



Healthy Recipes

Robust bean soup, chicken á la king, cherry smoothie, peach cobbler...

Sound tempting?

Well indulge, these recipes are not only delicious, they are also highly nutritious.

Each dish was specially chosen to create a fun recipe book highlighting alternative ways to cook tasty food without all the fat.

Healthy Recipes offers a diverse menu, ranging from fast breakfasts to delectable desserts. The recipes feature a taste of Michigan, such as apples, hearty beans, lean beef, sweet cherries and healthy soul food.

After each recipe, nutrition information clearly describes why these recipes are the healthy choice, the right choice. And just because the recipes are healthy doesn't mean they aren't great tasting. Macaroni and cheese is still on the menu — it just got better for your heart.

Recipes Provided By:

- The Michigan Apple Committee
- National Dairy Council
- Cherry Marketing Institute
- Michigan Bean Commission
- National Beef Association and Beef Board
- National Cattlemen's Association
- Kenda E. Tibbs

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Breakfast

Banana Breakfast Shake

Start your weekend with a healthy kick of calcium!



Makes two servings.

- 1-1/2 cups fat free milk
 - 1 peeled and sliced medium banana, frozen – wrap sliced banana in plastic wrap or place in a freezer storage bag – freeze several hours or overnight.
 - 1/2 teaspoon vanilla extract
 - 1/4 teaspoon almond extract, optional
 - Cinnamon for garnish, optional
1. In a blender container combine all ingredients, except cinnamon.
 2. Blend until smooth, about 20 seconds.
 3. Pour into glasses and garnish with a sprinkle of ground cinnamon, if desired.

Nutrition facts per serving Calories: 120 • Calcium: 200mg • Fat: 0.5g
Cholesterol: 5mg • Sodium: 90mg • Carbohydrates: 22g • Protein: 7g
Food exchanges: 1 milk • 1/2 fruit

Breakfast Burrito

Did you know...

Baked beans make a unique topping for pancakes and waffles? Not only is it tasty, it provides plenty of energy to get you through the toughest mornings!

*Serving size: one burrito.
Makes four servings.*

- 1-1/3 cups cooked black beans, mashed with 1 teaspoon no-added-salt canola oil (or 1-1/3 cups canned vegetarian refried beans)
- 4 corn tortillas
- 2 tablespoons red onion, chopped
- 1/2 cup fresh tomatoes, chopped
- 1/2 cup low-sodium salsa
- 4 tablespoons plain, nonfat yogurt
- 2 tablespoons cilantro, chopped



1. Mix beans with onion and tomatoes.
2. Microwave tortillas between two sheets of slightly damp white paper towels on high for 15 seconds.
3. Divide bean mixture between the tortillas.
4. Fold each tortilla to enclose filling.
5. Place on microwave-safe dish and spoon salsa over each burrito.
6. Microwave on high for 15 seconds.
7. Serve topped with yogurt and cilantro.

Nutrition facts per serving Calories: 165 • Carbohydrates: 30g • Fat: 2g
Cholesterol: 1mg • Protein: 8g • Fiber: 7g • Sodium: 82 mg
Food exchanges 1 1/2 starch/bread • 1 very lean meat

Sides

Black Bean Relish

*Serving size: one cup.
Makes 12 servings.*



- 3 cups dry black beans, soaked and drained
 - 1 cup cooked white rice
 - 1 cup cooked corn, frozen or canned (drained and rinsed)
 - 1 red bell pepper, diced
 - 1 yellow bell pepper, diced
 - 1 green bell pepper, diced
 - 2 tablespoons red onion, diced
 - 3 tablespoons cilantro, chopped
 - 1 tomato, chopped
 - 1 tablespoon olive oil
 - 3 tablespoons red wine vinegar
 - Pepper to taste
1. Place beans in pot and add water to cover the beans.
 2. Bring to a boil.

3. Reduce heat and simmer for about one hour, or until tender.
4. Drain and rinse well under cold water.
5. Mix black beans with remaining ingredients.
6. Season to taste with pepper.
7. Serve chilled.

