

Cookies (Plus) to the Rescue! Camerota's Cupboard March 2011

Here are 3 delicious possibilities for PCIG post-meeting treats. All have been researched and offered by AICR (American Institute for Cancer Research), so you know they're healthy. Now that everyone has the recipes, maybe others would like to share the fun of making them for the group. And there are more where these came from and from other healthy sources as well. Just let me know when you're ready for more.

Lemon Drop Cookies

Celebrate post-meeting networking with these lighter dessert favorites. They're made with whole-wheat pastry flour and unsalted butter for a crisper and more flavorful cookie.

- Canola oil cooking spray
- 1 cup whole-wheat pastry flour
- 1 cup unbleached all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 small or 1/2 large lemon
- 2 Tbsp. cold water
- 6 Tbsp. unsalted butter, cut into tablespoons
- 1 large egg
- 1 cup sugar
- 3/4 tsp. salt

1. Set racks in top and bottom third of oven. Preheat the oven to 400 degrees. Coat two baking sheets with cooking spray, and set aside.
2. In mixing bowl, whisk the two flours with baking powder, and set aside.
3. Using swivel-blade peeler, zest lemon. Cut off two ends, and standing lemon on one end on work surface, use sharp knife to remove white pith in strips, discarding pith. Cut lemon flesh into chunks and place in blender, add water and zest, and whirl until lemon is pureed and zest finely chopped. Add butter, egg, sugar, and salt to blender, and whirl until mixture is smooth.

4. Pour lemon mixture over dry ingredients and whisk until they are well combined.
5. Drop batter, by scant teaspoon onto prepared baking sheets, using a second teaspoon to push and shape the batter into rounded, 3/4-inch buttons. Space cookies 2 inches apart to allow for spreading.
6. Bake cookies for 5 minutes. Rotate pans and reverse their position in oven. Bake 5 minutes longer, or until cookies have dark brown ring around edges and are browned on bottom. Cool cookies on baking sheets for 1 minute, then transfer them with a spatula to wire racks to cool completely. Cookies will be crisp when cooled.
7. If reusing, wipe baking sheets with paper towel and re-spray them.

These cookies keep for 5 days layered between wax paper sheets in airtight container. If they soften let cookies stand on a plate and they will regain their snap.

Makes 5 1/2 dozen cookies

Serving Size: 3 cookies

Per serving: 100 calories, 3.5 g total fat (2 g saturated fat), 17g carbohydrate, 1 g protein, 1g dietary fiber, 110 mg sodium.

Almond Fig Bars

Satisfy your sweet tooth after the meeting with a healthier dessert bar. Featuring figs, whole-wheat flour and toasted almonds, this recipe brings health and hearty flavor to the table in about 30 minutes. Almonds are rich in omega-3 fatty acids and a growing body of research shows that they may protect against heart disease, cancer and help with weight control. Naturally sweet figs and unsweetened applesauce are a great alternative to processed sugar and helps keep the calories in check without sacrificing taste. Make these warm bars this season for a cozy respite from the late winter weather.

- Canola oil spray
- 3/4 cup whole-wheat flour
- 1/2 tsp. baking powder
- 1/4 tsp. baking soda
- 1/4 tsp. salt
- 1 large egg
- 1/4 cup honey
- 1/4 cup unsweetened applesauce
- 2 Tbsp canola oil
- 1 tsp. almond extract
- 1 tsp. orange zest
- 2/3 cup chopped dried figs
- 1/3 cup chopped toasted almonds

1. Preheat the oven to 350 degrees. Lightly coat an 8-inch square baking pan with canola oil spray.

2. In a large bowl, mix together the flour, baking powder, baking soda and salt. Set aside.

3. In a medium bowl, stir together the egg, honey, applesauce, canola oil, almond extract and orange zest. Gently stir the wet ingredients into the dry ingredients until mixed. Stir in the figs and toasted almonds. Spread the mixture into the prepared pan.

4. Bake about 25 minutes, until a tester inserted in the center comes out clean. Cool the bars in the pan on a wire rack. Cut into sixteen 2-inch squares. Store in a tightly covered container for two to three days.

Makes 16 servings.

Per serving: 90 calories, 3 g total fat (0 g saturated fat), 15 g carbohydrate, 2 g protein, 2 g dietary fiber, 80 mg sodium.

Sweet and Salty Crunchy Mix

The cold and flu season is upon us and boosting the immune system with good foods is a great way to stay well. This fun mix of fruits, whole grains and nuts will satisfy midday as well as post-meeting hunger and

help keep you healthy. Measure out portions ahead of time to make sure you don't overindulge on this delicious treat. It can be addictive!

- Canola oil spray
- 2 cups cereal, preferably whole grain, e.g. old fashion rolled oats, puffed whole wheat or brown rice, or low-fat granola
- 2 cups thin pretzels
- 1/2 cup walnuts or almonds
- 1/2 cup pumpkin seeds
- 1/2 tsp. turmeric
- 2 cups mixed dried fruit (preferably unsweetened), e.g. raisins, berries, apples, dates, etc.
- 1/4-1/3 cup honey

1. Preheat oven to 350 degrees if baking 15 to 20 minutes, and 300 degrees for slower baking for 45 to 60 minutes. Slow baking takes more time but deepens the flavor.
2. Lightly coat bottom of two baking sheets and set aside. In a large bowl, mix together the cereal, pretzels, nuts and seeds until well combined. Stir in the turmeric until evenly distributed. Stir in the dried fruit.
3. In a heat-resistant measuring cup, gently warm the honey to thin its consistency in a microwave, or stovetop using a small saucepan containing hot water. Slowly add just enough of the honey into the cereal mixture, stirring constantly, until the mixture begins to adhere and form clusters.
4. Spread the mixture on the baking sheets in a thin layer. Spray with canola oil spray. Bake until cereal is lightly browned, stirring once if baking at 350 degrees, or 3 to 4 times if slow roasting at 300 degrees.
5. Remove from oven and cool on a rack. Serve immediately or store in a sealed container or in zip-lock plastic bags.

Makes 15 (1/2-cup) servings.

Per serving: 148 calories, 3 g fat (less than 1 g saturated fat), 30 g carbohydrate, 3 g protein, 2 g dietary fiber, 20 mg sodium.