

Carrot Soufflé



Traditional Carrot Soufflé

Ingredients:

- 1 pound carrots
- 3 tablespoons flour
- ½ cup margarine
- 1 teaspoon baking power
- ¾ cup white sugar
- ½ teaspoon salt
- 3 eggs
- 1 teaspoon vanilla

Serving size: ⅔ cup

Servings per casserole: 6

Amount per serving:

- Calories 309
- Total fat 17g
- Total carbohydrates 35g
- Protein 4g



Healthy Carrot Soufflé

Ingredients:

- Nonfat cooking spray
- 2 cans carrots, drained
- 2 tablespoons margarine
- ⅓ cup low-sodium, fat-free chicken broth
- ⅓ cup white sugar
- ⅓ cup Splenda
- ¾ cup egg substitute
- ⅓ cup flour, sifted
- 1 teaspoon baking power
- 1 teaspoon vanilla

Preheat oven to 350 degrees. Spray 1-quart casserole dish with non-fat cooking spray. Blend carrots and margarine in food processor. Gradually add chicken broth and blend until smooth. Add sugar, Splenda and egg substitute until well mixed. Add sifted flour, baking powder and vanilla. Blend well. Pour mixture into casserole dish and bake for 50 minutes or until set.

Serving size: ⅔ cup

Servings per casserole: 6

Amount per serving:

- Calories 126
- Total fat 2g
- Total carbohydrates 20g
- Protein 5g

Healthy Dip Options



Dilly Dip

Ingredients:

- 2 cups Daisy Light Sour Cream
- 1 package Hidden Valley Creamy Dill Ranch Dips Mix

Mix well and refrigerate for two hours.
Serve with fresh veggies of your choice.

Serving size: 2 tablespoons

Amount per serving:

- Calories 40
- Total fat 2.5g
- Total carbohydrates 2g
- Protein 2g



French Onion Dip

Ingredients:

- 2 cups Greek non-fat yogurt
- 4 teaspoons minced onion
- 4 teaspoons Neapolitan Herb Balsamic Vinegar
- Pinch of garlic powder
- ½ teaspoon kosher salt (optional)

Mix well and refrigerate for two hours.
Serve with fresh veggies, baked chips or crackers.

Serving size: 2 tablespoons

Amount per serving:

- Calories 19
- Total fat 0g
- Total carbohydrates 1g
- Protein 3g



Herb Dip

Ingredients:

- 2 cups Greek non-fat yogurt
- 4 teaspoons Lele's Louisiana Kitchen Olive Oil Mix
- 1 teaspoon minced onion
- 1 tablespoon Neapolitan Herb Balsamic Vinegar

Mix well and refrigerate for two hours.
Serve with fresh veggies, baked chips or crackers.

Serving size: 2 tablespoons

Amount per serving:

- Calories 19
- Total fat 0g
- Total carbohydrates 1g
- Protein 3g