

Green Tea Pear Twist

PREP TIME: 5 minutes
MAKES: 7 servings

WHAT YOU NEED

1/2 cup Lipton® Green Tea with Honey & Lemon
Sweetened Iced Tea Mix
6 cups water
1 can (12 oz.) pear nectar

MAKE IT

1. In 2-quart pitcher, combine Lipton® Green Tea with Honey & Lemon Sweetened Iced Tea Mix, water and pear nectar. Serve in ice-filled glasses or chill if desired.



Lemon Mo-Tea-Tos

PREP TIME: 5 minutes
MAKES: 4 servings

WHAT YOU NEED

2 cups packed mint leaves
1 cup Lipton® Lemon Sweetened Iced Tea Mix
4 cups chilled seltzer soda



MAKE IT

1. Thoroughly crush mint with Lipton® Lemon Sweetened Iced Tea Mix with wooden spoon on side of pitcher. Stir in seltzer. Strain, if desired, into ice-filled glasses and garnish with additional mint leaves.

TIP: For “Real” Mo-Tea-Tos, add rum.

Cost per recipe*: \$4.46

Cost per serving*: \$1.12

*Based on average retail prices at national supermarkets.

Grilled Bananas Foster

PREP TIME: 5 minutes
COOK TIME: 6 minutes
MAKES: 4 servings

WHAT YOU NEED

1/3 cup firmly packed light brown sugar
1/4 cup I Can't Believe It's Not Butter!® Spread
2 Tbsp. rum or apple juice
4 bananas, cut into 1-inch-thick slices
2 cups Breyers® Natural Vanilla Ice Cream



MAKE IT

1. Microwave sugar, Spread and rum in small microwave-safe bowl at HIGH 20 seconds or until melted; stir until smooth.
2. Arrange 1 sliced banana on four 12 x 18-inch pieces heavy-duty aluminum foil on each, then evenly drizzle with Spread mixture. Wrap foil loosely around mixture, sealing edges airtight with double fold. Arrange each pouch on another 12 x 18-inch sheet of foil; seal edges airtight with double fold in opposite direction.
3. Grill, shaking package occasionally and turning package once, 6 minutes or until bananas are tender and caramelized. Open pouches, then evenly top with Breyers® Natural Vanilla Ice Cream.

Sweet & Salty Brownie Ice Cream Sandwiches

A great make-ahead treat -- for kids of ALL ages!

PREP TIME: 20 minutes
COOK TIME: 17 minutes
FREEZE TIME: 2 hours 30 minutes
MAKES: 12 servings

WHAT YOU NEED

- 1 box (20 oz.) brownie mix
- 1 container (1.5 qt.) Breyers® Vanilla Caramel Brownie Ice Cream, slightly softened
- 2 cups crushed pretzels

MAKE IT

1. Preheat oven to 350°. Lightly spray 15-1/2 x 10-1/2-inch jelly-roll pan with nonstick cooking spray. Line with parchment paper or aluminum foil, then spray paper; set aside.
2. Prepare brownie mix according to package directions; pour into prepared pan. Bake 17 minutes or until center is firm. Cool completely on wire rack.
3. Run metal spatula around edges of brownie to loosen and invert onto cutting board; remove parchment paper. Cut brownie in half crosswise. Spoon Breyers® Vanilla Caramel Brownie Ice Cream onto brownie, pressing down slightly. Top with remaining brownie. Freeze 2 hours.
4. Cut brownie into 12 squares, then roll edges in pretzels and freeze until ready to serve.

TIP: If Ice Cream becomes too soft to handle, return to freezer for a few minutes to firm up.



Nutrition Information per serving:

Calories 460, Calories From Fat 190, Saturated Fat 6g, Trans Fat 0g, Total Fat 22g, Cholesterol 55mg, Sodium 400mg, Total Carbohydrate 61g, Sugars 15g, Dietary Fiber 2g, Protein 7g, Vitamin A 4%, Vitamin C 0%, Calcium 8%, Iron 15%

Buffalo Chicken Bites

PREP TIME: 20 minutes
COOK TIME: 8 minutes
MAKES: 36 skewers

WHAT YOU NEED

- 2 Tbsp. Promise® Buttery Spread
- 1 lb. boneless, skinless chicken breast halves, lightly pounded 1/4-inch thick (about 2 breasts)
- 2 Tbsp. cayenne pepper sauce
- 12 ribs celery, sliced into 2-inch pieces (36 pieces)
- 36 cherry tomatoes
- 1/2 cup Wish-Bone® Fat Free! Chunky Blue Cheese Dressing

