



Delicious Thanksgiving Dessert Recipes

Pumpkin Pie with Rum.....	2
Glazed Chocolate-Pumpkin Bundt Cake	3
Oatmeal-Nut Crunch Apple Pie	4
Frozen Pumpkin Mousse Pie	5
Apple, Pear & Dried Cranberry Crisp.....	6
Maple Pecan Tart with Dried Cherries.....	7
Cranberry Meringue Pie	8
Cranberry-Lime Cheesecake	9

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Pumpkin Pie with Rum

Makes: 8 servings

Active time: 30 minutes

Total: 1 hour 10 minutes

Equipment: 9-inch deep-dish pie pan

Heart Health Diabetes Weight Loss Gluten Free

Dark molasses and dark rum put this pumpkin pie a cut above the rest. Nonfat evaporated milk, which stands in for heavy cream, does a fantastic job of cutting the fat in the filling. Add to that our blue ribbon butter-canola crust and you've dropped three-quarters of the fat and more than half the calories found in most similar pies. Don't use pumpkin-pie mix—buy canned pumpkin without added spices: the flavor will be superior.

Crust

- $\frac{3}{4}$ cup all-purpose flour
- $\frac{1}{4}$ cup whole-wheat flour
- 1 tablespoon granulated sugar
- $\frac{1}{8}$ teaspoon salt
- 1 tablespoon butter
- 3 tablespoons canola oil
- 1-2 tablespoons ice water

Filling

- 2 large eggs
- 1 15- or 16-ounce can plain pumpkin puree
- 1 12-ounce can nonfat evaporated milk
- $\frac{1}{4}$ cup dark molasses
- 3 tablespoons dark rum or 1 tablespoon vanilla extract
- $\frac{1}{2}$ cup packed dark brown sugar
- 1 tablespoon cornstarch
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon salt

1. To prepare crust: Stir all-purpose flour, whole-wheat flour, sugar and salt in a medium bowl. Melt butter in a small saucepan over low heat. Cook, swirling the pan, until the butter turns a nutty brown, 30 seconds to 4 minutes, depending on your stove. Pour into a small bowl and let cool. Stir in oil. Slowly stir the butter-oil mixture into the flour mixture with a fork until the mixture is crumbly. Gradually stir in enough ice water so the dough holds together. Press the dough into a flattened disk.

2. Place two overlapping lengths of plastic wrap on a work surface. Set the dough in the center and cover with two more sheets of plastic wrap. Roll the dough into a 13-inch circle. Remove the top sheets and invert the dough into a 9-inch deep-dish pie pan. Remove the remaining wrap. Fold the edges under at the rim and crimp. Cover loosely with plastic wrap and refrigerate while you prepare the filling.

3. To prepare filling & bake pie: Position rack in lower third of oven; preheat to 350°F. Lightly whisk eggs in a medium bowl. Add pumpkin, evaporated milk, molasses and rum (or vanilla). Combine brown sugar, cornstarch, cinnamon, ginger, nutmeg and salt in a small bowl. Rub through a sieve into the pumpkin mixture and whisk until incorporated.

4. Pour the filling into the prepared crust. Bake the pie until the filling has set and a skewer inserted in the center comes out clean, 40 to 50 minutes; cover the edges with foil if they are browning too quickly. Cool on a wire rack.

Per serving: 278 calories; 8 g fat (2 g sat, 4 g mono); 58 mg cholesterol; 43 g carbohydrate; 7 g protein; 3 g fiber; 187 mg sodium; 397 mg potassium.

Nutrition bonus: Vitamin A (137% daily value), Calcium (21% dv), Iron (15% dv).

Carbohydrate servings: 3

Exchanges: 3 other carbohydrate, $1\frac{1}{2}$ fat



Glazed Chocolate-Pumpkin Bundt Cake

Makes: 16 servings

Active time: 30 minutes

Total: 3½ hours (including cooling time)

Equipment: 12-cup Bundt pan

To make ahead: Prepare through Step 4 up to 1 day ahead. Glaze and garnish (Step 5) shortly before serving.

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You don't have to have pumpkin pie to still enjoy pumpkin and spice in a Thanksgiving dessert. This tender, moist cake uses pureed pumpkin to replace much of the fat and is delicately seasoned with classic Thanksgiving flavors.

