

## Light Cheese Ball

1	pound	fat free cream cheese
8	ounces	light cream cheese
1	cup	reduced fat shredded cheddar cheese
1/2	teaspoon	dried oregano
1/2	teaspoon	Worcestershire sauce
1/2	teaspoon	dried chives
1/2	teaspoon	garlic powder

### Topping:

1/2	cup	fresh chopped parsley
1/4	cup	dried oregano
1/4	cup	dried basil

Garnishes:  
whole grain crackers  
fresh veggies

Mix the cheeses and seasonings together with hand beaters. Place into the center of a large piece of plastic wrap. Form a ball and twist the edges of the plastic wrap tight. Place in the freezer until firm, about 20 minutes. Unwrap and roll in herb mixture. Place on the center of a tray and garnish with whole grain crackers and fresh veggies.

Serves 16. Each 2 tablespoon serving: 70 calories, 3.3 g fat, 2.3 g saturated fat, 11 mg cholesterol, 255 mg sodium, 2.7 g carbohydrate, 0 g fiber, 6 g protein. Diabetic exchange; 1 fat, 1/2 meat.

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## Elizabeth Truman's Mac and Cheese

8	ounces	macaroni
1-2	pounds	grated cheddar cheese
2	cups	milk
1		egg
1/4	cup	oleo

Cook macaroni. Drain and cool. Place a layer of macaroni in a baking dish. Then add a layer of cheese. Repeat layers.

Combine milk and egg and pour over the macaroni and cheese. Dot with butter.

This can be done the day before and refrigerated.

Harry S. Truman National Historic Site



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## BLACK FRIDAY NOV. 25<sup>TH</sup>

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