

Meet Me In The Kitchen

with Connie Spiros

Aired weekly on Milton Comcast Channel 8

Sponsored by:



SHOW ELEVEN

Betsy O'Brien

Counting Carbs

Betsy's Chocolate Chip Cookies
(makes 36)

INGREDIENTS

2/3 cup butter, softened

2/3 cup brown sugar, firmly packed

2/3 cup Splenda

2 tsp vanilla

2 eggs

1½ cups flour

1 tsp baking soda

1 cup semi-sweet chocolate chips (Betsy uses mini morsels)

THE METHOD

Preheat oven to 350 degrees. Cream butter, brown sugar, Splenda and vanilla together in a medium bowl. Mix until well blended and creamy. Add eggs, one at a time, mixing well after each addition. Scrape sides of bowl. Add flour, baking soda and salt. Mix until well blended. Stir in chocolate chips. Place level tablespoon of cookie dough on an ungreased cookie sheet. Bake 10-12 minutes or until golden brown. Remove from oven and cool on a wire rack.

Serving size is 1 cookie

Calories = 90, Fat = 5g, Sat Fat 3g, Chol = 20 mg, Total Carbs = 11g

Store hours: Monday – Saturday, 8am to 8pm; Sunday, 8am to 6pm

Milton Marketplace • 10 Bassett Street • East Milton Square • 617-696-5274

Hingham Marketplace • 79 Water Street • Hingham Harbor • 781-749-7332

Visit us online at www.fruitcentermarketplace.com



Meet Me In The Kitchen

with Connie Spiros

Aired weekly on Milton Comcast Channel 8

Sponsored by:



SHOW ELEVEN

Betsy O'Brien

Counting Carbs

Betsy's Chocolate Dipped Strawberries
(makes two servings, 4 strawberries each)

INGREDIENTS

2 squares (1 ounce each) semisweet or bittersweet chocolate, chopped

½ Tbsp whipping cream

Dash of almond or vanilla extract

8 strawberries

THE METHOD

Combine the chocolate and whipping cream in a glass measuring cup or bowl. Microwave at medium power at 1 minute or until chocolate melts, stirring after 30 seconds. Stir in extract and cool slightly. Dip each strawberry into the melted chocolate, allowing the excess to drip off. Place on a waxed paper lined baking sheet. Refrigerate or freeze for approximately 15 minutes until the chocolate is set.

175 calories, Fat = 9g, Sat Fat = 6g, chol = 5mg, carb = 24g

Store hours: Monday – Saturday, 8am to 8pm; Sunday, 8am to 6pm

Milton Marketplace • 10 Bassett Street • East Milton Square • 617-696-5274

Hingham Marketplace • 79 Water Street • Hingham Harbor • 781-749-7332

Visit us online at www.fruitcentermarketplace.com