Cake

- 1 cup all-purpose flour
- ¾ cup whole-wheat pastry flour
- 1 cup granulated sugar
- ¾ cup unsweetened cocoa powder (not Dutch-process)
- 1½ teaspoons baking powder
- 1½ teaspoons baking soda
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon salt
- 1 cup nonfat buttermilk
- 1 15-ounce can unsweetened pumpkin puree
- ¾ cup packed dark brown sugar
- 1 large egg, at room temperature (see Tip)
- 1 large egg white, at room temperature
- ¼ cup canola oil
- ¼ cup light corn syrup
- 1 tablespoon vanilla extract

Glaze & Garnish

- ½ cup packed confectioners' sugar
- 1 tablespoon nonfat buttermilk
- 2 tablespoons mini chocolate chips or toasted chopped nuts (see Tip)

- 1. To prepare cake:** Preheat oven to 350°F. Coat a 12-cup Bundt pan with cooking spray.
 - 2.** Whisk all-purpose flour, whole-wheat flour, granulated sugar, cocoa, baking powder, baking soda, pumpkin pie spice and salt in a medium bowl.
 - 3.** Blend 1 cup buttermilk, pumpkin puree and brown sugar in a large bowl with an electric mixer on low speed. Beat in whole egg and egg white. Stir in oil, corn syrup and vanilla. Gradually add the dry ingredients, stirring until just combined. Transfer the batter to the prepared pan.
 - 4.** Bake the cake until a wooden skewer inserted in the center comes out with only a few moist crumbs attached, 1 to 1 ¼ hours. Let cool on a wire rack for 15 minutes. Remove from the pan and let cool completely on the rack, about 2 hours.
 - 5. To glaze & garnish cake:** Combine confectioners' sugar and 1 tablespoon buttermilk in a small bowl, stirring until completely smooth. Place the cake on a serving plate and drizzle the glaze over the top; garnish with chocolate chips (or chopped nuts) while the glaze is still moist.
- Per serving:** 234 calories; 5 g fat (1 g sat, 3 g mono); 13 mg cholesterol; 46 g carbohydrate; 28 g added sugars; 4 g protein; 3 g fiber; 238 mg sodium; 159 mg potassium.
- Nutrition bonus:** Vitamin A (80% daily value).
- Carbohydrate servings:** 3
- Exchanges:** 3 other carbohydrate, 1 fat

Tips:

To warm an egg to room temperature, either set it out on the counter for 15 minutes or submerge it (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.

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



Oatmeal-Nut Crunch Apple Pie

Makes: 10 servings

Active time: 1 hour

Total: 3½ hours (including cooling time)

To make ahead: Prepare and refrigerate the dough (Step 1) for up to 2 days.

Equipment: 9-inch pie pan

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This decadent pie is loaded with juicy apples and adorned with a streusel-lover's crunchy topping. The pie is best served the day it's made. If you're short on time, look for a ready-made whole-wheat pie crust in the freezer section of the store.

Crust

- 1 cup all-purpose flour
- ½ cup whole-wheat pastry flour

- ¼ teaspoon salt
- 4 tablespoons cold unsalted butter, cut into small pieces
- 2 ounces reduced-fat cream cheese (Neufchâtel)
- 2 tablespoons canola oil
- 3 tablespoons ice water

Filling

- 3 medium Granny Smith apples, peeled and thinly sliced
- 3 medium McIntosh apples, peeled and thinly sliced
- ½ cup packed light brown sugar
- 1 tablespoon lemon juice
- ½ teaspoon ground cinnamon
- 2 tablespoons all-purpose flour

Topping

- ½ cup whole-wheat pastry flour
- ⅓ cup old-fashioned rolled oats
- ¼ cup packed light brown sugar

- ½ teaspoon ground cinnamon
- ⅛ teaspoon salt
- 2 tablespoons cold unsalted butter, cut into small pieces
- 2 tablespoons frozen orange juice concentrate, thawed
- ¼ cup coarsely chopped walnuts

