

## Bringing Healthier Appetizers To The Table

(NAPSA)—Just about everyone loves a good holiday party or potluck get-together, and perhaps the only thing better than celebrating with delicious food is doing so with great-tasting dishes that are healthier, too. That's where you can come in. This year, whether you're hosting a party or invited to one, you can delight your friends and family with recipes that are full of flavor yet low in fat and calories.

For example, this recipe for Sweet Potato Dumplings with Cranberry Coulis turns simple, fresh ingredients into an extraordinarily tasty, attractive and healthful dish. Using Smart Balance Omega Cooking Oil and Eggs brings heart-healthy omega-3s into the nutritional mix:

### Sweet Potato Dumplings with Cranberry Coulis

#### Chicken Mixture:

- 2 Tbsp. each minced onion, shredded carrot
- 1 tsp. Smart Balance® Omega Cooking Oil
- ½ lb. ground chicken
- 1 Smart Balance® Omega-3 Egg, white only
- ¼ tsp. each salt, black pepper
- ½ tsp. each ground sage, ground ginger

#### Dumplings:

- 1 (1-lb.) sweet potato
- 2 cups flour
- ½ tsp. each salt, black pepper
- ¼ tsp. nutmeg
- 1 Smart Balance® Omega-3 Egg, white only

#### Cranberry Coulis:

- 2 cups fresh or frozen cranberries
- ½ cup water
- ⅓–½ cup sugar, depending on cranberries and desired sweetness

#### Directions:

1. Sauté onion and carrot in oil just until softened; cool. In medium bowl, add sautéed



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vegetables to ground chicken along with egg white, salt, pepper, sage and ginger. Mix well and set aside.

2. For dumplings, bake sweet potato until softened; cool. Remove skin and mash potato in a medium bowl. In separate bowl, combine flour, salt, pepper and nutmeg. Add egg to mashed sweet potato and mix well. Mix in 1½ cups flour mixture. Knead remaining flour mixture into dough.

3. On floured surface, roll out dough to ¼-in. thick. Using a 3-in. cutter, cut dough into circles. To make dumplings, spoon a rounded half tablespoon of chicken mixture into center of each dough circle. Fold dough in half around meat mixture, sealing seam with water, to form half-circles. Press dumplings gently to slightly flatten.

4. Drop dumplings, a few at a time to keep from sticking together, into boiling water. Cook 10 min. Remove with slotted spoon. Serve hot dumplings with Cranberry Coulis.

To make Coulis, combine cranberries, water and sugar in a saucepan. Bring to a boil. Reduce heat to low and cook 20–30 min. or until berries are cooked down. Press mixture through a food mill or a strainer. If necessary, thin with water to desired consistency.

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