MAKE IT

1. In 12-inch nonstick skillet, melt 1/2 tablespoon Promise® Buttery Spread over medium heat and cook chicken, turning once, 8 minutes or until chicken is thoroughly cooked; cut into 3/4-inch pieces and keep warm.
2. In medium microwave-safe bowl, microwave remaining Spread with cayenne pepper sauce at HIGH 15 seconds or until melted; stir until blended. Add chicken; toss to coat.
3. On 36 wooden skewers, alternately thread celery, tomatoes and chicken. On serving platter, arrange skewers and serve with Dressing.

See nutrition information for sodium content.



Nutrition Information per serving:

Calories 90, Calories From Fat 20, Saturated Fat 0g, Trans Fat 0g, Total Fat 2g, Cholesterol 20mg, Sodium 240mg, Total Carbohydrate 7g, Sugars 2g, Dietary Fiber 2g, Protein 10g, Vitamin A 10%, Vitamin C 20%, Calcium 4%, Iron 4%

Buttery Grilled Shrimp With Tomatoes

PREP TIME: 10 minutes
COOK TIME: 10 minutes
MAKES: 6 servings

WHAT YOU NEED

- 2 tsp. ground cumin
- 3 Tbsp. I Can't Believe It's Not Butter!® Spread
- 30 colossal or jumbo shrimp (about 3-1/2 lbs.)
- 1-1/2 tsp. Kosher salt, divided
- 1 tsp. freshly ground white pepper, divided
- Juice of 1 lemon
- 1/2 cup tightly packed fresh basil leaves
- 6 medium tomatoes, at room temperature, cut into 1/2-inch thick slices
- 2 tsp. honey or agave syrup

MAKE IT

1. Heat cumin in 8-inch skillet over low heat until warm and slightly toasted, about 1 minute. Remove from heat, then stir in I Can't Believe It's Not Butter!® Spread until melted; set aside.

2. Brush shrimp on both sides with Spread mixture, then season with 1 teaspoon salt and 1/2 teaspoon pepper. Grill, turning once, until shrimp turn pink, about 3 minutes. Toss shrimp with lemon juice and 1/2 of the basil; set aside.

3. Arrange tomatoes on serving platter, then sprinkle with remaining salt and pepper, honey and remaining basil leaves. Top with shrimp and their juices.

See nutrition information for sodium content.



Nutrition Information per serving:

Calories 320, Calories From Fat 80, Saturated Fat 2g, Trans Fat 0g, Total Fat 8g, Cholesterol 10mg, Sodium 870mg, Total Carbohydrate 10g, Sugars 5g, Dietary Fiber 2g, Protein 47g, Vitamin A 40%, Vitamin C 40%, Calcium 15%, Iron 35%

The Original Potato Salad

It's made with Real Mayonnaise, just like mom always made!

PREP TIME: 10 minutes
COOK TIME: 15 minutes
MAKES: 8 servings

WHAT YOU NEED

- 2 lbs. potatoes (5 to 6 medium), peeled and cut into 3/4-inch chunks
- 1 cup Hellmann's® or Best Foods® Real Mayonnaise
- 2 Tbsp. vinegar
- 1-1/2 tsp. salt
- 1 tsp. sugar
- 1/4 tsp. ground black pepper
- 1 cup thinly sliced celery
- 1/2 cup chopped onion
- 2 hard-cooked eggs, chopped (optional)

MAKE IT

1. Cover potatoes with water in 4-quart saucepot; bring to a boil over medium-high heat. Reduce heat and simmer 10 minutes or until potatoes are tender. Drain and cool slightly.

2. Combine Hellmann's® or Best Foods® Real Mayonnaise, vinegar, salt, sugar and pepper in large bowl. Add potatoes, celery, onion and eggs and toss gently. Serve chilled or at room temperature.

3. Also terrific with Hellmann's® or Best Foods® Light or Canola Cholesterol Free Mayonnaise.

Cost per recipe*: \$3.09

Cost per serving*: \$0.39

*Based on average retail prices at national supermarkets.



