



EatingWell Halloween Party Recipes

Apple-Cinnamon Fruit Bars.....	2
Caramel Apples	3
Chocolate Pretzel & Cherry Popcorn Balls.....	4
EatingWell's Pepperoni Pizza	5
Green Chile & Goat Cheese Dip	6
Nutty Pimiento Cheese Balls.....	7
Roasted Pumpkin Seeds	8
Spiced Pumpkin Cookies.....	9

Apple-Cinnamon Fruit Bars

Makes: 18 bars

Active time: 40 minutes **Total:** 2¾ hours
(including 1½ hours cooling time)

To make ahead: Cover and refrigerate the crust and topping (Steps 1-2) for up to 1 day. Cover or individually wrap and refrigerate the cooled bars for up to 5 days.

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These easy apple-cinnamon fruit bars make a big batch—perfect for fall potlucks and parties.

Crust

- 1 cup chopped nuts (walnuts, pecans, almonds or hazelnuts) or old-fashioned rolled oats, divided**
- ¾ cup whole-wheat pastry flour (see Tip)**
- ¾ cup all-purpose flour**
- ½ cup sugar**
- ½ teaspoon salt**
- 4 tablespoons cold unsalted butter, cut into small pieces**
- 1 large egg**
- 2 tablespoons canola oil**
- 1 teaspoon vanilla extract**
- ¼ teaspoon almond extract**

Fruit Filling

- 6 cups diced peeled apples, divided**
- ½ cup apple cider or orange juice**
- ½ cup sugar**
- ¼ cup cornstarch**
- 1½ teaspoons ground cinnamon**
- 1 teaspoon vanilla extract**

1. To prepare crust: Combine ¾ cup nuts (or oats), whole-wheat flour, all-purpose flour, sugar and salt in a food processor; pulse until the nuts are finely ground. Add butter; pulse until well incorporated.

2. Whisk egg, oil, 1 teaspoon vanilla and almond extract in a small bowl. With the motor running, add the mixture to the food processor. Process, then pulse, scraping down the sides, if necessary, until the mixture begins to clump, 30 to 45 seconds (it will look crumbly). Measure out ½ cup of the mixture and combine in a bowl with the remaining ¼ cup chopped nuts (or oats). Set aside for the topping.

