



Holiday Party Recipes



Christmas Cranberry Float

12 Cups Light Cranberry Juice, chilled
 2 quarts diet ginger ale, chilled
 1 quart lime sherbet



Mix cranberry juice and ginger ale. Just before serving add sherbet. Let scoops of sherbet float on top.

Source: *Cooking A La Heart*, 1999

Ruby Red Punch

32 ounces light cranberry juice cocktail
 1 Cup grapefruit juice
 1/4 teaspoon ground cloves
 4 cinnamon sticks

2-1/2 Cups orange juice
 2 Cups apple juice or cider
 1/4 teaspoon nutmeg

Combine all ingredients and heat to boiling. Serve hot.



Spinach Dip

10 ounces frozen chopped spinach; thawed & drained
 1 cup fat free plain yogurt
 8 ounce can water chestnuts, drained and chopped

1 cup light or fat free sour cream
 1 cup light or fat free mayonnaise
 1 pkg Knorr Vegetable Soup mix

Mix all ingredients, cover and chill at least 2 hours. Serve dip in hollowed out loaf of round bread (I used Tomato Basil bread from Loafers). Serve with bread and raw vegetables.



Caramel Apple Dip

8 ounce package light or fat free cream cheese
1 container of fat free caramel apple dip

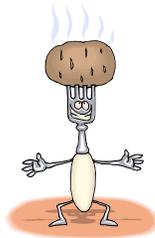
1/4 Cup finely chopped pecans
red and green apples

Flatten cream cheese onto platter. Top with caramel and chopped pecans. Core apples and cut into wedges, leaving the skin on the apples. Arrange apples around the platter.

Sweet and Sour Cocktail Meatballs

Meatballs:

1 pound lean ground beef
1/4 Cup grated onion
1 egg white, beaten
1/8 teaspoon pepper



1/3 Cup dry bread crumbs
1/4 Cup skim milk
1/4 teaspoon salt
1/4 teaspoon garlic powder

Combine all ingredients. Shape into approximately 60 small meatballs and place in jelly roll pan. Bake at 400 for 12-15 minutes. Rinse and drain.

Sauce:

Heat to boiling a 12 ounce bottle chili sauce and a 16 ounce can whole cranberry sauce. Add meatballs and simmer 20 minutes. Serve hot.



Tortilla Pinwheels



8 ounce light or fat free cream cheese, softened
3 ounce can chopped black olives, drained

4 ounce can chopped green chiles
8 fat free flour tortillas

Mix the cream cheese with the green chiles and olives. Spread filling onto each tortilla and roll up tightly as for a jelly roll. Wrap in plastic and chill several hours or overnight. Slice each roll into 8 pinwheels. Serve with salsa.