g carb, 11 g fat, 36 mg chol, 315 mg sod.

# Spice Cake

---

- 2¼ cups (550 mL) all-purpose flour
- 1 cup (250 mL) firmly packed brown sugar
- ½ cup (125 mL) sugar
- 1 teaspoon (5 mL) baking soda
- ½ teaspoon (2 mL) salt
- 1 teaspoon (5 mL) cinnamon
- ½ teaspoon (2 mL) cloves
- ½ teaspoon (2 mL) nutmeg
- 1 cup (250 mL) buttermilk
- ½ cup (125 mL) shortening
- 1 teaspoon (5 mL) vanilla
- 3 eggs
- ½ cup (125 mL) raisins
- Orange Cream Cheese Frosting, if desired (see page 34)

Combine dry ingredients in mixer bowl. Add buttermilk, shortening, vanilla, and eggs. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute. Stop and scrape bowl. Turn to Speed 4 and beat about 30 seconds. Turn to Stir Speed and add raisins, mixing just until blended.

Pour batter into greased and floured 13x9x2-inch (33x23x5-cm) baking pan. Bake at 350°F (180°C) for 35 to 40 minutes, or until toothpick inserted in center comes out clean. Cool completely on wire rack. Frost with Orange Cream Cheese Frosting, if desired.

Yield: 12 to 16 servings.

Per serving: About 310 cal, 5 g pro, 50 g carb, 10 g fat, 54 mg chol, 240 mg sod.

## Chocolate Frosting

---

- 1 cup (250 mL) butter, softened
- 2 tablespoons (30 mL) light corn syrup
- 4 cups (1 L) powdered sugar
- 2 squares (1 oz. [30 g] each) unsweetened chocolate, melted

Place butter in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 4 and beat about 1½ minutes, or until creamy. Stop and scrape bowl. Add corn syrup. Turn to Speed 2 and mix well. Stop and scrape bowl.

Turn to Stir Speed. Gradually add powdered sugar, mixing until blended. Turn to Speed 4 and beat about 1 minute. Stop and scrape bowl. Turn to Speed 2. Slowly add melted chocolate and mix about 1½ minutes. Stop and scrape bowl. Turn to Speed 4 and beat about 1 minute.

Yield: 12 to 16 servings (frosting for 2-layer or 13x9x2-inch [33x23x5-cm] cake).

Per serving: About 325 cal, 1 g pro, 44 g carb, 18 g fat, 41 mg chol, 160 mg sod.

## Buttercream Frosting

---

- ½ cup (75 mL) butter, softened
- ¼ cup (50 mL) cream or evaporated milk
- 1 teaspoon (5 mL) vanilla
- ¼ teaspoon (1 mL) salt
- 4 cups (1 L) powdered sugar, divided  
Low-fat milk, if necessary

Place butter in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 4 and beat about 1 minute, or until creamy. Stop and scrape bowl. Add cream, milk, vanilla, salt, and 1 cup (250 mL) powdered sugar. Turn to Stir Speed and mix about 30 seconds. Stop and scrape bowl. Turn to Speed 2 and mix about 1½ minutes, or until well blended. Stop and scrape bowl.

Turn to Stir Speed. Gradually add remaining 3 cups (750 mL) powdered sugar and mix until blended. Stop and scrape bowl, if necessary. Add milk, 1 teaspoon (5 mL) at a time, if necessary. Turn to Speed 4 and beat about 1 minute, or until smooth.

Yield: 12 to 16 servings (frosting for 2-layer or 13x9x2-inch [33x23x5-cm] cake).

Per serving: About 208 cal, 0 g pro, 40 g carb, 6 g fat, 16 mg chol, 99 mg sod.

## Caramel Creme Frosting

---

- $\frac{1}{2}$  cup (125 mL) butter or margarine
- 1 cup (250 mL) firmly packed brown sugar
- $\frac{1}{4}$  cup (50 mL) low-fat milk
- 1 cup (250 mL) miniature marshmallows
- 2 cups (500 mL) powdered sugar
- $\frac{1}{2}$  teaspoon (2 mL) vanilla

Melt butter in medium saucepan. Add brown sugar and milk, stirring to blend. Heat to boiling. Cook about 1 minute, stirring constantly. Remove from heat. Add marshmallows. Stir until marshmallows melt and mixture is smooth.

Place powdered sugar in mixer bowl. Add brown sugar mixture and vanilla. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 30 seconds. Turn to Speed 4 and beat about 1 minute, or until smooth and creamy. Spread on cake while warm.

Yield: 12 to 16 servings (frosting for 2-layer or 13x9x2-inch [33x23x5-cm] cake).

Per serving: About 228 cal, 0 g pro, 41 g carb, 7 g fat, 0 mg chol, 98 mg sod.

## Fluffy KitchenAid Frosting

---

- 1½ cups (375 mL) sugar
- $\frac{1}{2}$  teaspoon (2 mL) cream of tartar
- $\frac{1}{2}$  teaspoon (2 mL) salt
- $\frac{1}{2}$  cup (125 mL) water
- 1½ tablespoons (20 mL) light corn syrup
- 2 egg whites
- 1½ teaspoons (7 mL) vanilla

Place sugar, cream of tartar, salt, water, and corn syrup in saucepan. Cook and stir over medium heat until sugar is completely dissolved, forming a syrup.

Place egg whites in mixer bowl. Attach bowl and wire whip to mixer. Turn to Speed 10 and whip about 45 seconds, or until whites begin to hold shape. Continuing on Speed 10, slowly pour hot syrup into egg whites in a fine stream and whip 1 to 1½ minutes. Add vanilla and whip about 5 minutes longer, or until frosting loses its gloss and stands in stiff peaks. Frost cake immediately.

Yield: 12 to 16 servings (frosting for 2-layer or 13x9x2-inch [33x23x5-cm] cake).

Per serving: About 109 cal, 1 g pro, 27 g carb, 0 g fat, 0 mg chol, 101 mg sod.

## Orange Cream Cheese Frosting

---

- 4 cups (1 L) powdered sugar
- 1 package (8 oz. [250 g]) light cream cheese
- 1 teaspoon (5 mL) orange juice
- $\frac{1}{2}$  teaspoon (2 mL) grated orange peel

Place all ingredients in mixer bowl. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 30 seconds, or until blended. Turn to Speed 4 and beat about 2 minutes, or until smooth and creamy.

Yield: 12 to 16 servings (frosting for 2-layer or 13x9x2-inch cake [33x23x 5-cm]).

Per serving: About 196 cal, 2 g pro, 41 g carb, 3 g fat, 7 mg chol, 107 mg sod.

## Creamy No-Cook Mints

- 3 ounces (90 g) light cream cheese
- ¼ teaspoon (1 mL) mint flavouring
- 2 drops green food colour or colour of choice
- 4¼-4½ cups (1.05-1.125 L) powdered sugar  
Superfine sugar

Place cream cheese, flavouring, and food colour in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds, or until smooth. Continuing on Speed 2, gradually add powdered sugar and mix about 1½ minutes, or until mixture becomes very stiff.

To make mints, dip individual flexible candy molds in superfine sugar. Press in mint mixture. Turn out onto waxed paper covered with superfine sugar. Repeat until all mixture is used. OR: Shape mixture into ¾-inch (2-cm) balls, using about 1 teaspoon (5 mL) for each ball. Roll in superfine sugar. Place on waxed paper covered with superfine sugar. Flatten slightly with thumb to form ¼-inch (5-mm) thick patties. If desired, press back of fork lightly on patties to form ridges.

Store mints, tightly covered, in refrigerator. Mints also freeze well.

Yield: 42 servings (2 candies per serving).

Per serving: About 54 cal, 0 g pro, 13 g carb, 0 g fat, 1 mg chol, 12 mg sod.

## Chocolate Fudge

- Butter
- 2 cups (500 mL) sugar
- ⅓ teaspoon (.5 mL) salt
- ¾ cup (175 mL) evaporated milk
- 1 teaspoon (5 mL) light corn syrup
- 2 squares (1 oz. [30 g] each) unsweetened chocolate
- 2 tablespoons (30 mL) butter or margarine
- 1 teaspoon (5 mL) vanilla
- 2 cup (500 mL) chopped walnuts or pecans

Butter sides of heavy 2-quart (1.9L) saucepan. Combine sugar, salt, evaporated milk, corn syrup, and chocolate in pan. Cook and stir over medium heat until chocolate melts and sugar dissolves. Cook to soft ball stage (236°F [113°C]) without stirring. Remove immediately from heat. Add butter without stirring. Cool to lukewarm (110°F [43°C]). Stir in vanilla.

Pour mixture into mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 8 minutes, or until fudge stiffens and loses its gloss. Quickly turn to Stir Speed and add walnuts, mixing just until blended. Spread in buttered 9x9x2-inch (23x23x 5-cm) baking pan. Cool at room temperature. Cut into 1-inch (2.5-cm) squares when firm.

Yield: 64 servings (1 square per serving).

Per serving: About 59 cal, 1 g pro, 7 g carb, 3 g fat, 1 mg chol, 12 mg sod.

## Divinity

---

- 3 cups (750 mL) sugar
- $\frac{3}{4}$  cup (175 mL) light corn syrup
- $\frac{1}{2}$  cup (125 mL) water
- 2 egg whites
- 1 teaspoon (5 mL) almond extract
- 1 cup (250 mL) chopped walnuts or pecans

Place sugar, corn syrup, and water in heavy saucepan. Cook and stir over medium heat to hard ball stage (248°F [120°C]). Remove from heat and let stand until temperature drops to 220°F (100°C), without stirring.

Place egg whites in mixer bowl. Attach bowl and wire whip to mixer. Turn to Speed 8 and whip about 1 minute, or until soft peaks form. Gradually add syrup in a fine stream and whip about 2½ minutes longer.