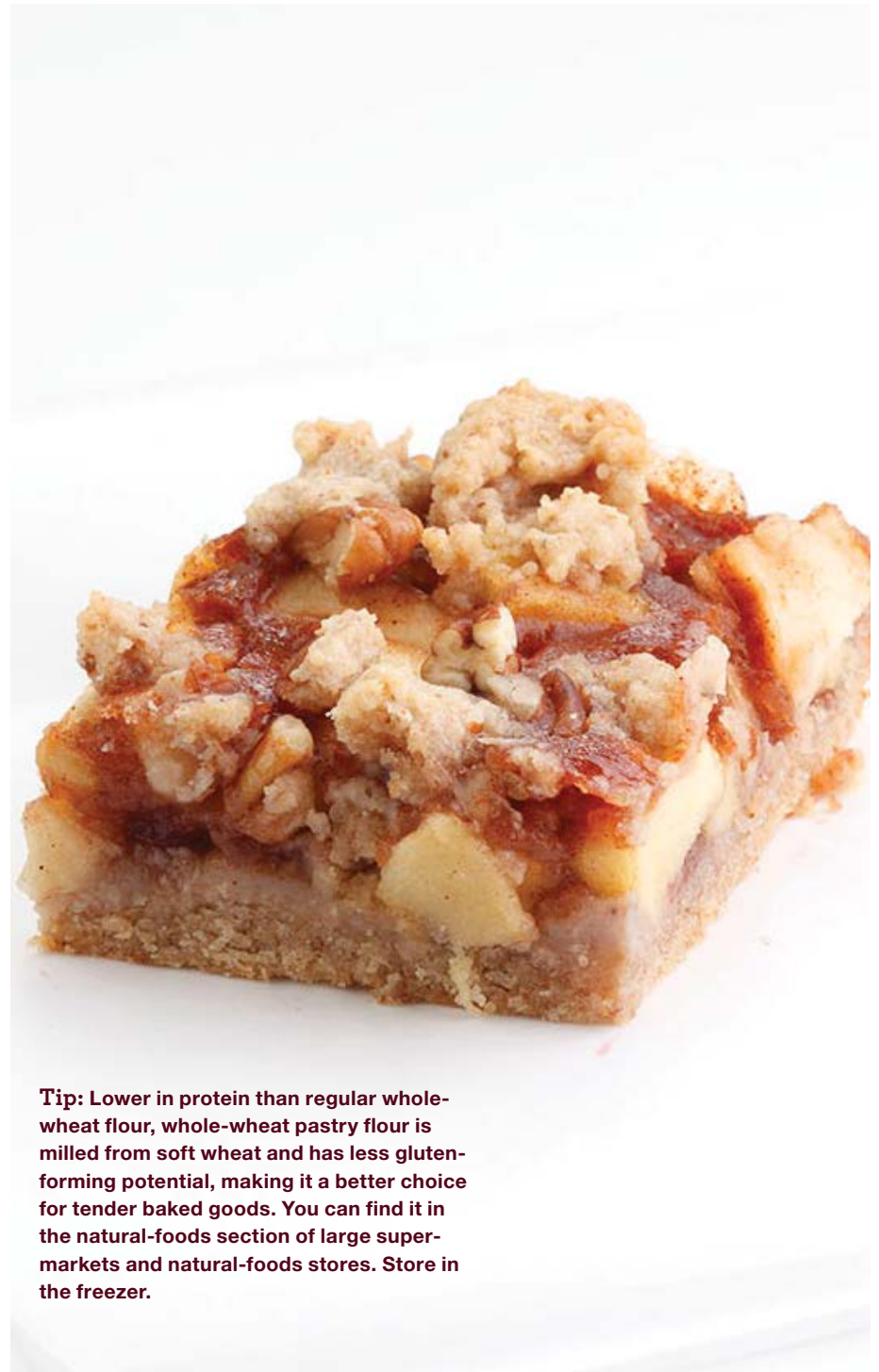
3. Preheat oven to 400°F. Generously coat a 9-by-13-inch baking dish with cooking spray.

4. To prepare fruit filling & assemble bars: Combine 4 cups apples, cider (or orange juice), sugar and cornstarch in a large saucepan. Bring to a simmer over medium heat, stirring constantly, until the mixture is very thick, 4 to 5 minutes. Stir in the remaining 2 cups apples, cinnamon and 1 teaspoon vanilla.

5. Transfer the dough to the prepared baking dish. Spread evenly and press firmly into the bottom to form a crust. Spread the fruit filling over the crust. Sprinkle the reserved topping over the filling.

6. Bake the bars for 15 minutes. Reduce oven temperature to 350° and bake until the crust and topping are lightly brown, 25 to 30 minutes more. Let cool completely before cutting into bars, at least 1½ hours.

Per bar: 193 calories; 9 g fat (2 g sat, 2 g mono); 19 mg cholesterol; 27 g carbohydrate; 11 g added sugars; 3 g protein; 2 g fiber; 69 mg sodium; 74 mg potassium.



Tip: Lower in protein than regular whole-wheat flour, whole-wheat pastry flour is milled from soft wheat and has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer.



Caramel Apples

Makes: 6 servings

Active time: 15 minutes **Total:** 45 minutes

To make ahead: Store in wax paper at room temperature for up to 1 day.

Equipment: Wooden popsicle/craft sticks

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This healthy caramel apple recipe has just enough caramel to give a nice hit of salty-sweet flavor in each bite for a tasty dessert.

- 1/3 cup packed light brown sugar**
- 1/4 cup agave nectar**
- 2 tablespoons butter**
- 1/8 teaspoon salt**
- 3 tablespoons chopped unsalted nuts, such as peanuts or pecans**
- 6 small apples, such as Eve or Paula Red**

1. Line a baking sheet with wax paper and coat with cooking spray. Coat a tablespoon measure with cooking spray.

2. Combine brown sugar, agave, butter and salt in a small saucepan. Place over medium heat; as soon as the syrup starts to lightly bubble around the edges, cook, stirring constantly, for 1 minute more. Add nuts and cook, stirring constantly, until the sugar is melted and the mixture darkens, about 1 minute. Remove from the heat.