1. **To prepare crust:** Whisk 1 cup all-purpose flour, ½ cup whole-wheat flour and ¼ teaspoon salt in a medium bowl. Cut in 4 tablespoons butter and cream cheese using a pastry blender or a fork until the mixture is pebbly. Add oil; stir until evenly moistened. Sprinkle water over the mixture; toss with a fork to combine. Knead the dough in the bowl a few times. Gather into a ball, press into a disk and wrap in plastic. Refrigerate for at least 30 minutes or up to 2 days.
2. Roll the dough into a 14-inch circle between

2 large pieces of parchment or wax paper. Peel off the top sheet and invert the dough into a 9-inch pie pan. Peel off the remaining paper. Press the dough firmly into the bottom and up the sides of the pan. Tuck the overhanging dough under, forming a double-thick edge. Crimp the edge with your fingers. Using a fork, prick the dough in several places. Refrigerate the crust for 15 minutes.

3. Position a rack in the lower third of the oven; preheat to 375°F. Bake the crust for 15 minutes. Remove from the oven and let cool, about 30 minutes.

4. **To prepare filling:** Combine apples, ½ cup brown sugar, lemon juice and ½ teaspoon cinnamon in a large bowl. Let stand for 10 minutes. Sprinkle 2 tablespoons all-purpose flour over the apples and toss again; mound the filling into the cooled crust. Coat the crust edges with cooking spray, return the pie to the oven and bake for 30 minutes.

5. Meanwhile, prepare topping: Combine ½ cup whole-wheat flour, oats, ¼ cup brown sugar, ½ teaspoon cinnamon and ⅛ teaspoon salt in a medium bowl. Cut in 2 tablespoons butter with a pastry blender or a fork until evenly distributed. Stir in orange juice concentrate and nuts.

6. After the pie has baked for 30 minutes, remove it from the oven and scatter the topping over the apples. Return it to the oven (covering the edges of the crust with foil if they're browning too quickly) and bake until the topping is golden and the juices are bubbling around the edges, 20 minutes more. Cool for at least 1 hour before serving.

Per serving: 340 calories; 13 g fat (6 g sat, 2 g mono); 21 mg cholesterol; 53 g carbohydrate; 4 g protein; 4 g fiber; 110 mg sodium; 199 mg potassium.

Nutrition bonus: Vitamin C (18% daily value).

Carbohydrate servings: 3½

Exchanges: 1½ starch, 1 fruit, 1½ fat



Frozen Pumpkin Mousse Pie

Makes: 10 servings

Active time: 20 minutes

Total: 2 hours 20 minutes (including freezing time)

To make ahead: Cover and freeze the pie for up to 3 days.

Equipment: 9-inch deep-dish pie pan

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While pumpkin pie deserves respect as a Thanksgiving icon, it's fun to shake up tradition. Surprise your family and friends with a frozen pie this year—it just might become one of their holiday favorites. No need to let them know how easy it is.

Crust

30 small gingersnap cookies (about 7½ ounces)

2 tablespoons raisins

1 tablespoon canola oil

Filling

1 cup canned pumpkin puree

⅓ cup packed brown sugar

½ teaspoon ground cinnamon

¼ teaspoon ground ginger

¼ teaspoon freshly grated nutmeg

2 pints (4 cups) frozen low-fat vanilla ice cream, softened (see Tip)

1. Preheat oven to 350°F. Coat a 9-inch deep-dish pie pan with cooking spray.

2. To prepare crust: Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.

3. Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.

4. To prepare filling: Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 to 30 minutes before serving.

Per serving: 230 calories; 5 g fat (1 g sat, 2 g mono); 4 mg cholesterol; 42 g carbohydrate; 26 g added sugars; 4 g protein; 2 g fiber; 179 mg sodium; 165 mg potassium.

Nutrition bonus: Vitamin A (80% daily value).

Carbohydrate servings: 3

Exchanges: 3 other carbohydrate, 1 fat

Tip: To soften ice cream quickly, microwave on Medium-Low for 30 to 60 seconds.



Apple, Pear & Dried Cranberry Crisp

Makes: 10 servings

Active time: 30 minutes

Total: 2¾ hours (including soaking time)

To make ahead: Refrigerate topping for up to 1 day.

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Apples, pears and dried cranberries fill this holiday crisp. It has all the fruit flavor and sweet streusel topping that you get in a pie, but without the need to fuss with a crust.