Turn to Speed 4. Add almond extract and whip 20 to 25 minutes, or until mixture starts to become dry. Turn to Stir Speed and add walnuts, mixing just until blended.

Drop mixture from measuring tablespoon onto waxed paper or greased baking sheet to form patties.

Yield: 20 servings (2 pieces per serving).

Per serving: About 192 cal, 2 g pro, 40 g carb, 4 g fat, 0 mg chol, 15 mg sod.

## Chocolate Chip Cookies

---

- 1 cup (250 mL) granulated sugar
- 1 cup (250 mL) brown sugar
- 1 cup (250 mL) butter or margarine, softened
- 2 eggs
- $1\frac{1}{2}$  teaspoons (7 mL) vanilla
- 1 teaspoon (5 mL) baking soda
- 1 teaspoon (5 mL) salt
- 3 cups (750 mL) all-purpose flour
- 12 ounces (360g) semi-sweet chocolate chips

Place sugars, butter, eggs, and vanilla in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds. Stop and scrape bowl. Turn to Speed 4 and beat about 30 seconds. Stop and scrape bowl.

Turn to Stir Speed. Gradually add baking soda, salt, and flour to sugar mixture and mix about 2 minutes. Turn to Speed 2 and mix about 30 seconds. Stop mixer and scrape bowl. Add chocolate chips. Turn to Stir Speed and mix about 15 seconds.

Drop by rounded teaspoonfuls onto greased baking sheets, about 2 inches (5-cm) apart. Bake at 375°F (190°C) for 10 to 12 minutes. Remove from baking sheets immediately and cool on wire racks.

Yield: 54 servings (1 cookie per serving).

Per serving: About 117 cal, 1 g pro, 17 g carb, 5 g fat, 8 mg chol, 106 mg sod.

### VARIATIONS

2 cups (500 mL) raisins, coconut, or chopped walnuts may be substituted for chocolate chips.

# Macadamia Chocolate Chunk Cookies

---

- 1 cup (250 mL) firmly packed brown sugar
- $\frac{3}{4}$  cup (175 mL) sugar
- 1 cup (250 mL) margarine or butter, softened
- 2 teaspoons (10 mL) vanilla
- 2 eggs
- $2\frac{1}{4}$  cups (550 mL) all-purpose flour, divided
- $\frac{1}{2}$  cup (125 mL) unsweetened cocoa powder
- 1 teaspoon (5 mL) baking soda
- $\frac{1}{2}$  teaspoon (2 mL) salt
- 1 package (8 oz. [250 g]) semi-sweet baking chocolate, cut into small chunks
- 1 jar ( $3\frac{1}{2}$  oz. [105 g]) macadamia nuts, coarsely chopped

Place brown sugar, sugar, margarine, vanilla, and eggs in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds. Stop and scrape bowl. Turn to Speed 4 and beat about 1 minute. Stop and scrape bowl.

Add 1 cup (250 mL) flour, cocoa powder, baking soda, and salt. Turn to Stir Speed and mix about 30 seconds. Gradually add remaining  $1\frac{1}{4}$  cups (300 mL) flour and mix about 30 seconds longer. Turn to Speed 2 and mix about 30 seconds. Turn to Stir Speed and add chocolate chunks and nuts, mixing just until blended.

Drop by rounded teaspoonfuls onto greased baking sheets, about 2 inches (5 cm) apart. Bake at 325°F (160°C) for 12 to 13 minutes, or until edges are set. DO NOT OVERBAKE. Cool on baking sheets about 1 minute. Remove to wire racks and cool completely.

Yield: 48 servings (1 cookie per serving).

Per serving: About 125 cal, 2 g pro, 16 g carb, 7 g fat, 9 mg chol, 107 mg sod.

## Sugar Cookies

---

- 1 cup (250 mL) margarine or butter, softened
- 1 teaspoon (5 mL) vanilla
- $\frac{3}{4}$  cup (175 mL) sugar
- 2 eggs, beaten
- 1 teaspoon (5 mL) cream of tartar
- $\frac{1}{2}$  teaspoon (2 mL) baking soda
- $\frac{1}{4}$  teaspoon (1 mL) nutmeg
- $\frac{1}{4}$  teaspoon (1 mL) salt
- 2 cups (500 mL) all-purpose flour
- Sugar

Place margarine and vanilla in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 6 and beat about 2 minutes, or until mixture is smooth. Gradually add  $\frac{3}{4}$  cup (175 mL) sugar and beat about  $1\frac{1}{2}$  minutes longer. Add eggs and beat about 30 seconds. Stop and scrape bowl.

Turn to Stir Speed. Gradually add cream of tartar, baking soda, nutmeg, salt, and flour to sugar mixture. Mix about 1 minute, or until well blended.

Drop by rounded teaspoonfuls onto greased baking sheets, about 3 inches (7.5 cm) apart. Bake at 400°F (200°C) for 6 to 8 minutes. Sprinkle with sugar while still hot. Remove from baking sheets immediately and cool on wire racks.

Yield: 48 servings (1 cookie per serving).

Per serving: About 69 cal, 1 g pro, 8 g carb, 4 g fat, 9 mg chol, 70 mg sod.

## Peanut Butter Cookies

---

- ½ cup (125 mL) peanut butter*
- ½ cup (125 mL) butter or margarine, softened*
- ½ cup (125 mL) granulated sugar*
- ½ cup (125 mL) brown sugar*
- 1 egg*
- ½ teaspoon (2 mL) vanilla*
- ½ teaspoon (2 mL) baking soda*
- ¼ teaspoon (1 mL) salt*
- 1¼ cups (300 mL) all-purpose flour*

Place peanut butter and butter in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 6 and beat about 1 minute, or until mixture is smooth. Stop and scrape bowl. Add sugars, egg, and vanilla. Turn to Speed 4 and beat about 1 minute. Stop and scrape bowl.

Turn to Stir Speed. Gradually add all remaining ingredients to sugar mixture and mix about 30 seconds. Turn to Speed 2 and mix about 30 seconds.

Roll dough into 1-inch (2.5-cm) balls. Place about 2 inches (5-cm) apart on ungreased baking sheets. Press flat with fork in a criss-cross pattern to ¼-inch (5-mm) thickness.

Bake at 375°F (190°C) for 10 to 12 minutes, or until golden brown. Remove from baking sheets immediately and cool on wire racks.

Yield: 36 servings (1 cookie per serving).

Per serving: About 83 cal, 2 g pro, 10 g carb, 4 g fat, 6 mg chol, 81 mg sod.

## Nutty Shortbread Bars

---

- 1 cup (250 mL) butter or margarine, softened*
- 1 cup (250 mL) firmly packed brown sugar*
- 2 cups (500 mL) all-purpose flour*
- 1 teaspoon (5 mL) baking powder*
- ½ teaspoon (2 mL) salt*
- 2 egg whites*
- 1 cup (250 mL) chopped walnuts or pecans*

Place butter and brown sugar in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute. Stop and scrape bowl. Add flour, baking powder, and salt. Turn to Speed 2 and mix about 1½ minutes, or until soft dough forms.

Press dough into greased 15½x10½x1-inch (40x25x2-cm) baking pan. Beat egg whites with fork until slightly foamy. Brush dough with egg whites, using only as much as needed to cover lightly. Sprinkle with chopped walnuts.

Bake at 375°F (190°C) for 20 to 25 minutes. Cut into bars while warm. Cool on wire rack.

Yield: 30 servings (1 bar per serving).

Per serving: About 139 cal, 2 g pro, 14 g carb, 8 g fat, 17 mg chol, 114 mg sod.



# Fudge Brownies

---

- 1 cup (250 mL) margarine or butter, softened
- 4 squares (1 oz. [30 g] each) unsweetened chocolate
- 2 cups (500 mL) sugar
- 1 teaspoon (5 mL) vanilla
- 3 eggs
- 1 cup (250 mL) all-purpose flour
- $\frac{1}{2}$  teaspoon (2 mL) salt
- 1 cup (250 mL) chopped walnuts or pecans

Melt  $\frac{1}{2}$  cup (125 mL) margarine and chocolate in small saucepan over low heat; cool. Place remaining  $\frac{1}{2}$  cup (125 mL) margarine, sugar, and vanilla in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds. Turn to Speed 6 and beat about 2 minutes. Turn to Speed 4. Add eggs, one at a time, beating about 15 seconds after each addition. Stop and scrape bowl.

Add cooled chocolate mixture. Turn to Speed 2 and mix about 30 seconds. Stop and scrape bowl. Add all remaining ingredients. Turn to Stir Speed and mix about 30 seconds, or until well blended.

Pour into greased and floured 13x9x2-inch (33x23x5-cm) baking pan. Bake at 350°F (180°C) for 45 minutes. Cool in pan on wire rack and cut.

Yield: 36 servings (1 brownie per serving).

Per serving: About 143 cal, 2 g pro, 16 g carb, 9 g fat, 18 mg chol, 93 mg sod.

# Lemon Cream Cheese Bars

---

## **Crust**

- 2 cups (500 mL) all-purpose flour
- ½ cup (125 mL) powdered sugar
- 1 cup (250 mL) (2 sticks) chilled butter, cut into chunks

Place **Crust** ingredients in mixer bowl. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 1 minute, or until well blended and mixture starts to stick together. Press into ungreased 15½x10½x1-inch (40x25x2-cm) baking pan. Bake at 350°F (180°C) for 14 to 16 minutes, or until set. (**Note:** Check **Crust** after 10 minutes and prick with fork if it puffs up during baking.) Remove from oven.

