

swift & savory

*Honey helps make
delicious dinners easy.*



The secret to great tasting, easy-to-make meals is to use simple, convenient foods in new ways. And we're not talking about heating up a frozen dinner or warming up leftovers. We mean honest-to-goodness dishes like Tangy Roast Beef Pockets, Honey-Glazed Carrots and Brownie Sundaes with Honey Berry Sauce. Real meals for busy families in 30 minutes or less.



These delicious recipes have eight ingredients or less, and go from pantry to table in half an hour or less. Best of all, they taste so good, they're sure to become family favorites.

When you're cooking, remember that a quick squeeze of honey is the easiest way to add flavor and fun.



Honey's a Natural

Honey's natural sweetness has always been perfect for desserts, but it's right at home in savory dishes, too – from appetizers and entrées to smoothies and snacks. Whisk it into a simple vinaigrette for a quick salad dressing or add it to prepared mustard to

spark up a sandwich. Honey lends rich flavor and body, not just sweetness, to a wide variety of dishes. And because it's naturally fat-free, honey brightens food healthfully. Try adding honey a little at a time to sauces and glazes, stuffings and soups. Adjust according to taste. You may be surprised how honey's at home in all your favorite dishes.



Flower Power

There are approximately 300 varieties of honey in the United States. No two are exactly the same. Honey varieties are regional depending on the floral blossoms that the honey bees visit to collect nectar. Clover honey is the most widely available, but the next time you're at the supermarket or farmers' market, look for other varieties. In the South, you'll find orange blossom and tupelo; in the West, avocado and eucalyptus; in the Northeast, buckwheat and blueberry; and in the Midwest and Texas, mesquite, clover and alfalfa. Experiment with new flavors and you'll notice a subtle difference in your recipes. In general, lighter-colored honeys are milder in flavor while darker-colored honeys have a bolder taste.

Easy, Squeezy Ideas

Quick and convenient, honey works on the go, just like you. Try these simple tips to make every part of your day a little sweeter.

Sweet Breakfast Topping – Mix honey, dried fruit bits and cream cheese together. Keep it on hand to top bagels and toast.

Mid-Morning Energizer – Mix honey, yogurt and applesauce together. Add orange juice and stir for a power shake without the blender.

After-School Snack – Mix honey with peanut butter. It's handy for a quick sandwich filling or celery topper.

Anytime Dip – Mix equal parts honey and Dijon-style mustard for homemade honey mustard. It's perfect for cut-up veggies, pretzels, grilled sausages or rolled-up turkey slices.

No-Fuss Dessert – What could be sweeter than honey drizzled over fruit, ice cream or angel food cake? The golden kiss of honey makes whatever you have on hand special.



Treat Your Honey Right

Store honey at room temperature, never in the refrigerator. The countertop or pantry shelf is ideal. If honey turns cloudy or crystallizes (a natural process), simply place the honey jar in warm water and stir until the crystals dissolve. Or place the honey in a microwave-safe container with the lid off and microwave it on HIGH, stirring every 30 seconds, until the crystals dissolve. Be careful not to boil or scorch the honey.



One tablespoon of honey contains:

Calories: 60	Total Fat: 0 g
Total Carbohydrates: 17 g	Protein: 0 g

Honey contains a wide complement of several essential vitamins and minerals, including niacin, riboflavin, pantothenic acid, calcium, copper, iron, magnesium, manganese, phosphorous, potassium and zinc. While honey's vitamins and minerals are present in trace amounts only, the breadth of the array is important to many of today's health conscious consumers. This is a value which honey adds that many other sweeteners do not.

Note: Honey should not be fed to babies under one year of age. Honey is a safe and wholesome food for older children and adults.



Tangy Roast Beef Pockets

- 1/4 cup honey
- 1/4 cup prepared horseradish
- 1/4 cup Dijon-style mustard
- 1 large tube (1lb., 1.3 oz.) refrigerator biscuit dough
- 1 package (8 oz.) low-fat cream cheese
- 1 pound deli-style roast beef, chopped coarsely (3-1/2 to 4 cups)
- 1 jar (4 oz.) sliced pimentos

In medium bowl, mix honey, horseradish and mustard. Set aside. Divide dough into 8 biscuits. Roll each biscuit out to 1/8-inch thickness. On each of four biscuits, spread 1/4 of cream cheese, stopping 1/2 inch from edge. Top each evenly with beef, pimentos and honey-horseradish sauce. Moisten edge of biscuit with water. Top each with a remaining biscuit and seal edges together by pressing firmly with a fork. Prick top of each completed pocket a few times with fork. Place on ungreased baking sheet and bake at 400°F for 15 to 20 minutes, or until golden brown.

Makes 4 servings.

Nutrients Per Serving:
Calories: 746
Carbohydrates: 76.1 g
Cholesterol: 86.3 mg
Total Fat: 33.3 g

Sodium: 2923 mg
Protein: 38.8 g
Dietary Fiber: 2.94 g
Cal. from Fat: 39%

Honey-Dill Coleslaw

- 1/4 cup honey
- 1/2 cup sour cream
- 1/2 teaspoon dried dill weed
- 1 package (16 oz.) coleslaw mix
- 1/4 cup thinly sliced onion
- Salt and pepper, to taste

In small bowl, combine honey, sour cream and dill. In large bowl, toss coleslaw mix with onion and honey-sour cream mixture. Season with salt and pepper. Serve immediately.

Makes 4 servings.