½ cup fruity white wine, such as Riesling or Gewürztraminer, heated until steaming

1 cup dried cranberries

Topping

½ cup all-purpose flour

3 tablespoons unsalted butter, cut into small pieces

2 cups old-fashioned rolled oats

½ cup packed light brown sugar

2 tablespoons canola oil

½ teaspoon salt

¼ teaspoon ground cinnamon

Filling

¾ cup packed light brown sugar

3 tablespoons unsalted butter

4 medium apples, quartered and thinly sliced

4 medium pears, quartered and thinly sliced

½ teaspoon salt

1. Pour Riesling over cranberries in a small bowl; let soak for at least 1 hour or overnight before you make the filling.

2. Preheat oven to 350°F.

3. **To prepare topping:** Place flour in a large bowl. Cut in butter with a pastry blender or your fingers until the mixture resembles coarse crumbs with a few larger pieces. Stir in oats, ½ cup brown sugar, oil, salt and cinnamon until well combined. Refrigerate while you prepare the filling.

4. **To prepare filling:** Cook ¾ cup brown sugar and butter in a Dutch oven over medium heat, stirring occasionally, until the butter is melted and the mixture resembles wet sand. Add apples, pears, salt and the soaked cranberries plus wine. Cook over medium heat, stirring often, until the fruit begins to soften, about 5 minutes. Transfer to a 3-quart glass or ceramic baking dish. Sprinkle with the topping.

5. Bake until the filling is bubbling and topping is browned, about 1 hour. Let stand at least 15 minutes before serving.

Per serving: 400 calories; 11 g fat (5 g sat, 4 g mono); 18 mg cholesterol; 74 g carbohydrate; 34 g added sugars; 3 g protein; 6 g fiber; 244 mg sodium; 279 mg potassium.

Carbohydrate servings: 5

Exchanges: 1 starch, 1½ fruit, 2 other carbohydrate, 2 fat



Maple Pecan Tart with Dried Cherries

Makes: 10 servings

Active time: 40 minutes

Total: 2¼ hours

To make ahead: Cover and refrigerate for up to 1 day. Serve at room temperature.

Equipment: 9-inch tart pan with removable bottom

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This pecan tart gets added tang from dried cherries. Instead of corn syrup, which is found in most pecan pie recipes, we've opted for maple syrup. If you can find it, choose dark amber or grade B, because it has the richest maple flavor. The crust, made with heart-healthy pecans and canola oil, couldn't be easier to whip together. Just blend it in the food processor and pat it into your tart pan.

- 1 large egg yolk
- 3 tablespoons unsalted butter, melted, divided
- 2 tablespoons canola oil
- 1 tablespoon water
- 2 cups pecan halves, divided
- 1 tablespoon granulated sugar
- 1 cup plus 2 tablespoons all-purpose flour
- ½ teaspoon salt, divided
- 2 large eggs
- ½ cup pure maple syrup
- ½ cup packed dark brown sugar
- 2 teaspoons dark rum (optional)
- ⅓ cup dried cherries, chopped

1. Preheat oven to 400°F. Generously coat a 9-inch tart pan with removable bottom with cooking spray.
2. Combine egg yolk, 2 tablespoons melted

butter, oil and water in a small bowl. Process ½ cup pecans and sugar in a food processor to the consistency of coarse meal. Add flour and ¼ teaspoon salt and pulse until combined. Drizzle the yolk mixture through the feed tube while pulsing and pulse just until the mixture is combined.

3. Spread the mixture evenly into the prepared pan, pressing it firmly into the bottom and all the way up the sides to form a crust. Place on a baking sheet. Bake until dry and just beginning to brown on the edges, 12 to 14 minutes.

4. Meanwhile, whisk eggs, maple syrup, brown sugar, rum (if using), the remaining 1 tablespoon butter and the remaining ¼ teaspoon salt in a medium bowl. Transfer ¼ cup of the mixture to a small bowl. Chop ½ cup pecans and add to the medium bowl. Stir in cherries. Mix the remaining 1 cup pecans with the reserved maple mixture.

