CHRISTMAS CHEESECAKE TARTS

Serving Size: 18

16 ounces light cream cheese

1/2 cup Splenda

1 cup egg substitute

1 teaspoon vanilla

1 cup Light Cherry Pie filling

18 vanilla wafers

Heat oven to 350 degrees. Whip the cream cheese for 2 mins or until fluffy. Add splenda, egg substitute, vanilla. Mix well.

Place 18 small cupcake papers in muffin tins. Place a vanilla wafer in the bottom of each cupcake paper and pour the batter over each vanilla wafer.

Bake for 20 mins. Remove from the heat and cool. If desired, top each with the cherry pie filling.

To serve: add a dollop of FF Cool Whip, optional

18 servings @ 2 Points each

Fat Free Ranch Veggie Dip

1 cup fat free mayo

1 cup fat free sour cream

1 packet Hidden Valley Ranch Dressing (dry mix)

1/4 cup fat free 1/2 & 1/2

Mix all ingredients in a glass jar with cover. Easy to shake and store.

An excellent veggie dip at 50 calories per 1/4 cup! No one will know it is low cal.

Serve with assorted cut up veggies and low fat crackers and pretzel sticks.

Orange glazed chicken bites

3 pounds boneless skinless chicken cut into bite size pieces

1 1/2 cups soy sauce

1 cup orange juice

1 teaspoon garlic powder

Cut chicken into bite size pieces

Place chicken and marinade into a large resealable plastic bag.

Seal bag and turn to coat. Refrigerate overnight, flipping bag over every few hours.

Drain and discard 95 % of the marinade, leave the other 5% so the glaze will set. Place chicken in a foil pan (easy cleanup, just throw it away). Bake at 350 degrees for 45 minutes or until chicken is done. Serve on a platter with tooth picks!!