

## Reader Recipes



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Photo: High Cotton  
Food Styling & Photography

## HALLOWEEN TREATS



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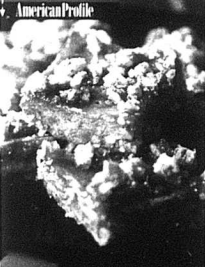


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### MINI-PIZZA JACK-O'-LANTERNS

- 6 English muffins, split
- 3 cups shredded Cheddar cheese
- 1/2 cup light mayonnaise
- 2 green onions, minced (white and green parts)
- 1 (15-ounce) can pitted ripe olives, drained

1. Preheat broiler. Arrange muffin halves, cut side up, on a single sheet on a large baking sheet.
2. Combine Cheddar cheese, mayonnaise and onions in a medium bowl; mix well. Spread equal amounts on each muffin half.
3. Broil 4 inches from heat source for 2 minutes, or until bubbly. Remove from oven.
4. Cut olives into shapes for eyes, noses and mouths and arrange on each muffin half. (You'll have olives left over.) Serves 12.

Nutritional facts per serving: 220 calories, 11g fat, 9g protein, 15g carbohydrates, 0g fiber, 400mg sodium.

### PUMPKIN PIE SQUARES

- |  |                                 |
|--|---------------------------------|
| <b>Filling:</b>                          | <b>Crust:</b>                   |
| 1 (15-ounce) can pumpkin                 | 1 cup all-purpose flour         |
| 1 (12-ounce) can low-fat evaporated milk | 1/2 cup old-fashioned oats      |
| 2 eggs                                   | 1/2 cup packed dark brown sugar |
| 1/2 cup granulated sugar                 | 1/2 cup butter, softened        |
| 1/2 teaspoon salt                        | <b>Toppings:</b>                |
| 1 teaspoon ground cinnamon               | 1/2 cup chopped pecans          |
| 1/2 teaspoon ground ginger, optional     | 1/2 cup packed dark brown sugar |
| 1/2 teaspoon ground cloves               | 2 tablespoons butter            |
|  | Whipped cream, optional         |

1. Preheat oven to 350F. Grease a 13-by-9-inch glass baking dish.
2. To prepare crust, combine flour, oats, brown sugar and butter. Using a pastry blender or fork, stir until crumbly. Press into prepared pan and bake 15 minutes, or until partially set.
3. To prepare filling, combine pumpkin, evaporated milk, eggs, granulated sugar, salt and spices. Pour over crust and bake 30 minutes.
4. To prepare topping, combine pecans, brown sugar and butter. Remove pan from oven and sprinkle topping evenly over filling. Bake 15 to 20 minutes, until filling is set. Cool completely on a wire rack before cutting into squares. Serve with whipped cream, if desired. Makes 30 squares.

Nutritional facts per serving: 120 calories, 6g fat, 2g protein, 16g carbohydrates, 1g fiber, 85mg sodium.

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A tasty alternative to macaroni and cheese - with two full servings of veggies.

Bountiful broccoli florets. Bright, tasty carrots. Luscious garden spinach. A vibrant array of color, served with tender fusilli pasta and a rich cheddar cheese sauce. Knorr Sides Plus Veggies™. Two full servings of veggies in every pouch.

