



# Recipes of the Month



## Banana Pudding Squares

35 Reduced Fat NILLA Vanilla Wafers, finely crushed  
1/4 cup (1/2 stick) margarine, melted  
1 pkg. (8 oz.) PHILADELPHIA Neufchatel Cheese, 1/3 Less Fat than Cream Cheese, softened  
1/2 cup powdered sugar  
1 tub (8 oz.) COOL WHIP Sugar Free Whipped Topping, thawed, divided  
3 bananas  
3 cups cold fat-free milk  
2 pkg. (4-serving size each) JELL-O Vanilla Flavor Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling  
1/2 square BAKER'S Semi-Sweet Baking Chocolate, grated

COMBINE wafer crumbs and margarine; press onto bottom of 13x9-inch dish. Refrigerate while preparing filling.

MIX Neufchatel cheese and sugar in medium bowl until well blended. Stir in 1-1/2 cups of the whipped topping; spread carefully onto crust. Set aside. Cut bananas crosswise in half, then cut each piece lengthwise in half. Arrange over Neufchatel cheese mixture.

POUR milk into large bowl. Add dry pudding mixes. Beat with wire whisk 2 min. Spoon over bananas. Spread with remaining whipped topping; sprinkle with chocolate. Refrigerate at least 3 hours before serving.

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## Mexican Meatball Soup

1 tablespoon cooking oil  
1 small red onion, chopped  
2 jalapeno peppers, seeds and ribs removed, chopped  
1 zucchini, cut into 1/2 inch dice  
2 1/4 teaspoons dried oregano  
1/2 teaspoon ground cumin  
1 quart canned low-sodium chicken broth or homemade stock  
2 cups water  
1 (15 ounce) can drained canned diced tomatoes  
1 3/4 teaspoons salt  
3/4 teaspoon fresh-ground black pepper  
1/2 pound ground beef  
2 cloves garlic, minced  
2 1/2 tablespoons dry bread crumbs  
1 egg, beaten to mix  
1 cup fresh or frozen corn kernels  
1 tablespoon lime juice

1. In a large pot, heat the oil over moderately low heat. Add the onion and half the jalapenos and cook, stirring occasionally, until the onion is translucent, about 5 minutes. Add the zucchini, 1 1/2 teaspoons of the dried oregano, if using, and 1/4 teaspoon of the cumin and cook, stirring, until the zucchini starts to soften, about 3 minutes.

2. Add the broth, water, tomatoes, 1 1/4 teaspoons of the salt, and 1/2 teaspoon of the black pepper; bring to a simmer. Simmer for 15 minutes.

3. Meanwhile, in a medium bowl, combine the ground beef, garlic, the remaining jalapeno, 1/4 teaspoon cumin, 3/4 teaspoon dried oregano or 1 tablespoon of the fresh oregano, 1/2 teaspoon salt, and 1/4 teaspoon black pepper, the bread crumbs, and the egg. Shape the mixture into 24 meatballs, about 1 inch in diameter.

Add the meatballs and corn to the soup and simmer until the meatballs are just done, about 5 minutes. Stir in the lime juice and the remaining 1 tablespoon fresh oregano, if using.