Nutrition Information per serving:

Calories 300, Calories From Fat 190, Saturated Fat 3.5g, Trans Fat 0g, Total Fat 21g, Cholesterol 65mg, Sodium 650mg, Total Carbohydrate 24g, Sugars 3g, Dietary Fiber 2g, Protein 4g, Vitamin A 2%, Vitamin C 15%, Calcium 2%, Iron 4%

Buttery Citrus Sauteed Vegetables

PREP TIME: 15 minutes
COOK TIME: 10 minutes
MAKES: 4 servings

WHAT YOU NEED

- 1-1/2 lbs. your favorite vegetables (red onions, zucchini, asparagus, bell peppers), coarsely chopped
- 3 Tbsp. Shedd's Spread Country Crock® Spread
- 1/4 cup loosely packed flat-leaf parsley, chopped (optional)
- 1 clove garlic, finely chopped
- 1/2 tsp. grated lemon peel

MAKE IT

1. Heat Shedd's Spread Country Crock® Spread in 12-inch non-stick skillet; cook vegetables until tender-crisp.
2. Combine parsley, garlic and lemon peel in small bowl; evenly sprinkle over vegetables in skillet; cook 1 minute longer.

See nutrition information for saturated fat content.



Nutrition Information per serving:

Calories 100, Calories From Fat 50, Saturated Fat 1.5g, Trans Fat 0g, Total Fat 6g, Cholesterol 0mg, Sodium 85mg, Total Carbohydrate 10g, Sugars 5g, Dietary Fiber 3g, Protein 3g, Vitamin A 60%, Vitamin C 150%, Calcium 4%, Iron 10%

Grilled Chicken Sandwiches With Basil Aioli

PREP TIME: 15 minutes
COOK TIME: 10 minutes
MAKES: 4 servings

WHAT YOU NEED

- 2 Tbsp. Hellmann's® or Best Foods® Light Mayonnaise
- 1 Tbsp. chopped fresh basil leaves
- 1 tsp. lemon juice
- 1 clove garlic, finely chopped
- 1 lb. boneless, skinless chicken cutlets
- 4 whole wheat Kaiser rolls, halved horizontally
- 20 sprays I Can't Believe It's Not Butter® Spray Original
- 4 slices tomato, about 1/4 inch thick
- 4 thin slices red onion
- 4 lettuce leaves

MAKE IT

1. Combine Light Mayonnaise, basil, lemon juice and garlic in small bowl; set aside.
2. Grill or broil chicken, turning once, 4 minutes or until chicken is thoroughly cooked.
3. Evenly spray cut-side of rolls with I Can't Believe It's Not Butter® Spray Original and grill, pressing gently to sear, 1 minute or until rolls are toasted. Evenly spread rolls with basil mixture, then top with chicken, tomato, onion and lettuce.



Nutrition Information per serving:

Calories 410, Calories From Fat 70, Saturated Fat 1.5g, Trans Fat 0g, Total Fat 8g, Cholesterol 65mg, Sodium 600mg, Total Carbohydrate 52g, Sugars 10g, Dietary Fiber 8g, Protein 35g, Vitamin A 8%, Vitamin C 10%, Calcium 10%, Iron 20%

Lipton Onion Burgers With Creamy Salsa

PREP TIME: 10 minutes
COOK TIME: 10 minutes
MAKES: 8 servings

WHAT YOU NEED

- 1 envelope Lipton® Recipe Secrets® Onion Soup Mix
- 2 lbs. ground beef
- 1/2 cup water
- 1/2 cup Hellmann's® or Best Foods® Real Mayonnaise
- 1/2 cup chunky salsa, drained if desired
- 8 hamburger buns

MAKE IT

1. Combine Lipton® Recipe Secrets® Onion Soup Mix, ground beef and water in large bowl; shape into 8 patties. Grill or broil until done.
2. Combine Hellmann's® or Best Foods® Real Mayonnaise with salsa in small bowl.
3. Arrange onion burgers on buns, then top with creamy salsa.

Cost per recipe*: \$10.71

Cost per serving*: \$1.35

*Based on average retail prices at national supermarkets.