3. Working quickly, spoon about 1 tablespoon of caramel over each apple. Repeat, spooning another tablespoon of caramel over each apple, turning as you pour.

4. Let cool on the baking sheet for 5 minutes. Insert popsicle/craft sticks into the tops. Press any stray strands of caramel back onto the apples. Let cool for at least 30 minutes.

Per serving: 225 calories; 6 g fat (3 g sat, 2 g mono); 10 mg cholesterol; 44 g carbohydrate; 23 g added sugars; 2 g protein; 4 g fiber; 54 mg sodium; 207 mg potassium.

Tip: Choose unbruised, firm apples with smooth skin. Store for up to 4 months in the refrigerator.

Chocolate Pretzel & Cherry Popcorn Balls

Makes: 12 (2-inch) balls

Active time: 20 minutes **Total:** 20 minutes

To make ahead: Wrap airtight for up to 2 days, but best the day they are made.

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These popcorn balls are made with agave nectar and peanut butter and are spiked with chocolate covered pretzels and dried cherries for a special treat. Try making them for your Halloween party this year.

6 heaping cups popped corn

¼ cup agave nectar (see Tip) or honey

¼ cup creamy natural peanut butter or almond butter, at room temperature

2 tablespoons finely chopped dark chocolate-covered pretzels

2 tablespoons finely chopped dried cherries

1. Line a baking sheet with parchment or wax paper. Prepare a medium bowl of ice water. Put popcorn in a large bowl.

2. Combine agave (or honey) and peanut butter (or almond butter) in a small saucepan. Cook over medium heat, stirring gently but constantly. As soon as the mixture starts to lightly bubble, cook, stirring constantly, for 15 seconds more.

3. Immediately pour the mixture evenly over the popcorn; gently mix with a wooden spoon or spatula until well coated. Gently stir in dark chocolate-covered pretzels and finely chopped dried cherries.

4. Dip both hands in the ice water. Working quickly, press small handfuls (heaping ¼ cup each) of the popcorn mixture firmly into 2-inch balls. (Make sure each ball gets a little bit of the pretzels and dried cherries.) Place the balls on the prepared baking sheet. If they seem too fragile, rinse hands with cold water and press and squeeze each ball again to help keep it together.

5. Let cool completely before storing. To store, individually wrap in plastic wrap and store in an airtight container.

Per ball: 89 calories; 3 g fat (1 g sat, 0 g mono); 0 mg cholesterol; 13 g carbohydrate; 6 g added sugars; 2 g protein; 1 g fiber; 34 mg sodium; 18 mg potassium.

Carbohydrate servings: 1

Exchanges: 1 carbohydrate (other), 1 fat

Tip: Agave syrup or nectar is the naturally sweet juice extracted from the agave plant. It has a lower glycemic index and is lower in calories than table sugar, but is even sweeter. Use it in moderation when substituting for table sugar. Look for it near other sweeteners in health food stores and well-stocked supermarkets.





EatingWell's Pepperoni Pizza

Makes: 6 servings

Active time: 15 minutes **Total:** 35 minutes

To make ahead: Use leftover tomato sauce and pumpkin to make a second batch of pizza sauce. Refrigerate for up to 5 days or freeze for 3 months.

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Pepperoni pizza gets a healthful makeover with whole-wheat pizza dough and a flavorful tomato sauce that, thanks to the addition of pumpkin puree, provides extra beta carotene and fiber. We've topped the pie with low-fat turkey pepperoni, but if you like, use your favorite sliced vegetables instead.

- 1 pound prepared whole-wheat pizza dough (see Tip), thawed if frozen**
- 1 cup canned unseasoned pumpkin puree**
- ½ cup no-salt-added tomato sauce**
- ½ teaspoon garlic powder**
- 1 cup shredded part-skim mozzarella cheese**
- ½ cup grated Parmesan cheese**
- 2 ounces sliced turkey pepperoni (½ cup)**

1. Place oven rack in the lowest position; pre-heat to 450°F. Coat a large baking sheet with cooking spray.

2. Roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.

3. Whisk pumpkin puree, tomato sauce and garlic powder in a small bowl until combined.

4. Spread sauce evenly over the baked crust. Top with mozzarella, Parmesan and pepperoni. Bake until the crust is crispy on the edges and the cheeses have melted, about 12 minutes.

