



A great holiday dessert with 46% fewer calories than a traditional cake roll. Sweetened with Equal and filled with a reduced-fat cream cheese filling you don't have to feel guilty enjoying it!

Pumpkin Roll

Cake:

3 large eggs
1 cup Equal® Spoonful*

1 cup canned pumpkin
1 teaspoon lemon juice
1 cup self-rising flour
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg

Filling:

4 ounces reduced-fat cream cheese, softened
1 1/2 to 2 cups light whipped topping, thawed, if frozen
2 tablespoons Equal® Spoonful** (or to taste)

1. For Cake: Beat eggs and 1 cup Equal® for 5 minutes in mixing bowl on medium speed of mixer.
2. Stir in pumpkin and lemon juice. Blend in flour, cinnamon and nutmeg until well combined.
3. Line a jelly roll pan with waxed paper. Spread batter evenly in pan. Bake in preheated 350°F oven 5 to 8 minutes or until wooden pick comes out clean. Cool 3 minutes in pan; turn out onto a cloth and roll up from the narrow end.
4. Chill in refrigerator until completely cool.
5. For Filling: Beat cream cheese, whipped topping and 2 tablespoons Equal® in mixing bowl on medium speed of mixer until smooth and spreadable.
6. Unroll pumpkin roll and spread with filling. Re-roll. Cover and refrigerate until ready to serve. Slice cake into pinwheels.

Makes 8 servings.

* May substitute 24 packets Equal sweetener

** May substitute 3 packets Equal sweetener

Nutrition Information Per Serving (1/8 of pumpkin roll): calories 159, protein 6 g, carbohydrate 19 g, fat 6 g, cholesterol 87 mg, sodium 341 mg.

Food Exchanges: 1 1/2 starch, 1 fat.

Old-Fashioned Bread and Sage Dressing

(makes about 12 cups)

- 1/4 cup (50 g) reduced-fat margarine
- 5 celery ribs with leaves, chopped
- 1 medium onion, chopped
- 1 teaspoon (5 ml) crushed dried thyme
- 1/2 to 1 teaspoon (2.5 to 5 ml) crushed dried sage
- 1 teaspoon (5 ml) salt (optional)
- 1/4 teaspoon (1.75 ml) freshly ground pepper
- 2 1-pound (480 g) loaves firm white bread, cut into 1/2-inch slices
- 1/3 cup (20 g) chopped parsley
- 2 1/2 to 3 cups (560 to 720 ml) 98% fat-free, no-salt-added canned chicken broth

1. Preheat oven to 325°F (160°C), Gas Mark 3.
2. Melt margarine in a large nonstick skillet. Add celery and onion. Sauté until vegetables are very tender, about 10 minutes. Stir in thyme, sage, salt (if using), and pepper. Set aside.
3. Meanwhile, place bread slices on a baking sheet and lightly toast on both sides, about 10 minutes per side. Break bread into bite-size pieces. Mix in vegetable mixture and parsley. (At this point stuffing can be made 1 day ahead, placed in a self-sealing plastic bag, and refrigerated).
4. In a medium saucepan, heat broth to a simmer. Place dressing mixture in a large mixing bowl. Pour on hot broth and stir until bread is evenly moistened, starting with 2 1/2 cups broth and adding additional broth to reach desired consistency.
5. Transfer dressing mixture to a shallow baking casserole. Cover with foil and bake for 30 minutes. Uncover and continue to bake until lightly browned and heat through, another 15 to 20 minutes.

Per 1/2-cup (120 ml) serving: 116 calories (20% calories from fat), 4 g protein, 3 g total fat (0.6 g saturated fat), 20 g carbohydrates, 1 g dietary fiber, 0 cholesterol, 237 mg sodium

Diabetic exchanges: 1 1/2 carbohydrate (bread/starch)

Green Beans and Glazed Onions

(makes 10 servings)

- 1 10-ounce (360 g) bag frozen baby pearl onions
- 2 pounds (860 g) fresh green beans, trimmed
- 2 tablespoons (25 g) reduced-fat margarine
- 1 tablespoon (15 ml) balsamic vinegar

1. Cook onions, according to package directions, until tender. Drain and keep warm.
2. Cook green beans in a large nonstick skillet in water to cover until crisp tender, about 5 minutes. Drain and keep warm.
3. In same skillet, melt margarine over medium heat. Add balsamic vinegar and onions. Toss to glaze. Add green beans and gently mix to combine.
4. Transfer to a serving dish and serve hot.

Per serving: 60 calories (21% calories from fat), 2 g protein, 2 g total fat (0.3 g saturated fat), 11 g carbohydrates, 3 g dietary fiber, 0 cholesterol, 37 mg sodium

Diabetic exchanges: 1/2 carbohydrate (2 vegetable), 1/2 fat

Low-Sugar Cranberry-Apple Relish

(makes about 3 cups)

- 1 12-ounce (360 g) bag fresh cranberries, rinsed and picked over
- 3 tablespoons (36 g) sugar
- 1 to 2 tablespoons (15 to 30 ml) spoonable sugar substitute
- 1/4 teaspoon (1.75 ml) ground cinnamon
- 2 medium Golden Delicious apples, peeled, cored, and cut up
- 2 teaspoons (10 ml) fresh lemon juice

1. In a food processor fitted with a knife blade, pulse cranberries with sugar, 1 tablespoon (15 ml) sugar substitute, and cinnamon until coarsely chopped.
2. Add apples and continue to pulse until mixture is finely chopped. Stir in lemon juice. Taste, adding additional sugar substitute, if needed.
3. Transfer mixture to a serving bowl. Cover and refrigerate until ready to serve cold.

Per 1/4-cup (60 ml) serving: 39 calories (0 calories from fat), 0 protein, 0 total fat (0 saturated fat), 10 g carbohydrates, 2 g dietary fiber, 0 cholesterol, 0 sodium

Diabetic exchanges: 1/2 carbohydrate (fruit)