## **Cream Cheese Filling**

- 1 package (8 oz. [250 g]) light cream cheese
- ½ cup (125 mL) powdered sugar
- 2 tablespoons (30 mL) flour
- 2 eggs
- 1 teaspoon (5 mL) vanilla

Meanwhile, clean mixer bowl and beater. Place **Cream Cheese Filling** ingredients in mixer bowl. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 30 seconds. Turn to Speed 4 and beat about 2 minutes, or until smooth and creamy. Pour over partially baked **Crust**. Bake at 350°F (180°C) for 6 to 7 minutes, or until filling is slightly set. Remove from oven.

## **Lemon Filling**

- 4 eggs
- 2 cups (500 mL) granulated sugar
- ¼ cup (50 mL) all-purpose flour
- 1 teaspoon (5 mL) grated lemon peel
- ¼ cup (50 mL) lemon juice
- Powdered sugar, if desired

Meanwhile, clean mixer bowl and beater. Place all **Lemon Filling** ingredients, except lemon juice, in mixer bowl. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 30 seconds. Turn to Speed 2. Gradually add lemon juice and mix about 30 seconds, or until well blended. Pour over **Cream Cheese Filling**. Bake at 350°F (180°C) for 14 to 16 minutes, or until filling is set. (**Note:** Filling may puff up during baking but will fall when removed from oven.) Sprinkle with powdered sugar, if desired. Cool completely in pan.

Yield: 48 servings (1 bar per serving).

Per serving: About 115 cal, 2 g pro, 16 g carb, 5 g fat, 39 mg chol, 65 mg sod.

## KitchenAid Pie Pastry

- 2¼ cups (550 mL) all-purpose flour  
 ¾ teaspoon (3 mL) salt  
 ½ cup (125 mL) shortening, well chilled  
 2 tablespoons (30 mL) butter or margarine, well chilled  
 5-6 tablespoons (60-70 mL) cold water

Place flour and salt in mixer bowl. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 15 seconds. Cut shortening and butter into pieces and add to flour mixture. Turn to Stir Speed and mix 30 to 45 seconds, or until shortening particles are size of small peas.

Continuing on Stir Speed, add water, 1 tablespoon (15 mL) at a time, mixing until all particles are moistened and dough begins to hold together.

Divide dough in half. Pat each half into a smooth ball and flatten slightly. Wrap in plastic wrap. Chill in refrigerator 15 minutes.

Roll one half of dough to ⅛-inch (3 mm) thickness between waxed paper. Fold pastry into quarters. Ease into 8- or 9-inch (20- or 23-cm) pie plate and unfold, pressing firmly against bottom and sides. Continue with one of the procedures that follow.

**For One-crust Pie:** Fold edge under. Crimp, as desired. Add desired pie filling. Bake as directed.

**For Two-crust Pie:** Trim pastry even with edge of pie plate. Using second half of dough, roll out another pastry crust. Add desired pie filling. Top with second pastry crust. Seal edge. Crimp, as desired. Cut slits for steam to escape. Bake as directed.

**For Baked Pastry Shell:** Fold edge under. Crimp, as desired. Prick sides and bottom with fork. Bake at 450°F (230°C) for 8 to 10 minutes, or until lightly browned. Cool completely on wire rack and fill.

**Alternate Method for Baked Pastry Shell:** Fold edge under. Crimp, as desired. Line shell with foil. Fill with pie weights or dried beans. Bake at 450°F (230°C) for 10 to 12 minutes, or until edges are lightly browned. Remove pie weights and foil. Cool completely on wire rack and fill.

Yield: 8 servings (two 8- or 9-inch [20- or 23-cm] crusts).

Per serving (one crust): About 134 cal, 2 g pro, 13 g carb, 8 g fat, 0 mg chol, 118 mg sod.

Per serving (two crusts): About 267 cal, 4 g pro, 27 g carb, 16 g fat, 0 mg chol, 236 mg sod.

# Apple Pie

---

- 1 cup (250 mL) sugar
- 2 tablespoons (30 mL) all-purpose flour
- 1 teaspoon (5 mL) cinnamon
- $\frac{1}{8}$  teaspoon (.5 mL) nutmeg
- $\frac{1}{8}$  teaspoon (.5 mL) salt
- 6-8 medium tart cooking apples, peeled, cored, and thinly sliced
- 2 tablespoons (30 mL) margarine or butter  
*KitchenAid Pie Pastry for Two-crust Pie (see page 41)*

Combine sugar, flour, cinnamon, nutmeg, and salt in large bowl. Stir in apples.

Follow procedure for Two-crust Pie. Fill with apple mixture and dot with margarine. Sprinkle top crust with sugar, if desired.

Bake at 400°F (200°C) for 50 minutes.

Yield: 8 servings.

Per serving (filling and crust): About 451 cal, 4 g pro, 68 g carb, 19 g fat, 0 mg chol, 301 mg sod.

# Country Pear Cobbler

---

## Filling

- $\frac{3}{4}$  cup (175 mL) firmly packed brown sugar
- 3 tablespoons (45 mL) all-purpose flour
- $\frac{1}{8}$  teaspoon (.5 mL) salt
- $\frac{1}{8}$  teaspoon (.5 mL) nutmeg
- Dash cloves
- 2 tablespoons (30 mL) lemon juice
- 6-8 medium pears, peeled, cored, and thinly sliced

Combine all **Filling** ingredients, except pears, in large skillet. Stir in sliced pears. Cook over medium heat about 5 minutes, or until hot and bubbly, stirring gently. Set aside.

To make **Topping**, place flour, sugar, baking powder, and baking soda in mixer bowl. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 30 seconds. Add buttermilk and melted margarine. Continuing on Stir Speed, mix about 30 seconds, or just until blended.

Pour hot **Filling** into 8- or 9-inch (20- or 23-cm) baking pan. Top evenly with large spoonfuls of **Topping**. Sprinkle with 1 tablespoon (15 mL) sugar, if desired. Bake at 375°F (190°C) for 30 to 35 minutes, or until pears are tender and bubbly and **Topping** is golden brown. Serve warm with light cream, if desired.

## Topping

- 1 cup (250 mL) all-purpose flour
- 2 tablespoons (30 mL) sugar
- 1 teaspoon (5 mL) baking powder
- $\frac{1}{2}$  teaspoon (2 mL) baking soda
- $\frac{1}{2}$  cup (125 mL) buttermilk
- 3 tablespoons (45 mL) margarine or butter, melted
- 1 tablespoon (15 mL) sugar, if desired  
*Light cream, if desired*

Yield: 8 to 10 servings.

Per serving: About 276 cal, 3 g pro, 57 g carb, 5 g fat, 1 mg chol, 219 mg sod.

# Vanilla Cream Pie

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- ½ cup (125 mL) sugar*
- 6 tablespoons (90 mL) all-purpose flour*
- ¼ teaspoon (1 mL) salt*
- 2½ cups (625 mL) low-fat milk*
- 3 egg yolks*
- 1 tablespoon (15 mL) margarine or butter*
- 1 teaspoon (5 mL) vanilla*
- KitchenAid Baked Pastry Shell (see page 41)*

## Meringue

- ¼ teaspoon (1 mL) cream of tartar*
- ⅛ teaspoon (.5 mL) salt*
- 3 egg whites*
- ½ cup (125 mL) sugar*

Combine sugar, flour, and salt in heavy saucepan. Add milk and cook over medium heat until thickened, stirring constantly. Reduce heat to low. Cook, covered, about 10 minutes longer, stirring occasionally. Set aside.

Place egg yolks in mixer bowl. Attach bowl and wire whip to mixer. Turn to Speed 8 and whip about 1 minute. Slowly stir small amount of milk mixture into yolks. Add yolk mixture to saucepan. Cook over medium heat 3 to 4 minutes, stirring constantly. Remove from heat. Add margarine and vanilla; cool. Pour into Baked Pastry Shell.

To make **Meringue**, place cream of tartar, salt, and egg whites in mixer bowl. Attach bowl and wire whip to mixer. Gradually turn to Speed 8 and whip about 1 minute, or until soft peaks form. Turn to Speed 4. Gradually add sugar and whip about 1 minute, or until stiff peaks form.

Lightly pile **Meringue** on pie and spread to edge. Bake at 325°F (160°C) for 15 minutes, or until lightly browned.

Yield: 8 servings.

Per serving (filling and crust): About 332 cal, 7 g pro, 47 g carb, 13 g fat, 86 mg chol, 297 mg sod.

*Variations continued on next page.*

# Vanilla Cream Pie *CONTINUED*

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## VARIATIONS

### **Chocolate Cream Pie**

Add 2 squares (1 oz. [30 g] each) melted, unsweetened chocolate to filling along with margarine and vanilla. Proceed as directed on previous page.

Per serving (filling and crust): About 368 cal, 8 g pro, 49 g carb, 16 g fat, 86 mg chol, 298 mg sod.

### **Banana Cream Pie**

Slice 2 or 3 ripe bananas into pastry shell before adding filling. Proceed as directed on previous page.

Per serving (filling and crust): About 359 cal, 8 g pro, 54 g carb, 13 g fat, 86 mg chol, 298 mg sod.

### **Coconut Cream Pie**

Add ½ cup (125 mL) flaked coconut to filling before adding to pastry shell. Before baking, sprinkle ¼ cup (50 mL) flaked coconut on meringue. Proceed as directed on previous page.

Per serving (filling and crust): About 376 cal, 8 g pro, 51 g carb, 16 g fat, 86 mg chol, 320 mg sod.