Per serving: 280 calories; 6 g fat (3 g sat, 2 g mono); 30 mg cholesterol; 35 g carbohydrate; 1 g added sugars; 16 g protein; 3 g fiber; 602 mg sodium; 153 mg potassium.

Nutrition bonus: Vitamin A (120% daily value), Calcium (25% dv).

Carbohydrate servings: 2

Exchanges: 2 starch, 1 vegetable, 1½ medium-fat meat

Tip: Look for balls of whole-wheat pizza dough at your supermarket, fresh or frozen and without any hydrogenated oils.

Green Chile & Goat Cheese Dip

Makes: 3 cups

Active time: 20 minutes **Total:** 40 minutes
(plus 24 hours to drain ricotta)

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This creamy, cheesy dip is spiked with green chiles and smoky chipotle pepper. Be sure to drain the ricotta the day before you want to serve the dip. Serve with tortilla chips or crackers.

- 1 15-ounce container part-skim ricotta cheese, drained (see *Tips*)**
- 8 ounces goat cheese, crumbled**
- 2 4-ounce cans chopped green chiles**
- 2 tablespoons toasted pepitas (see *Tips*)**
- ¼-½ teaspoon ground chipotle pepper, or to taste**

1. Preheat oven to 350°F.
2. Coat a glass pie pan with cooking spray. Mash together ricotta and goat cheese in a medium bowl. Drain chiles in a colander or sieve, pressing to remove as much liquid as possible. Stir into the cheese mixture. Spread evenly in the prepared pan. Sprinkle with pepitas and chipotle.
3. Bake until the dip is bubbling at the edges, about 30 minutes. Let cool for 5 minutes.

Per 2-tablespoon serving: 53 calories; 3 g fat (2 g sat, 1 g mono); 10 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 4 g protein; 0 g fiber; 78 mg sodium; 35 mg potassium.

Tips:

To drain ricotta, spoon into a sieve lined with a double layer of cheesecloth or a large coffee filter. Place over a bowl and drain in the refrigerator for 24 hours.

Pepitas, olive-green-hulled pumpkin seeds, are commonly used in Mexican cooking and are a perfect snack when roasted and lightly salted. Find them in the bulk-foods section of natural-foods markets, Mexican grocers or online.

To toast pepitas: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.





Nutty Pimiento Cheese Balls

Makes: about 3½ dozen balls

Active time: 30 minutes **Total:** 1 hour

To make ahead: Prepare through Step 1 up to 2 days ahead. Cover and refrigerate the finished balls for up to 3 days.

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These bite-size pimiento cheese balls from Jamie and Bobby Deen are a huge hit with kids (of all ages). They're the perfect appetizer to bring to a summer picnic. Jamie and Bobby share a passion for great home-cooked food with a Southern flair with their celebrity-chef mom, Paula Deen. These brothers are following in their mom's footsteps with their own TV shows, books and website. Our favorite part of what they're up to: healthy makeovers of some of Paula's recipes! Recipe adapted from *The Deen Bros. Get Fired Up*, by Jamie & Bobby Deen and Melissa Clark (Ballantine Books, 2011).

- 2 ounces reduced-fat cream cheese (Neufchâtel), softened (generous ¼ cup)
- 8 ounces shredded sharp Cheddar cheese (about 2 cups)
- 8 ounces shredded Monterey Jack cheese (about 2 cups)
- 3 tablespoons low-fat mayonnaise
- 3 tablespoons drained chopped pimientos
- 1 teaspoon grated onion
- ⅛ teaspoon garlic powder
- Pinch of salt
- Pinch of freshly ground pepper
- 1½ cups finely chopped toasted pecans (see Tip)

1. Process cream cheese in a food processor until smooth. Add Cheddar, Monterey Jack, mayonnaise, pimientos, onion, garlic powder, salt and pepper and pulse to combine. Scrape into a bowl, cover and refrigerate for 30 minutes or up to 2 days.