5. Remove the tart crust from the oven. Reduce the oven temperature to 350°.

6. If there are any cracks in the crust, sprinkle with a little flour and use a dry pastry brush to “seal” the flour into the cracks. Evenly spread the filling in the crust. Arrange the maple syrup-coated pecans decoratively on top and drizzle with any remaining maple mixture.

7. Bake the tart until it no longer jiggles in the center when gently shaken, 25 to 30 minutes. Let cool on a wire rack for about 20 minutes. Remove the sides of the pan (use a butter knife to gently loosen the tart from the pan sides if it sticks in spots). Let cool completely, about 40 minutes more.

Per serving: 353 calories; 22 g fat (4 g sat, 11 g mono); 65 mg cholesterol; 36 g carbohydrate; 20 g added sugars; 5 g protein; 2 g fiber; 136 mg sodium; 157 mg potassium.

Carbohydrate servings: 2½

Exchanges: 1 starch, 1½ other carbohydrate, 4 fat



Cranberry Meringue Pie

Makes: 10 servings

Active time: 45 minutes

Total: 4 hours

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If you're a fan of lemon meringue pie, you'll love this festive cranberry meringue pie recipe. For the fluffiest meringue, set your eggs out at room temperature for about 15 minutes or submerge (in the shell) in a bowl of lukewarm water for 5 minutes before beating—egg whites at room temperature will gain more volume than cold whites.

Crust

- $\frac{3}{4}$ cup white whole-wheat flour (see Tip) or all-purpose flour
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{4}$ teaspoon salt
- 3 tablespoons canola oil
- 2 tablespoons butter, softened

Filling

- 1 12-ounce bag cranberries, fresh or frozen, thawed
- 1 cup orange juice
- $\frac{3}{4}$ cup granulated sugar
- 1 large egg
- 3 large eggs, separated

Meringue Topping

- $\frac{1}{4}$ teaspoon cream of tartar
- Pinch of salt
- $\frac{1}{3}$ cup granulated sugar
- 1 teaspoon vanilla extract

1. Preheat oven to 350°F. Coat a 9-inch pie pan with cooking spray.

2. **To prepare crust:** Stir flour, $\frac{1}{2}$ cup sugar and $\frac{1}{4}$ teaspoon salt in a medium bowl. Stir in oil and butter with a fork until well blended and crumbly (it should look like wet sand). Using the back of a spoon, firmly press the dough into the bottom and up the sides of the prepared pan. Bake the crust until it just begins to brown, about 20

minutes. (Keep the oven on for Step 4.)

3. **To prepare filling:** Meanwhile, combine cranberries and orange juice in a medium saucepan. Bring to a boil over high heat and cook, stirring occasionally, until all the cranberries are beginning to break down, 5 to 6 minutes. Pour through a fine-mesh sieve into a medium bowl, pressing on the solids to extract all the juice. Whisk $\frac{3}{4}$ cup sugar into the juice until combined. Whisk in whole egg and 3 egg yolks. Return the cranberry mixture to the saucepan and cook over medium heat, stirring constantly and vigorously, until it thickens and just starts to bubble as you are stirring, 4 to 5 minutes. Pour the warm filling into the warm crust. Set aside while you prepare the meringue topping.

4. **To prepare topping:** Beat the 3 egg whites in a large bowl with an electric mixer on medium speed until frothy. Add cream of tartar and pinch of salt and beat at high speed until soft peaks form. Very slowly add $\frac{1}{3}$ cup sugar, beating constantly, until the mixture holds stiff, shiny peaks. Beat in vanilla. Spoon the meringue over the filling, then gently spread to the edges of the crust. Make peaks in the meringue with the back of a spoon or a small off-set spatula. Bake until the top is lightly browned, about 15 minutes. Cool the pie on a wire rack to room temperature, at least 3 hours, before serving.

Per serving: 268 calories; 8 g fat (2 g sat, 4 g mono); 80 mg cholesterol; 46 g carbohydrate; 32 g added sugars; 4 g protein; 3 g fiber; 100 mg sodium; 133 mg potassium.

Nutrition bonus: Vitamin C (29% daily value).

Carbohydrate servings: 3

Exchanges: $\frac{1}{2}$ starch, $\frac{1}{2}$ fruit, 2 other carbohydrate, 1 fat, $\frac{1}{2}$ lean meat

Tip: White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. It is available at large supermarkets and natural-foods stores and online at kingarthurfLOUR.com. Store it in the freezer.