# Lemony Light Cheesecake

---

## Crust

- 15 *reduced-fat creme-filled chocolate sandwich cookies, finely crushed (about 1½ cups [375 mL] crumbs)*
- 2 *tablespoons (30 mL) butter or margarine, melted*

## Filling

- 3 *packages (8 oz. [250 g] each) light cream cheese*
- 1 *cup (250 mL) sugar*
- 1 *tablespoon (15 mL) all-purpose flour*
- 4 *eggs*
- ¼ *cup (50 mL) lemon juice*
- 1 *teaspoon (5 mL) grated lemon peel*

Spray bottom and sides of 9-inch (23-cm) springform pan with no-stick cooking spray.

To make **Crust**, combine cookie crumbs and butter in medium bowl; mix well. Press mixture firmly into bottom of springform pan. Chill while making **Filling**.

To make **Filling**, place cream cheese, sugar, and flour in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds. Stop and scrape bowl. Turn to Speed 2 and mix about 30 seconds longer. Stop and scrape bowl.

Add eggs, lemon juice, and lemon peel. Turn to Stir Speed and mix about 30 seconds. Stop and scrape bowl. Turn to Speed 2 and mix 15 to 30 seconds longer, just until blended. Do not overbeat. Pour **Filling** into **Crust**.

Place top oven rack in center of oven. Place pan of hot water on bottom rack of oven. Place cheesecake on rack in center of oven. Bake at 325°F (160°C) for 50 to 60 minutes, or until cheesecake is set when pan is jiggled slightly. Do not overbake.

Turn off oven; open oven door. Let cheesecake stand in oven 30 minutes. Remove from oven. Cool completely on wire rack away from drafts. Cover and refrigerate 6 to 8 hours before serving.

Yield: 16 servings.

Per serving: About 169 cal, 6 g pro, 20 g carb, 7 g fat, 68 mg chol, 214 mg sod.

# Tawny Pumpkin Pie

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- 1 *can (16 oz. [500 g]) pumpkin*
  - ¾ *cup (175 mL) firmly packed brown sugar*
  - 3 *eggs*
  - 1 *teaspoon (5 mL) cinnamon*
  - ½ *teaspoon (2 mL) ginger*
  - ½ *teaspoon (2 mL) salt*
  - ¼ *teaspoon (1 mL) cloves*
  - 1½ *cups (300 mL) low-fat milk*
- Pie Pastry for One-crust Pie (see page 41)*

Place pumpkin, brown sugar, eggs, cinnamon, ginger, salt, and cloves in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 30 seconds. Stop and scrape bowl. Continuing on Speed 2, slowly add milk and mix about 1½ minutes.

Follow procedure for One-crust Pie. Fill with pumpkin mixture. Bake at 400°F (200°C) for 40 to 50 minutes, or until knife inserted near center comes out clean.

Yield: 8 servings.

Per serving (filling and crust): About 280 cal, 6 g pro, 41 g carb, 11 g fat, 87 mg chol, 325 mg sod.

## General Instructions For Making And Kneading Yeast Dough with the Rapid Mix Method

“Rapid Mix” describes a bread baking method that calls for dry yeast to be mixed with other dry ingredients before liquid is added. In contrast, the traditional method is to dissolve yeast in warm water.

1. Place all dry ingredients including yeast into bowl, except last 1 to 2 cups (250 to 500 mL) flour.
2. Attach bowl and dough hook. Turn to Speed 2 and mix about 15 seconds, or until ingredients are combined.
3. Continuing on Speed 2, gradually add liquid ingredients to flour mixture and mix 1 to 2 minutes longer. See Illustration A.

**Note:** If liquid ingredients are added too quickly, they will form a pool around the dough hook and slow down mixing process.

4. Continuing on Speed 2, gently add remaining flour,  $\frac{1}{2}$  cup (125 mL) at a time. See Illustration B. Mix until dough clings to hook and cleans sides of bowl, about 2 minutes.
5. When dough clings to hook, knead on Speed 2 for 2 minutes, or until dough is smooth and elastic. See Illustration C.
6. Unlock and tilt back head (tilt-head models) or lower bowl (bowl-lift models) and remove dough from hook. Follow directions in recipe for rising, shaping and baking.

When using the traditional method to prepare a favourite recipe, dissolve yeast in warm water in warmed bowl. Add remaining liquids and dry ingredients, except last 1 to 2 cups (250 to 500 mL) flour. Turn to Speed 2 and mix about 1 minute, or until ingredients are thoroughly mixed. Proceed with Steps 4 through 6.

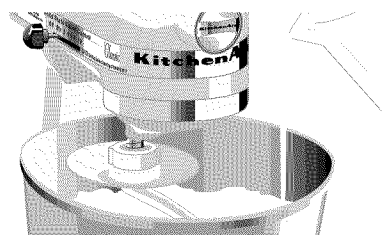


ILLUSTRATION A

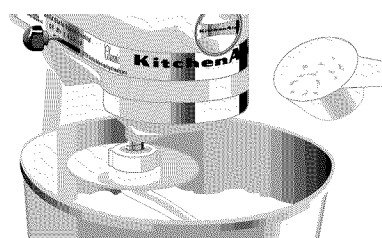


ILLUSTRATION B

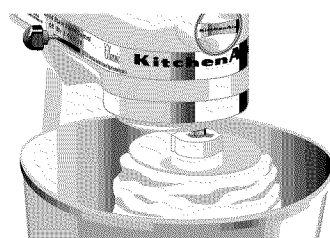


ILLUSTRATION C

Both methods work equally well for bread preparation. However, the “Rapid Mix” method may be a bit faster and easier for new bread bakers. It is slightly more temperature tolerant because the yeast is mixed with dry ingredients rather than with warm liquid.



# Bread Making Tips

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Making bread with a mixer is quite different from making bread by hand. Therefore, it will take some practice before you are completely comfortable with the new process. For your convenience, we offer these tips to help you become accustomed to bread making the KitchenAid® way.

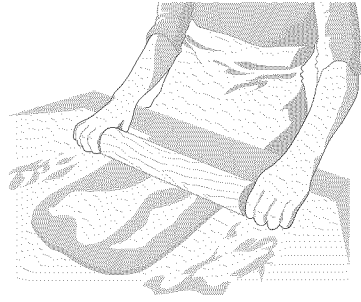
- Start out with an easy recipe, like Basic White Bread, page 49, until you are familiar with using the dough hook.
- ALWAYS use the dough hook to mix and knead yeast doughs.
- NEVER exceed Speed 2 when using the dough hook.
- NEVER use recipes calling for more than 8 cups (2 L) all-purpose flour or 6 cups (1.5 L) whole wheat flour when making dough with a 4½ quart (4.26 L) mixer.
- NEVER use recipes calling for more than 10 cups (2.5 L) all-purpose flour or 6 cups (1.5 L) whole wheat flour when making dough with a 5 quart (4.73 L) mixer.
- Use a candy or other kitchen thermometer to assure that liquids are at temperature specified in the recipe. Liquids at higher temperature can kill yeast, while liquids at lower temperatures will retard yeast growth.
- Warm all ingredients to room temperature to insure proper rising of dough. If yeast is to be dissolved in bowl, always warm bowl first by rinsing with warm water to prevent cooling of liquids.
- Allow bread to rise in a warm place, 80°F to 85°F (27°C to 30°C), free from draft, unless otherwise specified in recipe.
- Here are some alternative rising methods to use: (1) The bowl containing the dough can be placed on a wire rack over a pan of hot water. (2) The bowl can be placed on the top rack of an unheated oven; put a pan of hot water on the rack below. (3) Turn the oven to 400°F (200 °C) for 1 minute; then turn it off; place the bowl on the center rack of the oven and close the door.  
  
Cover bowl with waxed paper, if desired. Always cover with towel to retain warmth in the bowl and protect the dough from drafts.
- Recipe rising times may vary due to temperature and humidity in your kitchen. Dough has doubled in bulk when indentation remains after tips of fingers are pressed lightly and quickly into dough.
- Most bread recipes give a range for the amount of flour to be used. Enough flour has been added when the dough clings to the hook and cleans sides of bowl. If dough is sticky or humidity is high, slowly add more flour, about ½ cup (125 mL) at a time but NEVER exceed recommended flour capacity. Knead after each addition until flour is completely worked into dough. If too much flour is added, a dry loaf will result.
- Some types of dough, especially those made with whole grain flours, may not form a ball on the hook. However, as long as the hook comes in contact with the dough, kneading will be accomplished.

*Continued on next page.*

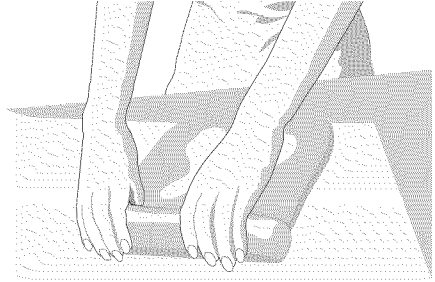
## Bread Making Tips

- Some large recipes and soft doughs may occasionally climb over the collar of the hook. This usually indicates that the dough is sticky and more flour should be added. The sooner all the flour is added, the less likely the dough will climb the hook. For such recipes, try starting with all but the last cup of flour in the initial mixing process. Then add the remaining flour as quickly as possible.
- When done, yeast breads and rolls should be deep golden brown in colour. Other tests for doneness of breads are: Bread pulls away from the sides of pan, and tapping on the top of the loaf produces a hollow sound. Turn loaves and rolls onto racks immediately after baking to prevent sogginess.

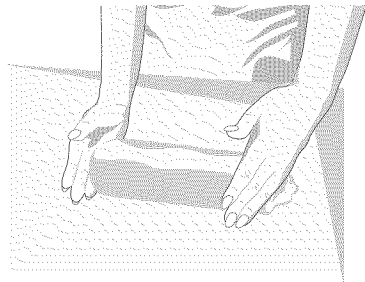
## Shaping A Loaf



Divide dough in half. On lightly floured surface, roll each half into a rectangle, approximately 9x14 inches (23x36 cm). A rolling pin will smooth dough and remove bubbles.



