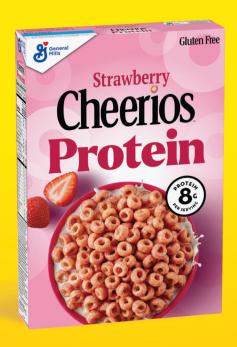




Cheerios with 8g of tasty protein.





cook



OVEN-ROASTED BRIE S'MORES

These two-bite apps reimagine essential Thanksgiving Day ingredients as savory s'mores. Spoon cranberry sauce and pepper jelly over Brie bites in a pie plate, then roast until melty and stack with smoked turkey between buttery crackers.



SWEET & SPICY ROASTED NUTS & OLIVES

Dehydrating briny Kalamatas concentrates their bold, almost fruity flavor and crisps them up a bit. Toss them with honeyed oven-roasted nuts and a smoky-sweet spice blend for a snack mix that's good enough to gift—assuming it lasts that long.

COOKBOOK



cooking spray; cover dish. Let stand at room temperature until bread absorbs liquid, 20 to 30 minutes. (Casserole can be made ahead and chilled up to 8 hours. Let stand at room temperature 30 minutes before baking.) 4. Bake, covered, 25 minutes. Remove foil; bake until golden brown and set, 15 to 20 minutes more. Let stand 10 minutes

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before serving. Sift powdered sugar over top and serve with berries if you like. Serves 8. PER SERVING 561 cal, 30 g fat (16 g sat fat), 223 mg chol, 366 mg sodium, 62 g carb, 3 g fiber, 32 g sugars, 14 g pro

"Swicv" Ham & **Pineapple French Toast Sliders**

We like the subtle sweetness of Hawaiian rolls, but you can use brioche or another soft roll. HANDS ON 15 min. TOTAL TIME 1 hr

- 12-oz. pkg. Hawaiian rolls
- 1 cup half-and-half
- 3 eggs
- Tbsp. reduced-sodium sov sauce
- tsp. sriracha sauce, plus more for serving
- cups shredded Swiss cheese (8 oz.)
- oz. sliced deli ham
- 8-oz. can pineapple slices, drained, patted dry, and cut into thirds

Thinly sliced green onions

- 1. Preheat oven to 350°F. Line a 15x10-inch baking pan with parchment paper.
- 2. Use a serrated knife to split slab of rolls horizontally. (Do

not separate rolls.) Place both halves, cut side up, in prepared baking pan. Bake until lightly toasted, 8 minutes.

- **3.** In a 3-qt. rectangular baking dish whisk together half-andhalf, eggs, soy sauce, and sriracha sauce.
- 4. Place bottom half of rolls, cut side down, in egg mixture; let soak 1 minute, flipping once. Return to baking pan, cut side up. Top evenly with 1 cup of the cheese, the ham, and pineapple. Sprinkle with $\frac{1}{2}$ cup of the cheese. Place top half of rolls, cut side down, in egg mixture; let soak 1 minute, flipping once. Place, cut side down, on top of assembled sandwiches.
- 5. Coat a sheet of foil with nonstick cooking spray and cover rolls with foil. Bake 30 minutes. Remove foil; sprinkle top of rolls with remaining 1/2 cup cheese. Bake, uncovered, until cheese is melted and bread is toasted, 6 minutes more.
- **6.** Drizzle rolls with additional sriracha sauce and sprinkle with green onions. Cut between rolls with a serrated knife to separate sandwiches. Serves 6. PER SERVING 423 cal, 23 g fat (11 g sat fat), 160 mg chol, 808 mg sodium, 34 g carb, 1 g fiber, 10 g sugars, 24 g pro
- ROASTY & TOASTY pages 50-52

Onion, Bacon & **Blue Cheese Din**

HANDS ON 10 min. TOTAL TIME 40 min.

- small red onion, cut into 1-inch wedges
- slices peppered bacon, chopped
- cup heavy cream
- cup shredded Gruyère cheese (4 oz.)
- cup crumbled blue cheese (4 oz.)
- tsp. cayenne pepper sauce, such as Frank's RedHot
- $\frac{1}{2}$ tsp. chopped fresh thyme



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Apple or pear wedges, bread, and/or crackers

1. Preheat oven to 400°F. Place onion wedges and bacon in a 10-inch cast-iron skillet. Roast, stirring occasionally, until bacon is crisp and onion is tender and lightly browned, 25 to 30 minutes. Drain off fat. 2. Stir in cream, Gruyère, blue cheese, hot sauce, and thyme. Roast until cheese melts, 5 minutes more. If you like, sprinkle with additional fresh thyme. Serve warm with apple or pear wedges, bread, and/or crackers. Serves 8. **PER SERVING** 188 cal, 16 g fat (9 g sat fat), 43 mg chol, 392 mg sodium, 2 g carb, 1 g sugars, 10 g pro

Oven-Roasted Brie S'mores

HANDS ON 15 min. TOTAL TIME 25 min.

- 4.4-oz. pkg. Brie bites miniature cheeses (5)
- cup jellied cranberry sauce
- cup red pepper jelly
- tsp. chopped fresh sage
- 20 rich round crackers

2 oz. sliced smoked turkey, torn into pieces

- 1. Preheat oven to 400°F. Cut Brie bites in half horizontally; arrange, cut sides up, in a pie plate.
- 2. In a small bowl whisk together cranberry sauce and red pepper jelly until nearly smooth; stir in sage. Spoon mixture over Brie. Roast until cheese is softened, 10 to 12 minutes.
- **3.** Arrange half of the crackers on a serving plate. Top with Brie, turkey, and remaining crackers. Makes 10 s'mores.

PER S'MORE 103 cal, 5 g fat (2 g sat fat), 12 mg chol, 199 mg sodium, 12 g carb, 8 g sugars, 4 g pro

Sweet & Spicy Roasted Nuts & Olives

HANDS ON 15 min. TOTAL TIME 30 min.

- ²/₃ cup pitted Kalamata olives, quartered lengthwise
- Tbsp. honey
- lb. assorted raw nuts (about 4 cups total)
- Tbsp. sugar

- 2 tsp. paprika
- tsp. ground cinnamon
- 1/2 tsp. cayenne pepper
- 1. Preheat oven to 350°F. Line a large shallow baking pan with parchment paper. Line a baking sheet with parchment paper.
- 2. Line a microwave-safe plate with two layers of paper towels. Arrange olives in an even layer on prepared plate. Microwave, stirring every 30 seconds, until olives look dry, 3 to 31/2 minutes. Let stand at room temp 10 minutes. (Olives will crisp as they cool.)
- **3.** Meanwhile, in a large bowl stir together honey, 2 Tbsp. olive oil, and 1/4 tsp. salt. Add nuts; stir to coat. Transfer nuts to the prepared baking pan. Roast 5 minutes. Remove from oven and stir well. Return to oven; continue roasting, stirring once, until nuts are golden brown, 8 to 10 minutes.
- **4.** Meanwhile, in a small bowl stir together sugar, paprika, cinnamon, cayenne, and 3/4 tsp. salt.



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5. Working quickly, remove nuts from oven; transfer to the prepared baking sheet, leaving excess honey mixture in the pan. Sprinkle nuts with dried olives and spice mixture; toss until thoroughly coated. Spread mixture in a single layer; let cool completely. (Store in an airtight container at room temperature up to 2 days or freeze up to 3 months.) Makes 4 cups. PER 1/4 CUP 223 cal, 19 g fat (2 g sat fat), 269 mg sodium, 13 g carb, 2 g fiber, 7 g sugars, 5 g pro ■



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