Nutrition facts per serving Calories: 193 • Carbohydrates: 35g • Fat: 2g
 Cholesterol: 0mg • Protein: 11g • Fiber: 11g • Sodium: 3mg
Food exchanges 2 starch/bread • 1 very lean meat

Cornbread Dressing

*Serving size: 1/2 cup.
 Makes 12 servings.*

- 4 chicken bouillon cubes, no-sodium
- 4 cups hot water
- 1/2 cup fresh onion, diced
- 1/2 cup fresh green pepper, diced
- 1/2 cup celery, diced
- 3-1/2 teaspoons poultry seasoning
- 1/2 cup bread crumbs
- 1-1/4 cup evaporated skimmed milk
- 1/2 cup egg substitute
- 12 servings cornbread

1. Preheat oven at 250 degrees.
2. Prepare cornbread from recipe. Set aside.
3. Make chicken stock from bouillon and water. In a pot combine onions, celery, pepper and seasoning with chicken stock and simmer for 15 minutes. Cool slightly.
4. Put cornbread and bread crumbs in a bowl.
5. Pour vegetable mixture over cornbread and breadcrumbs, add milk and egg substitute. Fold together.



6. Put into pan that is lightly coated with vegetable spray.
7. Bake for 40-45 minutes until lightly browned.

Nutrition facts per serving Calories: 250 • Total Fat: 7g • Saturated Fat: 1 g
 Cholesterol: 2 mg • Sodium: 177 mg • Dietary Fiber: 4 g
Food exchanges: 2 starch/bread • 2 fat



Robust Bean Soup

*Serving size: 1 1/4 cup.
 Makes 12 servings.*

- 1/2 cup each dry black beans, yellow-eye beans, kidney beans, and navy beans
- 1/4 cup each lentils, barley, yellow split peas, and green split peas
- 3 quarts cold water
- 1 large onion, chopped (1 cup)
- 3 large carrots, chopped (1-1/2 cup)
- 3 stalks celery with leaves, chopped
- 1 bay leaf
- Crushed red pepper to taste
- 1 (28-ounce) can no-added-salt tomatoes with juice, chopped
- 2 tablespoons fresh basil, chopped (or 1-1/2 teaspoons dried basil)

1. Wash dry beans and lentils thoroughly.
2. Place in large bowl, cover with cold water, and soak.
3. Place drained, rinsed beans and lentils with all ingredients except basil in an 8-quart saucepan.

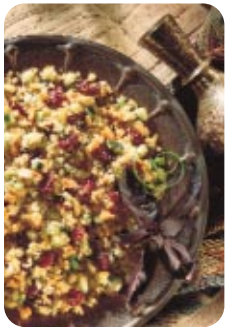


4. Bring to a boil over high heat.
5. Reduce to simmer.
6. Cook for 2-1/2 to 3 hours.
7. Add basil before serving.

Nutrition facts per serving Calories: 190 • Carbohydrates: 36g • Fat: 1g
 Cholesterol: 0mg • Protein: 11g • Fiber: 9g • Sodium: 28mg
Food exchanges 1 starch/bread • 1 very lean meat

Salads

Couscous Salad



Couscous is tiny grains of pasta that is often used in Moroccan cooking. It combines well with dried cherries in this salad that's a great accompaniment to pork, lamb or poultry.

Makes four cups, about six servings.

- 1 cup water
 - 3/4 cup quick-cooking couscous, uncooked
 - 1/2 cup dried tart cherries
 - 1/2 cup coarsely chopped carrots
 - 1/2 cup chopped cucumber
 - 1/4 cup sliced green onions
 - 1/4 cup toasted slivered almonds (optional)
 - 3 tablespoons balsamic vinegar
 - 1 tablespoon olive oil
 - 1 tablespoon Dijon-style mustard
 - Salt and pepper, to taste
1. Bring water to a boil in a medium saucepan; stir in couscous.
 2. Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Uncover; let cool 10 minutes.
 3. Put cooked couscous, dried cherries, carrots, cucumbers, green onions and almonds in a large mixing bowl; mix well.
 4. Combine vinegar, olive oil and mustard; mix well. Pour over couscous mixture, stirring to coat all ingredients.

- Season with salt and pepper.
5. Serve chilled or at room temperature.

Nutrition facts per serving Calories per serving: 171 • Total Fat per serving: 5.6 g
 Cholesterol: 0.1mg
Food exchanges 1 starch/bread • 1 fat



Fresh Empire Apple Salad

*Serving size: 1/2 cup.
 Makes eight servings.*

Michigan Apples are cholesterol and sodium free and a good source of dietary fiber. A medium size apple contains only 80 calories.