Starting at a short end, roll dough tightly. Pinch dough to seal seam.



Pinch ends and turn under. Place, seam side down, in loaf pan. Follow directions in recipe for rising and baking.

# Basic White Bread

---

- ½ cup (125 mL) low-fat milk
- 3 tablespoons (45 mL) sugar
- 2 teaspoons (10 mL) salt
- 3 tablespoons (45 mL) butter or margarine
- 2 packages active dry yeast
- 1½ cups (375 mL) warm water (105°F to 115°F [40°C to 46°C])
- 5-6 cups (1.25-1.5 L) all-purpose flour

Place milk, sugar, salt, and butter in small saucepan. Heat over low heat until butter melts and sugar dissolves. Cool to lukewarm.

Dissolve yeast in warm water in warmed mixer bowl. Add lukewarm milk mixture and 4½ cups (1.125 L) flour. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 1 minute.

Continuing on Speed 2, add remaining flour, ½ cup (125 mL) at a time, and mix about 2 minutes, or until dough clings to hook and cleans sides of bowl. Knead on Speed 2 about 2 minutes longer, or until dough is smooth and elastic. Dough will be slightly sticky to the touch.

Place dough in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Punch dough down and divide in half. Shape each half into a loaf, as directed on page 48, and place in greased 8½x4½x2½-inch (21x12x6-cm) baking pans. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Bake at 400°F (200°C) for 30 minutes, or until golden brown. Remove from pans immediately and cool on wire racks.

Yield: 32 servings (16 slices per loaf).

Per serving: About 95 cal, 3 g pro, 18 g carb, 1 g fat, 0 mg chol, 148 mg sod.

*Variations continued on next page.*

# Basic White Bread CONTINUED

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## VARIATIONS

### Cinnamon Bread

Prepare dough, divide, and roll out each half to a rectangle, as directed on page 48. Mix together  $\frac{1}{2}$  cup (125 mL) sugar and 2 teaspoons (10 mL) cinnamon in small bowl. Spread each rectangle with 1 tablespoon (15 mL) softened butter or margarine. Sprinkle with half of sugar mixture. Finish rolling and shaping loaves. Place in well-greased  $8\frac{1}{2}\times 4\frac{1}{2}\times 2\frac{1}{2}$ -inch (21x12x6-cm) baking pans. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk. If desired, brush tops with beaten egg white. Bake at 375°F (190°C) for 40 to 45 minutes, or until golden brown. Remove from pans immediately and cool on wire racks.

Yield: 32 servings (16 slices per loaf).

Per serving: About 111 cal, 3 g pro, 21 g carb, 2 g fat, 0 mg chol, 152 mg sod.

### Sixty-Minute Rolls

Increase yeast to 3 packages and sugar to  $\frac{1}{4}$  cup (50 mL). Mix and knead dough as directed for Basic White Bread on page 49. Place in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 15 minutes. Turn dough onto lightly floured surface. Shape as desired (see following suggestions). Cover. Let rise in slightly warm oven (90°F [32°C]) about 15 minutes. Bake at 425°F (215°C) for 12 minutes, or until golden brown. Remove from pans immediately and cool on wire racks.

**Curlicues:** Divide dough in half and roll each half to 12x9-inch (30x22-cm) rectangle. Cut 12 equal strips about 1 inch (2.5 cm) wide. Roll each strip tightly to form a coil, tucking ends underneath. Place on greased baking sheets about 2 inches (5 cm) apart.

**Cloverleaves:** Divide dough into 24 equal pieces. Form each piece into a ball and place in greased muffin pan. With scissors, cut each ball in half, then quarters.

Yield: 24 servings (1 roll per serving).

Per serving: About 130 cal, 4 g pro, 25 g carb, 2 g fat, 0 mg chol, 198 mg sod.

# Whole Grain Wheat Bread

---

- 1/3 cup (75 mL) plus 1 tablespoon (15 mL) brown sugar*
- 2 cups (500 mL) warm water (105°F to 115°F [40°C to 46°C])*
- 2 packages active dry yeast*
- 5-6 cups (1.25 to 1.5 L) whole wheat flour*
- 3/4 cup (175 mL) powdered milk*
- 2 teaspoons (10 mL) salt*
- 1/3 cup (75 mL) oil*

Dissolve 1 tablespoon (15 mL) brown sugar in warm water in small bowl. Add yeast and let mixture stand.

Place 4 cups (1 L) flour, powdered milk, 1/3 cup (75 mL) brown sugar, and salt in mixer bowl. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 15 seconds. Continuing on Speed 2, gradually add yeast mixture and oil to flour mixture and mix about 1 1/2 minutes longer. Stop and scrape bowl, if necessary.

Continuing on Speed 2, add remaining flour, 1/2 cup (125 mL) at a time, and mix about 2 minutes, or until dough clings to hook and cleans sides of bowl. Knead on Speed 2 about 2 minutes longer.

**Note:** Dough may not form a ball on hook.

However, as long as hook comes in contact with dough, kneading will be accomplished. Do not add more than the maximum amount of flour specified or a dry loaf will result.

Place dough in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Punch dough down and divide in half. Shape each half into a loaf as directed on page 48. Place in greased 8 1/2 x 4 1/2 x 2 1/2-inch (21 x 12 x 6-cm) baking pan. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Bake at 400°F (200°C) for 15 minutes. Reduce oven temperature to 350°F (180°C) and bake 30 minutes longer. Remove from pans immediately and cool on wire racks.

Yield: 32 servings (16 slices per loaf).

Per serving: About 112 cal, 4 g pro, 19 g carb, 3 g fat, 2 mg chol, 146 mg sod.

# French Bread

---

- 2 packages active dry yeast
- 2½ cups (625 mL) warm water (105°F to 115° F [40° C to 46° C])
- 1 tablespoon (15 mL) salt
- 1 tablespoon (15 mL) butter or margarine, melted
- 7 cups (1.75 L) all-purpose flour
- 2 tablespoons (10 mL) cornmeal
- 1 egg white
- 1 tablespoon (15 mL) cold water

Dissolve yeast in warm water in warmed mixer bowl. Add salt, butter, and flour. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 1 minute, or until well blended. Knead on Speed 2 about 2 minutes longer. Dough will be sticky.

Place dough in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Punch dough down and divide in half. Roll each half into 12x15-inch (30x37-cm) rectangle. Roll dough tightly, from longest side, tapering ends if desired. Place loaves on greased baking sheets that have been dusted with cornmeal. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

With sharp knife, make 4 diagonal cuts on top of each loaf. Bake at 450°F (230°C) for 25 minutes. Remove from oven. Beat egg white and water together with a fork. Brush each loaf with egg mixture. Return to oven and bake 5 minutes longer. Remove from baking sheets immediately and cool on wire racks.

Yield: 30 servings (15 slices per loaf).

Per serving: About 114 cal, 3 g pro, 23 g carb, 1 g fat, 0 mg chol, 221 mg sod.

# Honey Oatmeal Bread

---

- 1½ cups (375 mL) water
- ½ cup (125 mL) honey
- ⅓ cup (75 mL) butter  
or margarine
- 5½-6½ cups (1.375-1.75 L)  
all-purpose flour
- 1 cup (250 mL) quick  
cooking oats
- 2 teaspoons (10 mL)  
salt
- 2 packages active dry  
yeast
- 2 eggs
- 1 egg white
- 1 tablespoon (15 mL)  
water
- Oatmeal

Place water, honey, and butter in small saucepan. Heat over low heat until mixture is very warm (120°F to 130°F [48°C to 54°C]).

Place 5 cups (1.25 L) flour, oats, salt, and yeast in mixer bowl. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 15 seconds. Continuing on Speed 2, gradually add warm mixture to flour mixture and mix about 1 minute. Add eggs and mix about 1 minute longer.

Continuing on Speed 2, add remaining flour, ½ cup (125 mL) at a time, and mix about 2 minutes, or until dough clings to hook and cleans sides of bowl. Knead on Speed 2 about 2 minutes longer.

Place dough in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Punch dough down and divide in half. Shape each half into a loaf as directed on page 48. Place in greased 8½x4½x2½-inch (21x12x6-cm) baking pans. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Beat egg white and water together with a fork. Brush tops of loaves with mixture. Sprinkle with oatmeal. Bake at 375°F (190°C) for 40 minutes. Remove from pans immediately and cool on wire racks.

Yield: 32 servings (16 slices per loaf).

Per serving: About 134 cal, 4 g pro, 24 g carb, 3 g fat, 13 mg chol, 162 mg sod.

# Light Rye Bread

---

- ¼ cup (50 mL) honey*
- ¼ cup (50 mL) light molasses*
- 2 teaspoons (10 mL) salt*
- 2 tablespoons (30 mL) butter or margarine*
- 2 tablespoons (30 mL) caraway seed*
- 1 cup (250 mL) boiling water*
- 2 packages active dry yeast*
- ¾ cup (175 mL) warm water (105°F to 115° F [40° C to 46° C])*
- 2 cups (500 mL) rye flour*
- 3½-4 cups (875mL-1 L) all-purpose flour*

Place honey, molasses, salt, butter, caraway seed, and boiling water in small bowl. Stir until honey dissolves. Cool to lukewarm.

Dissolve yeast in warm water in warmed mixer bowl. Add lukewarm honey mixture, rye flour, and 1 cup (250 mL) all-purpose flour. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 1 minute, or until well mixed. Stop and scrape bowl if necessary.

Continuing on Speed 2, add remaining all-purpose flour, ½ cup (125 mL) at a time, and mix about 2 minutes, or until dough clings to hook and cleans sides of bowl. Knead on Speed 2 about 2 minutes longer.