Nutrition Information per serving:

Calories 380, Calories From Fat 160, Saturated Fat 4.5g, Trans Fat 0g, Total Fat 18g, Cholesterol 75mg, Sodium 790mg, Total Carbohydrate 25g, Sugars 4g, Dietary Fiber 2g, Protein 29g, Vitamin A 2%, Vitamin C 0%, Calcium 8%, Iron 25%

Rockin' Rainbow Popsicle Cake

PREP TIME: 20 minutes
COOK TIME: 28 minutes
CHILL TIME: 30 minutes
MAKES: 12 servings

WHAT YOU NEED

- 1 box (18.25 oz.) white cake mix
- 3 egg whites
- 1/2 cup Shedd's Spread Country Crock® Spread
- 1 package (3 oz.) cream cheese, softened
- 1 box (1 lb.) confectioners sugar
- 1 tsp. vanilla extract
- 1/3 cup rainbow sprinkles
- 12 Popsicle® Dora the Explorer™ Ice Pops, unwrapped

MAKE IT

1. Preheat oven to 350°. Spray two 9-inch round cake pans with nonstick cooking spray; set aside.
2. Prepare cake mix with egg whites according to cake mix package directions; pour into prepared pans. Bake cake according to package directions. Cool completely on wire racks.
3. Meanwhile, beat Spread with cream cheese in mixing bowl with electric mixer until smooth. Beat in confectioners sugar and vanilla until smooth. Refrigerate 30 minutes or until ready to use.
4. Spread 1/2 cup frosting on bottom cake layer. Top with remaining cake layer, then frost with remaining frosting. Garnish with sprinkles. Just before serving, press Popsicle® Ice Pops vertically around outside of cake. Serve one wedge of cake with each Ice Pop.

TIP: For cupcakes, prepare as above baking according to cake mix package directions for cupcakes; frost. Use 24 Popsicle® Ice Pops and insert into center of each cupcake. Makes 24 cupcakes.
By using Shedd's Spread Country Crock® instead of butter in this recipe, you reduce the amount of saturated fat by 3.5g and save 20 calories per serving.



Nutrition Information per serving:

Calories 440, Calories From Fat 110, Saturated Fat 3.5g, Trans Fat 0g, Total Fat 12g, Cholesterol 10mg, Sodium 390mg, Total Carbohydrate 79g, Sugars 67g, Dietary Fiber 0g, Protein 3g, Vitamin A 8%, Vitamin C 50%, Calcium 10%, Iron 4%

Succulent Grilled Chicken

This juicy and flavorful grilled chicken will soon become your go-to grilling recipe!

PREP TIME: 5 minutes
COOK TIME: 15 minutes
MAKES: 4 servings

WHAT YOU NEED

- 1/3 cup Hellmann's® or Best Foods® Real Mayonnaise
- 2 Tbsp. Hellmann's® or Best Foods® Dijonnaise™ Creamy Dijon Mustard
- 1 Tbsp. honey
- 1 tsp. apple cider vinegar
- 1/8 tsp. ground black pepper
- 2 green onions, chopped
- 4 boneless, skinless chicken breast halves (about 1-1/4 lbs.)

MAKE IT

1. Combine all ingredients except chicken in medium bowl. Reserve 1/3 cup mayonnaise mixture.
2. Grill or broil chicken, brushing frequently with remaining mayonnaise mixture, until chicken is thoroughly cooked, turning once. Serve chicken with reserved mayonnaise mixture and garnish, if desired, with additional chopped green onions.

VARIATIONS:

For Grilled Lemon-Pepper Chicken...combine 1 cup Mayonnaise, 1 tablespoon lemon pepper and 1 tablespoon dried basil leaves; reserve 1/2 cup and prepare as above.

For Grilled Caesar Chicken...combine 1 cup Mayonnaise, 1/4 cup grated Parmesan cheese, 1 teaspoon chopped garlic and 1 teaspoon Worcestershire sauce; reserve 1/2 cup and prepare as above.



Nutrition Information per serving:

Calories 310, Calories From Fat 160, Saturated Fat 2.5g, Trans Fat 0g, Total Fat 17g, Cholesterol 100mg, Sodium 390mg, Total Carbohydrate 6g, Sugars 5g, Dietary Fiber 0g, Protein 31g, Vitamin A 2%, Vitamin C 6%, Calcium 2%, Iron 4%

For Salsa-Dipped Grilled Chicken...combine 1/2 cup Mayonnaise and 1/2 cup prepared salsa; reserve 1/2 cup and prepare as above.

For Grilled Asian Chicken Salad...combine 1 cup Mayonnaise, 1 tablespoon soy sauce, 1 tablespoon honey, 1 teaspoon ground ginger and 1 teaspoon chopped garlic; reserve 1/2 cup, prepare as above and serve over salad greens.

Cost per recipe*: \$6.96.

Cost per serving*: \$1.74.

*Based on average retail prices at national supermarkets.