



January 2007 Newsletters Recipes

Blueberry Pie with Lattice Crust

Prepare 1/2 bag of Gluten-Free Pantry Perfect Pie Crust #[126061M](#), according to package directions

4 cups fresh blueberries
1/2 to 1 cup granulated sugar, depending on sweetness desired
3 Tbsp cornstarch
2 Tbsp fresh lemon juice
A pinch of salt, cinnamon & nutmeg
Egg Glaze: (1 egg beaten with 1 Tbsp water) – optional
Unsalted butter – optional

Preheat oven to 425 degrees

Roll out pie crust between two sheets of lightly oiled plastic wrap. Cut a circle to fit a 9-inch pie plate and gently lay over plate. Lay another sheet of oiled plastic wrap over the plate and press the crust into the pan. Crimp the edges. Prick the bottom of the crust with a fork. Cut the remaining dough into strips and reserve.

In large bowl, gently toss berries to coat thoroughly with sugar, salt, cornstarch, and spices. Add fruit to pastry-lined pan. (Dot filling with butter, if desired.)

Lay strips of crust over the top of the filling, crossing them for a lattice look. Brush with egg glaze and sprinkle with sugar.

Bake at 425 degrees for 15 minutes. Reduce oven to 350 degrees and bake 35 to 40 minutes longer or until golden brown. Cool on wire rack. Serve. Delicious with vanilla ice cream or whipped cream.

Strawberry Tiramisu

Adapted from a Recipe in Bon Appetit Magazine April 2006

This recipe yields 12 portions. Recipe may be cut in half and prepared in a 9-x-9 inch pan.

Combine and reserve:
18 oz. jar strawberry preserves combined
1/2 cup Grand Marnier liqueur*
1/3 cup orange juice

Combine and reserve:
8 oz. Mascarpone cheese

8 oz. reduced fat cream cheese
2 Tbs. Grand Marnier*

Combine and beat to soft peak stage:

1 1/2 cups whipping cream, cold
2 Tbs. Grand Marnier*
1 tsp. vanilla

1 lb. fresh strawberries, sliced (additional whole strawberries for garnish)
2 packages [Dr. Schar Lady Fingers \(Savoirdi\) #307009](#)

Stir 3/4 cup of whipping cream mixture into cheese mixture. Fold in remaining whipped cream. In a 9-x-13 inch glass baking dish, arrange one box of lady fingers. Spoon half of the preserve mixture over the lady fingers. Spread half the cheese mixture over the preserves. Cover with the sliced strawberries. Top with second package of lady fingers. Cover with remaining preserves. Top with cheese mixture. Cover with plastic wrap and refrigerate overnight or at least 8 hours. Cut into squares. Garnish each square with a whole strawberry or strawberry slices.

Orange juice can be used in place of the Grand Marnier.

Cheesy Corn Muffins

1 1/4 cups Pamela's Baking & Pancake Mix ([#956039](#))
1 cup fine yellow cornmeal
1/3 cup sugar
1/2 tsp salt
1 egg, beaten
1 cup milk
2 Tbs. melted butter
1 cup frozen corn niblets, thawed
1/2 cup shredded cheddar or Monterey Jack cheese

Preheat oven to 400 degrees.

Oil a 12-muffin tin.

Combine first seven ingredients and mix well.

Fold in corn and cheese.

Fill each cup 3/4 full.

Bake 15-20 minutes or until tester inserted in the center of a muffin comes out clean.

Makes 12 muffins

Creamy Corn Casserole

Adapted from a recipe on allrecipes.com

This is a perfect dish to take to all the upcoming holiday parties.

- 2 sticks unsalted butter, melted (light butter is fine)
- 4 eggs, lightly beaten
- 1 package (20 oz) Bob's Red Mill Corn Bread Mix ([#956064](#))
- 2 (15-oz) cans whole kernel corn, drained
- 2 (14.75 oz) cans cream style corn
- 2 cups reduced fat sour cream

Preheat oven to 350 degrees. Lightly oil a 9-x-13-inch Pyrex baking dish.

In a large bowl, combine all ingredients and mix until dry ingredients are completely moistened. Spoon into prepared baking dish. Bake 50-55 minutes or until top is golden brown.

Bread Bowl with Artichoke Dip

- 1 bag Bob's Red Mill Hearty Whole Grain Bread Mix ([#956065](#))

Brandi's Spinach Artichoke Dip

From "[Beyond Rice Cakes](#)" by [Vanessa Matlin](#)

- 1, 10-oz package frozen chopped spinach, microwaved for 5 minutes then drained
- 2, 14 oz cans artichoke hearts, drained and coarsely chopped
- 1/2 cup light mayonnaise
- 1/2 cup reduced fat sour cream
- 1 cup grated parmesan cheese
- 1/2 cup grated Monterey Jack cheese
- Dash of hot sauce

Prepare bread mix according to package directions. Bake in a round Pyrex bowl until temperature in the center registers 205 degrees on a candy thermometer (about 30-35 minutes). Turn onto a wire rack and cool completely. When cool, cut a circle in the top of the bread leaving about a 1 1/2 inch border. Begin to hollow out the bread, taking care not to cut through the bottom of the loaf. Reserve the cut away pieces of bread to serve with the dip.

For the dip

Preheat oven to 350 degrees. In a medium baking dish, combine spinach, artichoke hearts, mayonnaise, sour cream and parmesan cheese. Mix well. Bake for 30 minutes or

until bubbly. Transfer to the bread bowl that you have made. Smooth the top and cover with grated Monterey Jack cheese. Bake 5 minutes or until the cheese has melted.

Serve with pieces of bread, corn chips and carrot sticks.