Place dough in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Punch dough down and divide in half. Shape each half into a round loaf. Place on two greased baking sheets. Cover. Let rise in warm place, free from draft, 45 to 60 minutes, or until doubled in bulk.

Bake at 350°F (180°C) for 30 to 45 minutes. Cover loaves with aluminum foil for last 15 minutes if tops brown too quickly. Remove from baking sheets immediately and cool on wire racks.

Yield: 32 servings (16 slices per loaf).

Per serving: About 96 cal, 2 g pro, 20 g carb, 1 g fat, 0 mg chol, 143 mg sod.



# Dill Batter Bread

---

- 2 packages active dry yeast
- ½ cup (125 mL) warm water (105°F to 115° F [40° C to 46° C])
- 4 tablespoons (60 mL) honey, divided
- 2 cups (500 mL) large curd cottage cheese
- 2 tablespoons (30 mL) grated fresh onion
- 4 tablespoons (60 mL) butter or margarine, softened
- 3 tablespoons (45 mL) dill seed
- 3 teaspoons (15 mL) salt
- ½ teaspoon (2 mL) baking soda
- 2 eggs
- 1 cup (250 mL) whole wheat flour
- 3-3½ cups (750-875 mL) all-purpose flour

Dissolve yeast in warm water in warmed mixer bowl. Add 1 tablespoon (15 mL) honey and let stand 5 minutes.

Add cottage cheese, remaining 3 tablespoons (45 mL) honey, onion, butter, dill seed, salt, and soda. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 30 seconds. Add eggs. Continuing on Stir Speed, mix about 15 seconds.

Add whole wheat flour and 2 cups (500 mL) all-purpose flour. Turn to Speed 2 and mix about 2 minutes, or until combined. Continuing on Speed 2, add remaining flour, a little at a time, and mix until dough forms a stiff batter. Stop and scrape bowl, if necessary. Continuing on Speed 2, mix about 2 minutes longer.

Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Stir dough down. Place in two well-greased 8½x4½x2½-inch (21x12x6-cm) baking pans or two well-greased 1½- to 2-quart (1.4 to 1.8 L) casseroles. Cover. Let rise in warm place, free from draft, about 45 minutes, or until doubled in bulk.

Bake at 350°F (180°C) for 40 to 50 minutes. Remove from pans immediately and cool on wire racks.

Yield: 32 servings (16 slices per loaf).

Per serving: About 98 cal, 4 g pro, 15 g carb, 3 g fat, 15 mg chol, 298 mg sod.

# Vegetable Cheese Bread

---

- 2 packages active dry yeast
- 1 cup (250 mL) warm water (105° F to 115° F [40° C to 46° C])
- 2 cups (500 mL) whole wheat flour
- 3-3½ cups (750-875 mL) all-purpose flour
- 2 tablespoons (30 mL) sugar
- 2 teaspoons (10 mL) salt
- 2 tablespoons (30 mL) butter or margarine
- 1 cup (250 mL) warm low-fat milk (105° F to 115° F [40° C to 46° C])
- ¼ cup (50 mL) chopped sun-dried tomatoes
- 2 teaspoons (10 mL) instant minced onion
- 2 teaspoons (10 mL) dried parsley leaves
- ½ cup (125 mL) shredded sharp Cheddar cheese

Dissolve yeast in warm water in small bowl. Set aside.

Combine whole wheat flour, 2 cups (500 mL) all-purpose flour, sugar, and salt in mixer bowl. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 30 seconds. Continuing on Speed 2, gradually add yeast mixture, butter, and warm milk to flour mixture and mix about 1½ minutes. Stop and scrape bowl. Add tomatoes, onion, parsley, and cheese. Turn to Speed 2 and mix about 30 seconds. Continuing on Speed 2, add remaining flour, ½ cup (125 mL) at a time and mix about 2 minutes, or until dough clings to hook and cleans sides of bowl. Knead on Speed 2 about 2 minutes longer.

Place dough in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Punch dough down and divide in half. Shape each half into a loaf as directed on page 48. Place in well-greased 8½x4½x2½-inch (21x12x6-cm) baking pans. Cover. Let rise in warm place, free from draft, 45 to 60 minutes, or until doubled in bulk.

Bake at 375°F (190°C) for 40 minutes. Remove from pans immediately and cool on wire rack.

**(Note:** Loaves may need to be released by running a knife around edges of pans.)

Yield: 32 servings (16 slices per loaf).

Per serving: About 99 cal, 3 g pro, 18 g carb, 2 g fat, 2 mg chol, 160 mg sod.

# Blueberry Oat Bread

---

- 2 cups (500 mL) all-purpose flour
- 1 cup (250 mL) rolled oats
- 1 cup (250 mL) sugar
- 1½ teaspoons (7 mL) baking powder
- ½ teaspoon (2 mL) baking soda
- ¼ teaspoon (1 mL) salt
- ¼ teaspoon (1 mL) all spice
- ¾ cup (175 mL) low-fat milk
- ½ cup (125 mL) butter or margarine, melted
- 1 tablespoon (15 mL) grated orange peel
- 2 eggs
- 1¼ cups (300 mL) fresh or frozen blueberries (not thawed)

Combine dry ingredients in mixer bowl. Add milk, butter, orange peel, and eggs. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 30 seconds. With spoon, gently stir in blueberries.

Spoon batter into 9x5x3-inch (23x13x7.5-cm) baking pan that has been greased on the bottom only. Bake at 350°F (180°C) for 55 to 65 minutes, or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan and cool completely on wire rack.

Yield: 16 servings (16 slices per loaf).

Per serving: About 196 cal, 3 g pro, 31 g carb, 7 g fat, 27 mg chol, 177 mg sod.

# Basic Sweet Dough

---

- ¾ cup (175 mL) low-fat milk
- ½ cup (125 mL) sugar
- 1¼ teaspoons (6 mL) salt
- ½ cup (125 mL) butter or margarine
- 2 packages active dry yeast
- ½ cup (75 mL) warm water (105° F to 115° F [40° C to 46° C])
- 3 eggs, room temperature
- 5½-6½ cups (1.375-1.625 L) all-purpose flour

Place milk, sugar, salt, and butter in small saucepan. Heat over low heat until butter melts and sugar dissolves. Cool to lukewarm.

Dissolve yeast in warm water in warmed mixer bowl. Add lukewarm milk mixture, eggs, and 5 cups (1.25 L) flour. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 2 minutes.

Continuing on Speed 2, add remaining flour, ½ cup (125 mL) at a time, and mix about 2 minutes, or until dough clings to hook and cleans sides of bowl. Knead on Speed 2 about 2 minutes longer.

Place dough in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk.

Punch dough down and shape as desired for rolls or coffee cakes.

# Cinnamon Swirl Rounds

---

- 1 cup (250 mL) firmly packed brown sugar
- 1 cup (250 mL) sugar
- ½ cup (125 mL) butter or margarine, softened
- ¼ cup (50 mL) all-purpose flour
- 1½ tablespoons (22.5 mL) cinnamon
- ½ cup (125 mL) chopped walnuts or pecans
- 1 recipe Basic Sweet Dough (see page 57)

Place brown sugar, sugar, butter, flour, cinnamon, and walnuts in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute.

Turn dough onto lightly floured surface. Roll dough to 10x24-inch (25x60-cm) rectangle. Spread sugar-cinnamon mixture evenly on dough. Roll dough tightly from long side to form 24-inch (60-cm) roll, pinching seam together. Cut into 24 slices, 1-inch (2.5-cm) each.

Place 12 rolls each in two greased 13x9x2-inch (33x23x5-cm) baking pans. Cover. Let rise in warm place, free from draft, 45 to 60 minutes, or until doubled in bulk.

Bake at 350°F (180°C) for 20 to 25 minutes.

Remove from pans immediately. Spoon **Caramel Glaze** over warm rolls.

## Caramel Glaze

- ½ cup (75 mL) evaporated milk
- 2 tablespoons (30 mL) brown sugar
- 1½ cups (375 mL) powdered sugar
- 1 teaspoon (5 mL) vanilla

Place evaporated milk and brown sugar in small saucepan. Cook over medium heat until mixture begins to boil, stirring constantly.

Place milk mixture, powdered sugar, and vanilla in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 4 and beat about 2 minutes, or until creamy.

Yield: 24 servings (1 roll per serving)

Per serving: About 338 cal, 6 g pro, 57 g carb, 10 g fat, 28 mg chol, 219 mg sod.

## Rapid Mix Cool Rise White Bread

---

- 6-7 cups (1.5-1.75 L) all-purpose flour
- 2 tablespoons (30 mL) sugar
- 3½ teaspoons (17 mL) salt
- 3 packages active dry yeast
- ¼ cup (50 mL) butter or margarine, softened
- 2 cups (500 mL) very warm water (120° F to 130° F [48° C to 54° C])

Place 5½ cups (1.375 L) flour, sugar, salt, yeast, and butter in mixer bowl. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 20 seconds. Gradually add warm water and mix about 1½ minutes longer.

Continuing on Speed 2, add remaining flour, 2 cups (500 mL) at a time, and mix about 2 minutes, or until dough clings to hook and cleans sides of bowl. Knead on Speed 2 about 2 minutes longer.

Cover dough with plastic wrap and a towel. Let rest 20 minutes.

Divide dough in half. Shape each half into a loaf as directed on page 48. Place in greased 8½x4½x2½-inch (21x12x6-cm) baking pans. Brush each loaf with oil and cover loosely with plastic wrap. Refrigerate 2 to 12 hours.

When ready to bake, uncover dough carefully. Let stand at room temperature 10 minutes. Puncture any gas bubbles which may have formed.