Cranberry-Lime Cheesecake

Makes: 12 servings

Active time: 40 minutes

Total: 7 hours (including cooling & chilling times)

To make ahead: Prepare through Step 6, tightly wrap the cold cheesecake and refrigerate for up to 1 day. Hold topping at room temperature for up to 4 hours or cover and refrigerate for up to 1 day.

Equipment: 9-inch springform pan, heavy-duty foil

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One bite of this light and airy cranberry-lime cheesecake and it will become your go-to recipe. Part-skim ricotta adds a delicate texture and stands in for some of the higher-fat cream cheese. Use a large, wide piece of

heavy-duty foil to wrap the pan—it helps keep water from seeping into the cake as it bakes.

Cheesecake

- 1 cup graham cracker crumbs, preferably whole-wheat (see *Tips*)
- 1 tablespoon canola oil
- 1 15-ounce container part-skim ricotta cheese
- 2 8-ounce packages reduced-fat cream cheese, at room temperature
- 2 limes, zested and juiced
- 4 large eggs
- 1 cup sugar
- 1 teaspoon vanilla extract
- ½ teaspoon salt

Topping

- 1½ cups fresh cranberries
- ½ cup water

- ⅓ cup sugar
- Pinch of salt
- 1 lime, juiced
- 1 tablespoon cornstarch

1. **To prepare cheesecake:** Preheat oven to 325°F. Coat a 9-inch springform pan with cooking spray. Tightly wrap the outside of the pan, bottom and sides, with a large piece of heavy-duty foil. Put a kettle of water on to boil for the water bath.
2. Combine graham cracker crumbs and oil in a small bowl. Press into the bottom of the prepared pan.
3. Process ricotta in a food processor (or blender) until smooth. Add cream cheese and puree until smooth. Add 2 teaspoons of the lime zest, 5 tablespoons of the lime juice, eggs, 1 cup sugar, vanilla and ½ teaspoon salt; process until

- smooth. Scrape into the prepared crust.
 4. Place the cheesecake in a roasting pan. Pour enough boiling water into the roasting pan to come 1 inch up the side of the springform pan to create a hot water bath for the cake. Carefully transfer the roasting pan to the center of the oven. Bake the cheesecake until set around the edges but the center still jiggles slightly, 1¼ to 1½ hours.
 5. Transfer the roasting pan to a wire rack. Let the cheesecake cool in the water bath until the water is room temperature, about 2 hours.
 6. Remove the pan from the water bath. Remove the foil. Refrigerate, uncovered, until very cold, at least 3 hours.
 7. **To prepare topping:** Combine cranberries, water, ⅓ cup sugar and pinch of salt in a medium nonreactive saucepan (see *Tips*). Bring to a boil over medium-high heat. Combine 2 tablespoons lime juice and cornstarch; stir into the pan. Cook, stirring, until thickened, about 1 minute. Let cool completely before spooning onto the cheesecake.
- Per serving:** 318 calories; 15 g fat (7 g sat, 5 g mono); 101 mg cholesterol; 36 g carbohydrate; 25 g added sugars; 10 g protein; 1 g fiber; 349 mg sodium; 161 mg potassium.

Nutrition bonus: Calcium (16% daily value).

Carbohydrate servings: 2½

Exchanges: ½ starch, 1½ other carbohydrate, 1 medium-fat meat, 2 fat

Tips:

Make your own graham cracker crumbs, pulse graham crackers in a food processor or place in a sealable plastic bag and crush with a rolling pin. You'll need 6 to 7 graham crackers to make 1 cup of crumbs.

Be sure to use a nonreactive pan baking dish or bowl—stainless-steel, enamel-coated or glass—when cooking with acidic food (like cranberries) to prevent the food from reacting with the pan. Reactive pans, such as aluminum and cast-iron, can impart off colors and/or flavors.

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- We examine the connections among food, its origins and its impact on communities.
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A recipe checked...

- Heart Health** has limited saturated fat.
- Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- Weight Loss** has reduced calories (and limited saturated fat).
- Gluten Free** 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.)

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