**Whole Wheat Chocolate Chip Cookies**

*Ingredients*
- 2 ¼ cup whole wheat pastry flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- ½ cup applesauce
- ½ cup canola oil
- ½ cup granulated sugar
- ½ cup packed brown sugar
- 1 teaspoon vanilla extract
- 1 whole egg plus 2 egg whites
- 2 cups chocolate chips
- ½ cup walnuts

*Directions*

**PREHEAT** oven to 375° F.

**COMBINE** flour, baking soda and salt in small bowl. Beat oil, applesauce, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

**BAKE** for 9 to 11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

**PAN COOKIE VARIATION:** Grease 15 x 10-inch jelly-roll pan. Prepare dough as above. Spread into prepared pan. Bake for 20 to 25 minutes or until golden brown. Cool in pan on wire rack. Makes 4 dozen bars.

**SLICE AND BAKE COOKIE VARIATION:**

**PREPARE** dough as above. Divide in half; wrap in waxed paper. Refrigerate for 1 hour or until firm. Shape each half into 15-inch log; wrap in wax paper. Refrigerate for 30 minutes.* Preheat oven to 375° F. Cut into 1/2-inch-thick slices; place on ungreased baking sheets. Bake for 8 to 10 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely. Makes about 5 dozen cookies.

* May be stored in refrigerator for up to 1 week or in freezer for up to 8 weeks.

THIS RECIPE IS ADAPTED FROM THE ORIGINAL NESTLE TOLL HOUSE CHOCOLATE CHIP COOKIE RECIPE.

Cranberry-Orange-Nut Cookies

http://www.eatingwell.com/recipes/cranberry_orange_nut_cookies.html

From EatingWell: November/December 2007

Crisp, moist and chewy, this cookie created by Georgene Egri of Walnut Creek, California, has the essential ingredients for the holidays: citrus, nuts and cranberries. These cookies travel well for gift-giving and lunchboxes.

2 1/2 dozen cookies | Active Time: 35 minutes | Total Time: 1 1/2 hours

Ingredients

- 1 1/2 cups whole-wheat pastry flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup chopped walnuts
- 1/2 cup chopped dried cranberries
- 1 cup plus 3 tablespoons sugar, divided
- 1/2 cup smooth, unsweetened applesauce
- 1/4 cup canola oil
- 1 tablespoon freshly grated orange zest
- 3 tablespoons orange juice

Preparation

1. Whisk flour, baking powder, baking soda and salt in a large bowl. Stir in walnuts and dried cranberries.
2. Whisk 1 cup sugar, applesauce, oil, orange zest and juice in a medium bowl until smooth. Make a well in the dry ingredients and pour in the wet ingredients. Mix until well blended. Cover with plastic wrap and chill for 30 minutes.
3. Preheat oven to 350°F. Line a baking sheet with parchment paper or a nonstick baking mat.
4. Put the remaining 3 tablespoons sugar into a small flat-bottomed dish or pan. Roll the dough with floured hands (it will be very moist) into 1 1/2-inch balls, then roll in sugar to coat. Place 2 inches apart on the prepared baking sheet.
5. Bake the cookies until barely golden brown, 12 to 15 minutes. Cool on the pan for 1 minute; transfer to a wire rack to cool completely.

Nutrition

Per cookie: 102 Calories; 5 g Fat; 0 g Sat; 1 g Mono; 0 mg Cholesterol; 15 g Carbohydrates; 1 g Protein; 1 g Fiber; 94 mg Sodium; 24 mg Potassium

1 Carbohydrate Serving

Exchanges: 1 other carbohydrate, 1 fat

Tips & Notes

- Make Ahead Tip: Prepare the dough through Step 2, cover and refrigerate for up to 3 days. Store the cookies in an airtight container at room temperature for up to 5 days.
Glazed Sweet Potatoes & Apples

All you need:
6 medium sweet potatoes (2-1/2 pounds), peeled and cut in 1-inch cubes
2 Braeburn apples, cored and cut into 1-inch cubes (no need to peel)
1/2 cup packed brown sugar
1/2 cup apple juice
3 Tablespoons butter, melted
1 Tablespoon honey
1 teaspoon ground cinnamon
1/2 teaspoon finely grated orange peel
1/2 cup pecan pieces

All you do:
1. Place sweet potatoes and apples in a 3-1/2 quart slow cooker. In a bowl, mix together brown sugar, apple juice, melted butter, honey, cinnamon and orange peel. Spoon over sweet potatoes and apples. Cover and cook on low-heat setting for 6-8 hours, or on high-heat setting for 3 hours or until sweet potatoes and apples are tender.

2. Meanwhile, in a heavy ungreased skillet, toast pecans over medium-low heat for 5-7 minutes, stirring frequently until nuts begin to brown then stirring constantly until nuts are golden brown and fragrant. Sprinkle over potatoes just before serving.

Nutrition Facts per serving: 230 calories, 10 g fat, 3.3g saturated fat, 0 g trans fat, 11 mg cholesterol, 67 mg sodium, 34 g carbohydrates, 4 g fiber, 2g protein, 345% vitamin A, 38% vitamin C, 5% iron, 5% calcium.

Chunky Apple-Cranberry Sauce

All you need:
2 lb. sweet apples (4 large)
¼ cup water
¼ cup Hy-Vee sugar (or use Splenda®)
2 tbsp Grand Selections maple syrup
½ tsp Hy-Vee cinnamon
¼ tsp salt
1 cup fresh cranberries
1 ½ tsp lemon juice

All you do:
Peel and core apples; cut into 1-inch chunks. Place in large pot with water, sugar, maple syrup, cinnamon, salt and cranberries. Bring to a boil.

Reduce heat to medium-low; cover and cook 20 minutes or until apples are tender and sauce is thickened. Check halfway through cooking. If mixture is dry, add 2 tablespoons water.

Uncover pot and mash apples with fork until pulpy. Stir in lemon juice.

Nutrition information per serving
[makes 6 servings]:
Calories: 130
Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Carbohydrate: 35g
Dietary Fiber: 4g
Protein: 0g
Sodium: 100mg

Need more healthy holiday recipe ideas?

Contact Kaitlin, your Hy-Vee North Dietitian:
Kaitlin Anderson, RD, LD
1548dietitian1@hy-vee.com
507-289-0266
# Brownies

**Original**

- 1 Box Betty Crocker Brownie Mix
- ¾ cup water
- 2/3 cup vegetable oil
- 2 Eggs

Original Betty Crocker Brownie:

Follow original directions.

Serves 20.

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**Pumpkin Brownies**

- 1 Box Betty Crocker Brownie Mix
- 1 (15 oz) can of pumpkin

Betty Crocker Pumpkin Brownie:

Mix the two ingredients and bake according to box.

Serves 20.

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**Black Bean Brownies**

- 1 Box Betty Crocker Brownie Mix
- 1 (15 oz) can black beans

Betty Crocker Black Bean Brownie:

Puree the can of black beans (with liquid) and add to brownie mix. Bake according to box.

Serves 20.

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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

**Calories 2,000** | **Calories 2,500** | **Calories 2,000** |
| **Total Fat less than 65g** | **Total Fat less than 80g** | **Total Fat less than 65g** |
| **% Daily Value** | **% Daily Value** | **% Daily Value** |
| **Saturated Fat less than 20g** | **Saturated Fat less than 25g** | **Saturated Fat less than 20g** |
| **% Daily Value** | **% Daily Value** | **% Daily Value** |
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