Bake at 400°F (200°C) for 35 to 40 minutes. Remove from pans immediately and cool on wire racks.

Yield: 32 servings (16 slices per loaf).

Per serving: About 110 cal, 3 g pro, 21 g carb, 2 g fat, 0 mg chol, 251 mg sod.

## Crusty Pizza Dough

---

- 1 package active dry yeast
- 1 cup (250 mL) warm water (105° F to 115° F [40° C to 46° C])
- ½ teaspoon (2 mL) salt
- 2 teaspoons (10 mL) olive oil
- 2½-3½ cups (625-875 mL) all-purpose flour
- 1 tablespoon (15 mL) cornmeal

Dissolve yeast in warm water in warmed mixer bowl. Add salt, olive oil, and 2½ cups (625 mL) flour. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 1 minute.

Continuing on Speed 2, add remaining flour, ½ cup (125 mL) at a time, and mix about 2 minutes, or until dough clings to hook and cleans sides of bowl. Knead on Speed 2 about 2 minutes longer.

Place dough in greased bowl, turning to grease top. Cover. Let rise in warm place, free from draft, about 1 hour, or until doubled in bulk. Punch dough down.

Brush 14-inch (35 cm) pizza pan with oil. Sprinkle with cornmeal. Press dough across bottom of pan, forming a collar around edge to hold toppings. Add toppings, as desired. Bake at 450°F (230°C) for 15 to 20 minutes.

Yield: 4 servings (¼ pizza per serving).

Per serving: About 373 cal, 11 g pro, 74 g carb, 3 g fat, 0 mg chol, 271 mg sod.

## Banana Nut Bread

---

- ½ cup (75 mL) shortening
- ½ cup (125 mL) sugar
- 2 eggs
- 1¾ cups (425 mL) all-purpose flour
- 1 teaspoon (5 mL) baking powder
- ½ teaspoon (2 mL) baking soda
- ½ teaspoon (2 mL) salt
- 1 cup (250 mL) (2 medium) mashed ripe banana
- ½ cup (125 mL) chopped walnuts or pecans

Place shortening and sugar in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 6 and beat about 1 minute. Stop and scrape bowl. Continuing on Speed 6, beat about 1 minute longer. Add eggs. Turn to Speed 4 and beat about 30 seconds. Stop and scrape bowl. Turn to Speed 6 and beat about 1½ minutes.

Combine flour, baking powder, baking soda, and salt in separate bowl. Add half of flour mixture and half of mashed banana to mixer bowl. Turn to Stir Speed and mix about 30 seconds. Add remaining flour and banana. Continuing on Stir Speed, mix about 30 seconds. Stop and scrape bowl. Add walnuts. Continuing on Stir Speed, mix about 15 seconds.

Pour mixture into greased and floured 9x5x3-inch (23x13x7.5-cm) baking pan. Bake at 350° F (180° C) for 40 to 45 minutes. Cool 5 minutes in pan. Remove from pan and cool completely on wire rack.

Yield: 16 servings (16 slices).

Per serving: About 157 cal, 3 g pro, 21 g carb, 7 g fat, 27 mg chol, 131 mg sod.

## Baking Powder Biscuits

---

- 2 cups (500 mL) all-purpose flour
- 4 teaspoons (20 mL) baking powder
- ½ teaspoon (2 mL) salt
- ½ cup (75 mL) shortening
- ⅔ cup (150 mL) low-fat milk
- Melted butter or margarine, if desired

Place flour, baking powder, salt, and shortening in mixer bowl. Attach bowl and flat beater to mixer. Turn to Stir Speed and mix about 1 minute. Stop and scrape bowl. Add milk. Continuing on Stir Speed, mix until dough starts to cling to beater. Avoid overbeating.

Turn dough onto lightly floured surface and knead about 20 seconds, or until smooth. Pat or roll to ½-inch (1 cm) thickness. Cut with floured 2-inch (5 cm) biscuit cutter.

Place on greased baking sheets and brush with melted butter, if desired. Bake at 450°F (230°C) for 12 to 15 minutes. Serve immediately.

Yield: 12 servings (1 biscuit per serving).

Per serving: About 135 cal, 3 g pro, 17 g carb, 6 g fat, 1 mg chol, 183 mg sod.

## Bran Muffins

---

- 1 cup (250 mL) boiling water
- 1 cup (250 mL) wheat bran
- 1 cup (250 mL) firmly packed brown sugar
- ½ cup (125 mL) sugar
- ½ cup (125 mL) shortening
- 2 eggs
- 2 cups (500 mL) buttermilk
- 1 teaspoon (5 mL) vanilla
- 2½ cups (625 mL) all-purpose flour
- 2½ teaspoons (12 mL) baking soda
- 1 teaspoon (5 mL) baking powder
- ½ teaspoon (2 mL) salt
- 2 cups (500 mL) bran cereal flakes

Pour boiling water over bran in small bowl. Set aside.

Place brown sugar, sugar, and shortening in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 4 and beat about 1 minute. Add eggs. Turn to Speed 4 and beat about 30 seconds. Add buttermilk and vanilla. Turn to Stir Speed and mix about 30 seconds. Stop and scrape bowl.

Add flour, baking soda, baking powder, and salt. Turn to Stir Speed and mix about 30 seconds. Stop and scrape bowl. Turn to Stir Speed and mix about 30 seconds longer. Gradually turn to Speed 4 and beat about 1 minute. Add moistened bran and bran cereal flakes. Turn to Stir Speed and mix about 30 seconds, or until ingredients are combined.

Spoon batter into greased or paper-lined muffin pans. Bake at 400°F (200°C) for 20 minutes, or until toothpick inserted in center comes out clean. Remove from pans immediately. Serve warm.

Yield: 24 servings (1 muffin per serving).

Per serving: About 170 cal, 3 g pro, 29 g carb, 5 g fat, 19 mg chol, 242 mg sod.

**Tip:** Batter can be refrigerated in tightly covered container up to 1 week.

## Sour Cream Coffee Cake

---

- ½ cup (125 mL) firmly packed brown sugar*
- 1½ teaspoons (7 mL) cinnamon*
- 1 cup (250 mL) chopped walnuts or pecans*
- 3 cups (750 mL) all-purpose flour*
- 1½ cups (375 mL) granulated sugar*
- 3 teaspoons (15 mL) baking powder*
- 1 teaspoon (5 mL) baking soda*
- ½ teaspoon (2 mL) salt*
- 1 cup (250 mL) butter or margarine, softened*
- 1 cup (250 mL) reduced-fat sour cream*
- 1 teaspoon (5 mL) vanilla*
- 3 eggs*

Combine brown sugar, cinnamon, and walnuts in small bowl. Set aside.

Combine flour, granulated sugar, baking powder, baking soda, and salt in mixer bowl. Add butter, sour cream, and vanilla. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 45 seconds, or until ingredients are combined. Stop and scrape bowl. Turn to Speed 4 and beat about 1½ minutes. Stop and scrape bowl.

Turn to Stir Speed and add eggs, one at a time, mixing about 15 seconds after each addition. Turn to Speed 2 and mix about 30 seconds.

Spread half of batter in greased and floured 13x9x2-inch (33x23x5-cm) baking pan or 10-inch (25-cm) tube pan. Sprinkle with half of cinnamon-sugar mixture. Spread remaining batter in pan and top with remaining cinnamon-sugar mixture. Bake at 350°F (180°C) for 40 to 50 minutes (13x9x2-inch [33x23x5-cm] pan) or 50 to 60 minutes (10-inch [25-cm] tube pan). Serve warm.

Yield: 16 servings.

Per serving: About 362 cal, 6 g pro, 47 g carb, 17 g fat, 44 mg chol, 349 mg sod.

## Caramel Apple Kuchen

---

- 1 recipe Basic Sweet Dough (see page 57)*
- 2 cups (500 mL) firmly packed brown sugar*
- 6 tablespoons (90 mL) all-purpose flour*
- 2 teaspoons (10 mL) cinnamon*
- 6 tablespoons (90 mL) butter or margarine, softened*
- 6-8 apples (8 cups [2 L]), peeled and thinly sliced*

Divide dough in half. Press each half into greased 13x9x2-inch (33x23x5-cm) baking pan. Gently press edges ½ inch (1 cm) up sides.

Cover. Let rise in warm place, free from draft, 45 to 60 minutes, or until doubled in bulk.

Meanwhile, place brown sugar, flour, cinnamon, and butter in mixer bowl. Attach bowl and flat beater to mixer. Turn to Speed 2 and mix about 1 minute.

Arrange apple slices over dough in each of two pans. Sprinkle evenly with brown sugar mixture. Bake at 350°F (180°C) for 35 to 45 minutes, or until golden brown and apples are tender. Serve warm.

Yield: 24 servings (12 pieces per kuchen).

Per serving: About 301 cal, 5 g pro, 54 g carb, 8 g fat, 27 mg chol, 207 mg sod.



# Pancakes

---

- 1½ cups (375 mL) all-purpose flour
- 2 teaspoons (10 mL) baking powder
- 1 teaspoon (5 mL) sugar
- ½ teaspoon (2 mL) salt
- ½ cup (125 mL) fat-free egg substitute or 2 eggs
- 1¼ cups (300 mL) low-fat milk
- 3 tablespoons (45 mL) shortening, melted

Combine flour, baking powder, sugar, and salt in mixer bowl. Add all remaining ingredients. Attach bowl and flat beater to mixer. Turn to Speed 4 and mix about 30 seconds, or until ingredients are combined. Stop and scrape bowl. Turn to Speed 4 and mix about 15 seconds, or until smooth.

