Classic Pumpkin Roll

Ingredients:
Cake:
- 3 eggs, room temperature
- 1 cup granulated sugar
- 2/3 cup pumpkin
- 3/4 cup all purpose flour
- 1 1/2 tsp pumpkin pie spice
- 1 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Cream Cheese Frosting:
- 8 oz cream cheese, room temperature
- 4 tablespoons butter
- 1 cup powdered sugar
- 1 teaspoon vanilla extract

Preparation:
1. Preheat the oven to 350°F. Beat the eggs and sugar together with a Kitchen Aid on maximum high speed for about ten minutes. When done, the mixture will be very thick and very, very pale. Add the lemon juice, vanilla and pumpkin and stir gently.
2. In another bowl, combine the flour, baking powder, salt and pumpkin pie spice. Fold the dry ingredients into the wet and mix just until combined.
3. Pour the cake batter onto a sheet tray (or jelly roll tray) that has been greased and lined with wax paper. Spread out the batter evenly and bake for fifteen minutes, or until golden.
4. Let cool on the pan for about ten minutes and start your frosting. Whip the cream cheese and butter together on medium speed for three minutes or until creamy looking. Add the powdered sugar and vanilla and whip on high for another six to eight minutes. Set aside.
5. After you have cooled the cake for a few minutes, turn over the sheet pan and gently peel off the wax paper. Spoon the frosting on top of the cake and spread out. Starting at the far edge, roll up the cake. Wrap in plastic wrap and chill in the fridge for about an hour before serving. Yield: 10-12 servings.

Calories: 258 Fat: 12 g Sat Fat: 6g Cholesterol: 84 mg Carbohydrates: 34g Protein: 4g Fiber: 0.6g Sodium: 243mg

Cornbread & Sausage Stuffing

Ingredients:
- 1 pound sweet Italian turkey sausage, (about 4 links), casings removed
- 2 cups finely chopped onion
- 1 1/2 cups finely chopped celery
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 2 pounds prepared cornbread, cut into 3/4-inch cubes (about 12 cups)
- 1/4 cup chopped fresh parsley
- 1 tablespoon chopped fresh sage
- 1 1/2-3 cups reduced-sodium chicken broth

Preparation:
1. Preheat oven to 325°F. Coat a 9-by-13-inch baking pan with cooking spray.
2. Cook sausage in a large nonstick skillet over medium-high heat, stirring and breaking up with a wooden spoon, until browned, about 10 minutes. Add onion and celery; cover, reduce heat and cook, stirring occasionally, until tender, about 10 minutes. Transfer the mixture to a large bowl. Season with salt and pepper. Add cornbread, parsley and sage.
3. Bring broth to a simmer in a small saucepan. Pour 1 cup over the stuffing mixture and toss gently (the cornbread will break into smaller pieces). Add as much of the remaining broth as needed, 1/2 cup at a time, until the stuffing feels moist but not wet. Spoon the stuffing into the prepared pan and cover with foil.

Serving Size: 1 cup Calories: 242 Fat: 8g Sat Fat: 3g Cholesterol: 29mg Carbohydrates: 34g Protein: 10g Fiber: 2g Sodium: 692mg

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