

Raspberry Trifle

Serves 6

6 - 8 pints fresh raspberries
1/3 cup honey
1/4 cup raspberry liqueur
1/2 quart heavy whipping cream
1 cup confectioners' sugar
16 oz fat free plain or vanilla Greek yogurt
1 pound cake (8" x 5")

1. Combine the raspberry, honey, and liqueur and, using a fork, press into the berries to macerate them. Allow to sit while you prepare the other ingredients. The berries should break down into a thick mush with sweet juices.
2. Cut the pound cake into cubes. Set aside
3. Whisk the cream and confectioner's sugar until stiff peaks form. Fold in the yogurt.
4. To assemble the trifle, start with layering the bottom of a trifle dish or individual trifle cups with a single layer of cubed pound cake. Spread some of the raspberry mixture along the top making sure to get some juices in there to soak into the cake. Follow this with a layer of cream topping. Continue this pattern of layering until you have used up all of the ingredients.

Salmon and Sweet Potato Cakes

Serves 4 to 5

1 sweet potato (about 3/4 to 1 pound) roasted and mashed* (see above)
1 pound salmon, cooked and crumbled * (see above)
2 tbsp vegetable oil
1/2 cup finely diced red pepper
1/2 cup finely diced onions
1/4 chopped cilantro
1 tsp salt
1 tsp pepper
1 1/2 cup bread crumbs

1. Set a skillet over medium heat and add two tablespoons vegetable oil. Sauté the peppers and onions until they have softened and the onions have browned slightly.
2. Combine the sautéed peppers, onions, cooked salmon, cilantro, salt and pepper. Mix well.
3. Assemble a work station with the salmon mixture in one bowl, and the bread crumbs in a separate dish next to salmon mixture.
4. To form cakes: Scoop two tablespoons of the mixture into the palm of your hand and form into a ball, then flatten to form a patty about half an inch thick. Coat patty with bread crumbs on both sides. Cook in a skillet over medium heat, two to three minutes on each side until golden brown. Repeat until all of the mixture has been used up.