Spray griddle or heavy skillet with no-stick cooking spray. Heat griddle to medium-high heat. Pour about ½ cup (75 mL) batter for each pancake onto griddle. Cook 1 to 2 minutes, or until bubbles form on surface and edges become dry. Turn and cook 1 to 2 minutes longer, or until golden brown on underside.

Yield: 4 servings (2 pancakes per serving).

Per serving: About 318 cal, 11 g pro, 41 g carb, 11 g fat, 6 mg chol, 490 mg sod.

# Crispy Waffles

---

- 2 cups (500 mL) all-purpose flour
- 3 teaspoons (15 mL) baking powder
- 2 tablespoons (30 mL) sugar
- ½ teaspoon (2 mL) salt
- 2 eggs, separated
- 1¼ cups (300 mL) low-fat milk
- ¼ cup (50 mL) butter or margarine, melted

Combine flour, baking powder, sugar, and salt in mixer bowl. Add egg yolks, milk, and butter. Attach bowl and flat beater to mixer. Turn to Speed 4 and mix about 30 seconds, or until ingredients are combined. Stop and scrape bowl. Continuing on Speed 4, mix about 15 seconds, or until smooth. Pour mixture into another bowl. Clean mixer bowl.

Place egg whites in mixer bowl. Attach bowl and wire whip to mixer. Turn to Speed 8 and whip until whites are stiff but not dry. Gently fold egg whites into flour mixture.

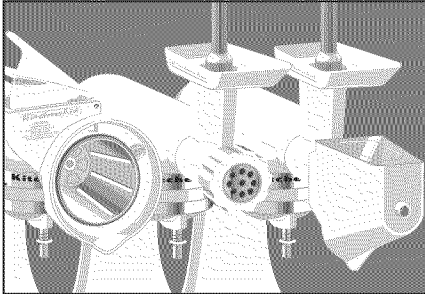
Spray waffle iron with no-stick cooking spray. Heat waffle iron. Pour about ½ cup (75 mL) batter for each waffle onto iron. Bake 3 to 5 minutes, or until golden brown.

Yield: 6 servings (1 waffle per serving).

Per serving: About 287 cal, 8 g pro, 39 g carb, 10 g fat, 75 mg chol, 441 mg sod.

## **Multi-Function Attachment Pack**

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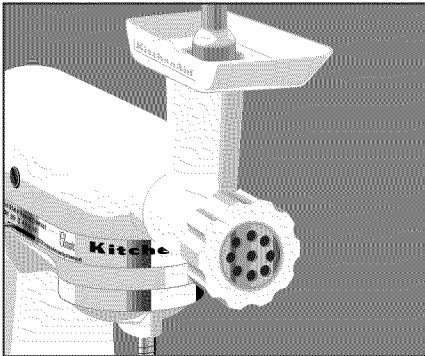


### **Model 4FPPA**

KitchenAid has packaged its three most popular attachments in one carton. It includes a Rotor Slicer/Shredder (4RVSA), Food Grinder (4FGA), and Fruit/Vegetable Strainer Parts (4FVSP).

## **Food Grinder**

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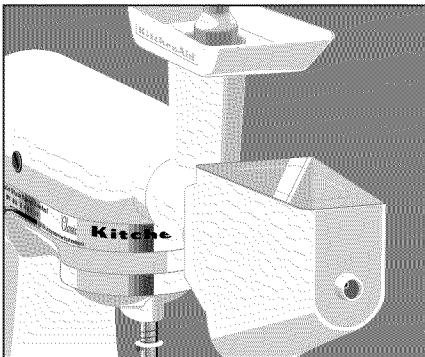


### **Model 4FGA**

Grinds meat, firm fruits and vegetables, and dry bread.

## **Fruit/Vegetable Strainer**

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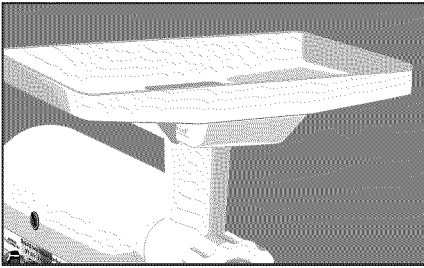


### **Model 4FVSPGA**

Makes preparing jams, purées, sauces and baby foods quick and easy.

## Food Tray

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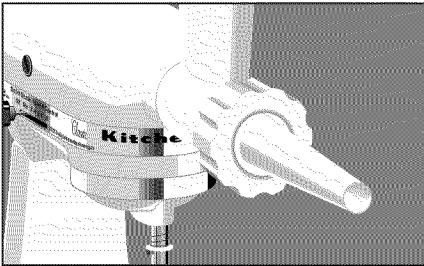


### **Model 4FT**

Holds large quantities of food for quicker and easier juicing, puréeing and grinding. For use with 4FGA.

## Sausage Stuffer

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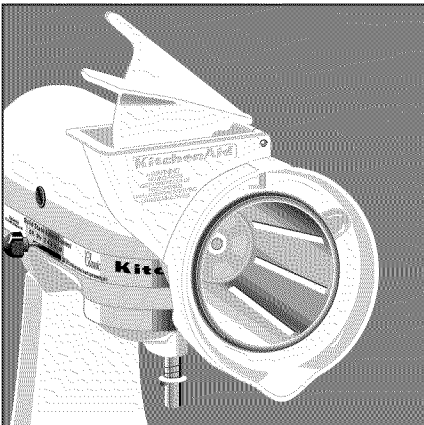


### **Model 4SSA**

$\frac{3}{8}$ " and  $\frac{5}{8}$ " (10 and 16 mm) stuffing tubes make Bratwurst, Kielbasa, Italian or Polish Sausage and breakfast links. For use with 4FGA.

## Rotor Slicer/Shredder

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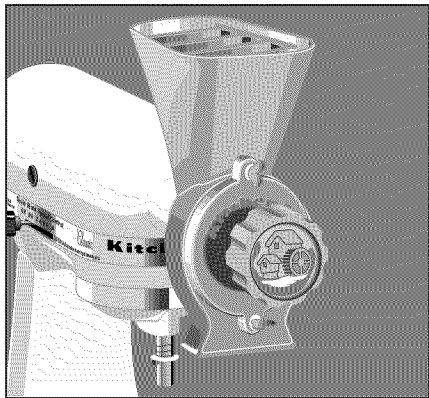


### **Model 4RVSA**

Includes 4 cones: thin and thick slicer, fine and coarse shredder.

## Grain Mill

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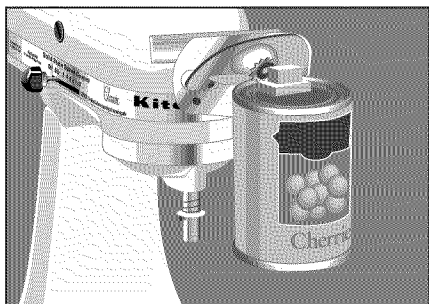


**Model 4GMA**

Grinds low-moisture grains from very fine to extra coarse textures.

## Can Opener

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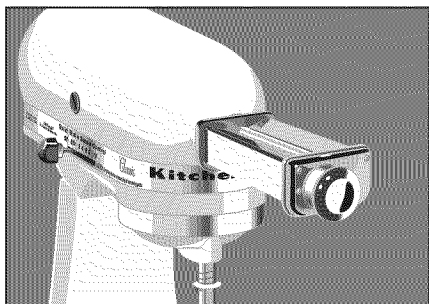


**Model 4CO**

Opens cans quickly, leaves edges smooth and snag-free.

## Pasta Roller Set

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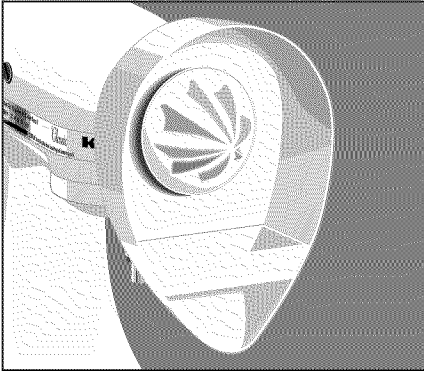


**Model 4KPRA**

Makes lasagna noodles, fettuccini and linguine fini. Three piece set includes Roller, Fettuccine Cutter and Linguine Fini Cutter.

## Citrus Juicer

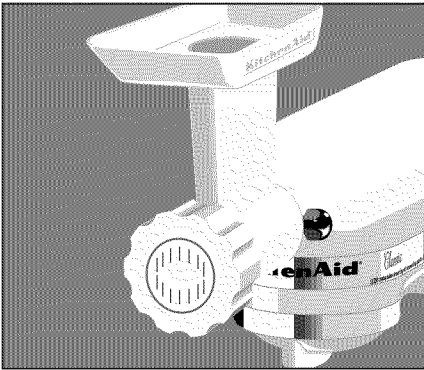
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**Model 4JE**  
Juices citrus fruits quickly and thoroughly, strains out pulp.

## Pasta Maker

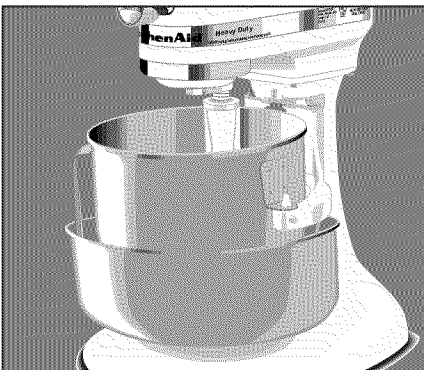
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**Model 4SNFGA**  
5 plates make thin and thick spaghetti, flat noodles, macaroni, and lasagna. Comes with 4FGA.

## Water Jacket

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**Model 4K5AWJ**  
Fill with ice, cold or hot water to keep cold mixtures cold, hot ones hot.



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