Nutrients Per Serving:
Calories: 158
Carbohydrates: 25.8 g
Cholesterol: 12.8 mg
Total Fat: 6.37 g

Sodium: 37.2 mg
Protein: 2.77 g
Dietary Fiber: 2.54 g
Cal. from Fat: 33%

Tangy
Roast Beef
Pockets

Smoked Turkey Grab 'n Go

4 large flour or whole wheat tortillas
1/4 cup honey
1/4 cup prepared barbecue sauce
1 can (16 oz.) black beans, drained
2 cups packaged coleslaw mix
1/2 pound smoked turkey breast,
shredded (1-1/2 to 2 cups)
2 cups shredded pepper jack cheese (1/2 pound)

Place tortillas on plate and microwave on high for 10 to 15 seconds or wrap tortillas in aluminum foil and warm for 10 to 15 minutes in 350°F oven. In small saucepan, heat honey and barbecue sauce until hot (do not boil). Place tortillas on plates and top evenly with beans, coleslaw mix, turkey and cheese. Drizzle each with 2 Tbsp. of sauce.

Makes 4 servings.

Nutrients Per Serving:

Calories: 522	Sodium: 1476 mg
Carbohydrates: 52.6 g	Protein: 33.1 g
Cholesterol: 72.3 mg	Dietary Fiber: 7.05 g
Total Fat: 21.4 g	Cal. from Fat: 36%

Honey-Glazed Carrots

1/4 cup honey
1/4 cup butter or margarine
1/4 cup bourbon whiskey or apple juice
1/4 cup water
1 package (16 oz.) baby carrots (about 3-1/2 cups)

In medium saucepan over high heat, bring honey, butter, bourbon and water to a boil. Add carrots. Reduce heat and simmer, stirring occasionally, for 10 minutes, or until liquid is reduced to a glaze and carrots are tender.

Makes 4 servings.

Nutrients Per Serving:

Calories: 241	Sodium: 158 mg
Carbohydrates: 26.7 g	Protein: 1.14 g
Cholesterol: 31.0 mg	Dietary Fiber: 3.67 g
Total Fat: 12.1 g	Cal. from Fat: 45%

Sweet & Savory Rice Pilaf

1-3/4 cups water
2 chicken or vegetable bouillon cubes
2 Tablespoons soy sauce
2 cups instant rice
1/2 cup dried cranberries or diced dried apricots
1/2 cup whole almonds, toasted and coarsely chopped
1/4 cup honey

In medium saucepan, combine water, bouillon cubes and soy sauce. Bring to a boil. Stir in rice and dried fruit. Cover immediately and remove from heat; let stand for 5 minutes. Uncover rice and fluff with fork. Stir in almonds and honey.

Makes 4 servings.

Nutrients Per Serving:

Calories: 397	Sodium: 1100 mg
Carbohydrates: 72.1 g	Protein: 8.67 g
Cholesterol: 0.31 mg	Dietary Fiber: 3.82 g
Total Fat: 9.6 g	Cal. from Fat: 21%

Oven-Fried Honey Chicken

1/4 cup honey
2 Tablespoons balsamic or red wine vinegar
1-1/2 cups dried bread crumbs
1 Tablespoon olive oil
6 boneless, skinless chicken breast halves (about 2 pounds)

In shallow bowl, whisk together honey and vinegar. Pour bread crumbs into separate bowl. Set bowls aside. Spread oil over foil-lined baking pan large enough to hold all chicken pieces in one layer. Roll chicken pieces in honey mixture, then in bread crumbs; place in pan. Bake at 375°F for 30 minutes, or until cooked through.

Makes 4 servings.

Nutrients Per Serving:

Calories: 448	Sodium: 441 mg
Carbohydrates: 46.9 g	Protein: 45.7 g
Cholesterol: 103 mg	Dietary Fiber: 1.62 g
Total Fat: 7.62 g	Cal. from Fat: 16%

Hearty Ham & Waffle Sandwich with Honey Apple Syrup

3/4 cup honey, divided
1/4 cup apple juice
2 Tablespoons butter or margarine
2 crisp red apples (such as McIntosh), cored and sliced
8 frozen waffles, toasted
8 slices deli-style ham

In small saucepan, combine 1/2 cup honey and apple juice. Stir over medium heat until heated through. Set aside and keep warm. In large nonstick skillet, melt butter with remaining 1/4 cup honey. Add apples; cook and stir for about 4 minutes, or until apple slices are lightly caramelized and crisp-tender. To assemble, place one waffle on each serving plate. Top each with two ham slices and another waffle. Top each sandwich with apple slices and syrup.

Makes 4 servings.

Nutrients Per Serving:

Calories: 493	Sodium: 926 mg
Carbohydrates: 91.7 g	Protein: 9.03 g
Cholesterol: 43.4 mg	Dietary Fiber: 3.18 g
Total Fat: 12.5 g	Cal. from Fat: 22%

Brownie Sundaes with Honey Berry Sauce

1/4 cup honey
1 Tablespoon lemon juice
1/2 teaspoon grated lemon peel
2 cups fresh (or frozen and thawed) raspberries, blackberries or strawberries
4 chocolate brownies, purchased or prepared
1 pint low-fat vanilla frozen yogurt or ice cream

In small bowl, combine honey, lemon juice and peel; mix well. Gently mix in berries. To assemble, place brownies on serving plates. Top each with 1/2 cup frozen yogurt and drizzle with 1/2 cup sauce.

Serving suggestions: Sauce may also be served over pound cake, waffles or crêpes.

Makes 4 servings.

Nutrients Per Serving (analyzed using low-fat frozen yogurt):

Calories: 532	Sodium: 217 mg
Carbohydrates: 105 g	Protein: 9.03 g
Cholesterol: 14.7 mg	Dietary Fiber: 2.46 g
Total Fat: 11.6 g	Cal. from Fat: 19%

Oven-
Fried
Honey
Chicken

Honey-
Glazed
Carrots

Sweet &
Savory
Rice
Pilaf

