

## Down-Home

## Did You Know?

White pepper and black pepper come from the same berry, but white pepper is derived from fully ripe berries, and black pepper comes from berries picked before they're ripe. White pepper has a milder flavor and is often used in light-colored sauces, where flecks of black pepper would show.



## Old-Fashioned Chicken Potpies

- Serves 6**
- 6 Tbsp. butter
  - ½ cup chopped onion
  - ½ cup flour
  - 1 tsp. salt
  - ½ tsp. white pepper
  - 3 cups chicken broth
  - 3 cups cooked chicken, cubed
  - 1 package (10 oz.) frozen peas and carrots, cooked and drained
  - 2 cups cooked potatoes, cubed
  - 1 package (17 oz.) frozen puff-pastry sheets, thawed
- 1 Preheat oven to 400°F.
  - 2 Heat butter in saucepan over medium heat. Sauté onion until tender and golden. Blend in flour, salt and pepper; add broth and whisk well. Cook until thick and bubbly.
  - 3 Add chicken, peas and carrots, and potatoes to broth mixture. Divide evenly among 6 individual casserole dishes; set aside.
  - 4 Cut puff pastry into 6 squares to fit over tops of dishes; cut a steam vent in the center of each with a knife or mini cookie cutter. Place pastry tops on casserole dishes; set dishes on a baking sheet lined with aluminum foil. Bake 10 to 15 minutes, until pastry is golden.
- Each serving: About 821 calories, 31g protein, 62g carbohydrate, 50g fat (17g saturated), 95mg cholesterol, 1,318mg sodium

## Favorites

Warm up and get cozy with simple comfort food — these dishes are guaranteed to bring everyone to the table!

## Red and Green Salad With Spicy Pecans

Serves 8

## Spicy Pecans

- ¼ cup confectioners' sugar
- ½ tsp. salt
- ½ tsp. allspice
- ½ tsp. nutmeg
- ½ tsp. cayenne pepper
- ½ cup pecan halves

## Raspberry Salad Dressing

- 1 Tbsp. raspberry vinegar
- 2 tsp. lime juice
- 1 tsp. sugar
- ½ tsp. salt
- ½ cup vegetable or extra-virgin olive oil
- ½ cup dried cranberries

## Salad

- 1 package (5 oz.) spring mixed greens
- 1 package (5 oz.) red leaf lettuce
- 1 package (5 oz.) baby spinach
- ½ red onion, thinly sliced
- 4 oz. crumbled feta cheese
- ½ cup dried cranberries

1 To make Spicy Pecans: Preheat oven to 350°F. Spray baking sheet with cooking spray.

2 Combine sugar, salt and spices in small bowl. Rinse pecans; drain but do not let dry. Add pecans to spice mixture; toss well to coat. Arrange pecans on baking sheet; bake 10 minutes, stirring occasionally. Let cool.

3 To make Raspberry Salad Dressing: Combine all dressing ingredients in blender; purée until smooth.

4 Assemble salad: Toss greens with Raspberry Salad Dressing in large bowl. Arrange red onion, feta cheese, dried cranberries and Spicy Pecans on top.

Each serving: About 213 calories, 4g protein, 22g carbohydrate, 13g fat (3g saturated), 13mg cholesterol, 473mg sodium

## In a Hurry?

Buy a ready-made salad dressing, such as Newman's Own Lighten Up Raspberry & Walnut Dressing.



## Butter Rum Glazed Applesauce Cake

Serves 6

## Cake

- ½ cup unsalted butter
- ½ cup sugar
- 1 cup applesauce
- 1 apple, peeled, cored and chopped (do not use Red Delicious)
- 1 tsp. pure vanilla extract
- 1½ cups flour

- 1 tsp. baking soda
- 1 tsp. cinnamon
- ½ tsp. salt

## Glaze

- 2 Tbsp. unsalted butter
- 1 cup confectioners' sugar
- ½ tsp. rum extract
- 3 to 4 tsp. half-and-half or milk

1 Preheat oven to 350°F. Grease an 8-inch square baking pan.

2 To make cake: Melt butter in saucepan over medium heat. Cook, stirring, 2 to 2½ minutes, just until butter begins to brown. Remove from heat; stir in sugar, applesauce, apple and vanilla. Set aside.

3 In a large bowl, combine flour, baking soda, cinnamon and salt. Stir in applesauce mixture and mix until just combined. Pour batter into prepared pan. Bake 25 minutes, or until a toothpick inserted into center of cake comes out clean.

4 Prepare glaze: Melt butter in a saucepan over medium heat. Cook, stirring, for 2 to 2½ minutes, just until butter begins to brown. Immediately remove from heat; stir in confectioners' sugar, rum extract and half-and-half until spreadable and smooth.

5 Pour warm glaze over cake when it's removed from oven. Let cool 30 minutes. Serve warm.

Each serving: About 299 calories, 2g protein, 51g carbohydrate, 10g fat (6g saturated), 27mg cholesterol, 273mg sodium

## &gt;q&amp;s tip

Red Delicious apples are too mushy for baking. Instead, bake with Golden Delicious, Pippin, Fuji, McIntosh — or, for a touch of tartness, Granny Smith.