

Slip Into Style

With Sweet and Savory Recipes



Mocha-Chip Bread Pudding

Makes 6 servings

Ingredients

3 cups 1% low-fat or fat-free chocolate milk
1/4 cup strongly brewed coffee, cooled
1 tablespoon instant coffee or espresso powder
1 teaspoon vanilla extract
3/4 cup egg substitute
1 (1-pound) loaf whole wheat bread or whole wheat rolls, cut into 1-inch cubes
Cooking spray
1/2 cup mini semi-sweet chocolate chips
Low-fat frozen yogurt (optional)

Nutritional Facts

Calories: 380
Total Fat: 10 g
Saturated Fat: 4 g
Cholesterol: 5 mg
Sodium: 475 mg
Calcium: 200 mg
Protein: 16 g
Carbohydrates: 60 g
Dietary Fiber: 7 g

Combine milk, coffee, coffee powder, vanilla and egg substitute in a large bowl; stir well. Add bread cubes, tossing gently. Spoon mixture into a 3-quart baking dish or individual ramekins coated with cooking spray; sprinkle with chocolate chips. Cover and refrigerate at least 4 hours.

Preheat oven to 350°. Bake, covered, for 45 minutes in baking dish or 15 minutes in ramekins. Uncover and bake an additional 15 minutes or until pudding is set. Top with frozen yogurt, if desired.

Smoked Gouda and Tomato Chutney Torte

Makes 9 servings

Ingredients

2 cups coarsely chopped peeled tomato
1/2 cup chopped Vidalia or other sweet onion
1/4 cup raisins
1/4 cup chopped almonds
1/4 cup balsamic vinegar
1 tablespoon honey
1/4 teaspoon salt
1/2 teaspoon dried rosemary leaves
1 (6-ounce) container low-fat Greek yogurt
1 cup shredded smoked Gouda cheese (about 4 ounces)
1 cup shredded 75% Reduced Fat Sharp Cheddar cheese (about 4 ounces)
1 tablespoon chopped flat leaf parsley, if desired
Whole wheat toast rounds or whole grain crackers

Nutritional Facts

Calories: 140
Total Fat: 7 g
Saturated Fat: 4 g
Cholesterol: 20 mg
Sodium: 260 mg
Calcium: 200 mg
Protein: 8 g
Carbohydrates: 11 g
Dietary Fiber: 1 g

Combine tomatoes and next 7 ingredients (through rosemary) in a small saucepan; bring to a boil. Reduce heat and simmer 35 minutes or until thick, stirring frequently. Remove from heat and refrigerate until ready to serve. Meanwhile, beat yogurt, cheeses and parsley with electric mixer until well blended. Line a small bowl with plastic wrap. Spread cheese mixture in bowl. Cover and chill at least four hours.

To serve, invert bowl onto serving plate; remove bowl and plastic wrap. Spoon chutney over top of torte and serve with toast rounds or crackers.

