

# Broiled Tomatoes and Cheese

**Makes:** 3 servings

## Ingredients

**3** tomatoes (large, firm)  
**8 ounces** cottage cheese, low-fat  
**1/2 teaspoon** basil (dried)  
**1/8 teaspoon** black pepper  
**1/4 cup** bread crumbs (plain)  
cooking spray (or vegetable oil)

## Directions

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle with bread crumbs and spray with cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>120</b>	
Total Fat	1.5 g	2%
Protein	12 g	
Carbohydrates	16 g	5%
Dietary Fiber	3 g	12%
Saturated Fat	0.5 g	3%
Sodium	380 mg	16%

# Quick and Healthy Black-Eyed Peas

Rating: ★★ ★

Makes: 6 servings

## Ingredients

- 4 slices** turkey bacon (chopped)
- 2 pounds** black-eyed peas, frozen
- 2 cups** water
- 1/4 teaspoon** black pepper
- 1 tablespoon** sugar

## Directions

1. Place a pot over medium high heat and cook bacon for 3-4 minutes.
2. Add the rest of the ingredients and bring to a boil.
3. Reduce heat to simmer and allow to cook until the peas are tender, about 30 minutes.
4. Serve hot.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>260</b>	
Total Fat	3 g	5%
Protein	17 g	
Carbohydrates	43 g	14%
Dietary Fiber	9 g	36%
Saturated Fat	0.5 g	3%
Sodium	200 mg	8%

# Seared Greens

**Cook time:** 15 minutes

**Makes:** 6 servings

## Ingredients

- 1 1/2 pounds** kale or collard greens
- 2 tablespoons** vegetable oil (or olive oil)
- 4** garlic clove (chopped)
- 1 cup** water
- 1/4 teaspoon** salt
- 1 teaspoon** black pepper
- 2 tablespoons** vinegar, cider

## Directions

1. Clean the greens thoroughly and cut stems away. Dry well and tear into salad pieces or slice across leaf into 1/2 inch pieces.
2. In a large deep pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water.
3. Cover pan and steam for 4 minutes.
4. Uncover, stir constantly until greens shrink. Add salt and pepper and continue to stir on high until mixture is thoroughly wet.
5. Sprinkle cider vinegar on mixture. Cover.
6. Turn off heat. Let stand until ready to serve.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>100</b>	
Total Fat	5 g	8%
Protein	4 g	
Carbohydrates	12 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	0.5 g	3%
Sodium	150 mg	6%

# Corn Bread

Rating: ★★★★★

Makes: 12 servings

## Ingredients

- 1 cup cornmeal
- 1 cup flour (all purpose)
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 egg
- 1/4 cup vegetable oil
- 1 cup milk, non-fat

## Directions

1. Heat oven to 425 degrees. Grease 8- or 9-inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg into a small bowl and beat with a fork to combine white and yolk.
4. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
5. Pour batter into prepared pan.
6. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

### Create-a-Flavor Changes:

**Buttermilk Corn Bread.** Use only 2 teaspoons baking powder and add 1/4 teaspoon baking soda. Substitute 1 cup buttermilk for skim milk.

**Whole Wheat Corn Bread.** Use 1/2 cup all purpose flour

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>150</b>	
Total Fat	5 g	8%
Protein	3 g	
Carbohydrates	22 g	7%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	140 mg	6%

and 1/2 cup whole wheat flour.

**Corny Corn Bread.** Add 1 cup kernels (fresh, frozen, or canned, well drained) with the milk.

**Cheesy Corn Bread.** Add 1/2 cup shredded cheddar cheese with the milk.

**Chili Cheese Corn Bread.** Add 1/2 teaspoon chili powder to the flour mixture. Drain one 4-ounce can chopped green chilies. Add chilies and 1/4 cup shredded Monterey jack cheese with the milk.

**Blueberry Corn Bread.** Fold 1 cup blueberries (fresh, frozen, or canned, well drained) into the batter.

**Corn Bread Muffins.** Pour batter into prepared muffin cups. Bake 20 minutes at 400 degrees.

# Fat-Free Apple Crumb Dessert

**Makes:** 4 servings

## Ingredients

4 apple (medium, baking)  
1/2 cup oatmeal, quick cooking (uncooked)  
1/4 cup brown sugar (light or dark)  
2 teaspoons cinnamon (ground)  
1/3 cup apple juice  
non-stick cooking spray

## Directions

1. Move the oven rack to the center of the oven. Then preheat the oven to 350 degrees.
2. Spray the bottom and sides of a 9" square baking dish with nonstick cooking spray.
3. Wash and peel the apples. Cut them into thin slices.
4. Spread the apple slices evenly over the bottom of the baking dish.
5. In a small bowl, use a fork to mix the oatmeal, brown sugar and cinnamon.
6. Spread the oatmeal mix evenly over the apples in the baking dish.
7. Lightly pour the apple juice over the oatmeal mixture.
8. Cover the dish and bake for 20 to 30 minutes until apples are just starting to soften.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>180</b>	
Total Fat	1 g	2%
Protein	2 g	
Carbohydrates	44 g	15%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	5 mg	0%

9. Uncover and bake for another 15 to 20 minutes until apples are soft.