2. Place pecans in a medium bowl. Roll the cheese mixture into 1-inch balls and coat each ball evenly with pecans.

3. Serve the cheese balls at room temperature or chilled.

Per cheese ball: 64 calories; 6 g fat (2 g sat, 2 g mono); 11 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 3 g protein; 0 g fiber; 81 mg sodium; 19 mg potassium.

Tip: To toast whole nuts, spread on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes.

Roasted Pumpkin Seeds

Makes: 1 cup, for 6 servings

Active time: 15 minutes **Total:** 35 minutes

To make ahead: store airtight for up to 3 days.

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Be sure to save the pumpkin seeds from your Halloween jack-o'-lantern so you can make this crunchy, healthy snack.

1 cup fresh pumpkin seeds (see *Tip*)

1 teaspoon canola oil

1/8 teaspoon salt

1. Place rack in center of oven; preheat to 350°F. Line a rimmed baking sheet with parchment paper or a nonstick baking mat.

2. Place pumpkin seeds in a small bowl, drizzle with oil and stir to coat. Add salt, stir to combine and coat. Spread on the prepared baking sheet in an even layer.

3. Bake the seeds, stirring once or twice, until toasted and golden brown, about 20 minutes.

Per serving: 54 calories; 3 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 2 g protein; 2 g fiber; 50 mg sodium; 98 mg potassium.

Tip: To harvest seeds from a pumpkin, scoop out the inside of the pumpkin. Separate the seeds from the flesh as well as you can, then place the seeds in a bowl of water. Use your hands to swish the seeds around to loosen any remaining flesh or strings. The seeds will float, so you can remove them with a spoon or your fingers. Drain the seeds on a dry dish towel or a plate lined with paper towels; pat dry with paper towels.





Spiced Pumpkin Cookies

Makes: 3 dozen cookies

Active time: 30 minutes **Total:** 1¼ hours

To make ahead: Store cookies in an airtight container, with wax paper between the layers, for up to 2 days or freeze for longer storage.

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The deep flavors of molasses, cinnamon, ginger, allspice and nutmeg make these wholesome pumpkin cookies delicious without the addition of butter—and they lend themselves beautifully to the inclusion of whole-wheat flour. They are also the perfect texture for a sandwich cookie—fill them with a slightly sweetened cream cheese frosting.

⅔ cup whole-wheat pastry flour (see Tip)

⅔ cup all-purpose flour

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon salt

1 teaspoon ground cinnamon

½ teaspoon ground ginger

¼ teaspoon ground allspice

¼ teaspoon ground nutmeg

2 large eggs

¾ cup packed light brown sugar

¾ cup canned unseasoned pumpkin puree

¼ cup canola oil

¼ cup dark molasses

1 cup raisins

1. Preheat oven to 350°F. Coat 3 baking sheets with cooking spray.

2. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt, cinnamon, ginger, allspice and nutmeg in a large bowl. Whisk eggs, brown sugar (or Splenda), pumpkin, oil and molasses in a second bowl until well combined. Stir the wet ingredients and raisins into the dry ingredients until thoroughly combined.

3. Drop the batter by level tablespoonfuls onto the prepared baking sheets, spacing the cookies 1½ inches apart.

4. Bake the cookies until firm to the touch and lightly golden on top, switching the pans back to front and top to bottom halfway through, 10 to 12 minutes. Transfer to a wire rack to cool.

Per cookie: 72 calories; 2 g fat (0 g sat, 1 g mono); 10 mg cholesterol; 13 g carbohydrate; 7 g added sugars; 1 g protein; 1 g fiber; 70 mg sodium; 87 mg potassium.

Nutrition bonus: Vitamin A (17% daily value).

Carbohydrate servings: 1

Exchanges: 1 carbohydrate (other)

Tip: Whole-wheat pastry flour is milled from soft wheat. It contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains. Find it at large supermarkets and natural-foods stores. Store in an airtight container in the freezer.

About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)