- 1/4 cup sugar
 - 1 tablespoon cornstarch
 - 1 cup orange juice
 - 2-1/2 cups diced Michigan Empire Apples, unpeeled
 - 1 cup sliced strawberries
 - 1 sliced, peeled kiwi
 - 2 teaspoons finely chopped crystallized ginger
1. In small saucepan, combine sugar and cornstarch. Stir in orange juice, mixing until smooth. Cook over medium heat, stirring constantly until mixture boils. Continue cooking and stirring 2 minutes longer. Remove from heat and cool slightly, about 10 minutes.
 2. Stir fruit and ginger into orange juice mixture and chill 1 hour before serving. Serve as salad or appetizer.

Nutrition facts per serving Calories: 70 • Dietary Fiber: 2g • Fat: 0g • Sodium: 1mg
Food exchanges 1 fruit



Navy Bean and Tuna Salad

*Serving size: 1/2 cup.
Makes six servings.*

- 1 (16-ounce) can navy beans, drained and rinsed
 - 1 (6-1/2-ounce) can solid white tuna packed in water, rinsed
 - 1 medium onion, finely chopped
 - 1 tablespoon parsley, chopped
 - 1/2 teaspoon oregano
 - 2 tablespoons lemon juice
 - 1/2 teaspoon black pepper
1. Flake tuna with fork.
 2. Add remaining ingredients and gently toss, blending well.

Nutrition facts per serving Calories: 119 • Carbohydrates: 19g • Fat: 1g
Cholesterol: 4mg • Protein: 10g • Fiber: 4.7g • Sodium: 230mg
Food exchanges 1 starch/bread • 1 very lean meat

Main Dishes

Chicken à la King

Makes four servings.

- 1 tablespoon butter
- 4 ounces fresh mushrooms, chopped, 1 cup
- 1/2 cup finely chopped green bell peppers
- 1/4 cup all purpose flour
- 1/2 teaspoon freshly ground black pepper
- 4 cups (1 quart) fat free or low fat milk, at the boiling point

This dish is traditionally served on toast, but try it over pasta or rice.



- 1 tablespoon powdered chicken stock
- 8 ounces cooked chicken breast without skin, diced, 2 cups
- 1 jar (4 ounces) chopped pimiento
- 4 sliced whole wheat bread toasted

1. Melt the butter in a large skillet over medium-low heat. Add the mushrooms and green pepper and cook, stirring frequently, for about 8 minutes, or until the pepper is crisp tender. Add the flour and black pepper, mix well and continue to cook, stirring constantly, for 3 minutes.
2. Add the hot milk and chicken stock base and bring to a boil, stirring constantly. Reduce the heat to low and simmer, stirring frequently, until slightly thickened, about 15 minutes.
3. Add the chicken and pimiento and continue stirring until heated through.
4. To serve, spoon 1 cup of the mixture over each slice of toast.

Nutrition facts per serving Calories: 297 • Calcium: 344mg • Fat: 6g
Cholesterol: 46mg • Sodium: 649mg • Carbohydrates: 35g • Protein: 26g
Food exchange 2 very lean meat • 2 starch/bread • 1 fat • 1/2 vegetable

Italian Beef Stir-Fry

Makes four servings.

- 1 lb. beef round tip steaks, 1/8" to 1/4" thick
- 2 cloves garlic, crushed
- 1 tablespoon olive oil
- 2 small zucchini, thinly sliced
- 1 cup cherry tomato halves
- 1/4 cup reduced-fat bottled Italian salad dressing



- 2 cups hot cooked spaghetti
 - 1 tablespoon grated Parmesan cheese
1. Cut beefsteaks lengthwise in half and then crosswise into 1-inch wide strips.
 2. Cook and stir garlic in oil in large non-stick skillet over medium-high heat 1 minute. Add beef (1/2 at a time) and stir-fry 1 to 1-1/2 minutes or until outside surface is no longer pink. Season with salt and pepper. Remove with slotted spoon; keep warm.
 3. Add zucchini to same skillet with tomato halves and dressing; heat through. Serve beef mixture over hot pasta; sprinkle with cheese.

Nutrition facts per serving Serving: 300 calories • Protein: 32 g • Carbohydrates: 25 g
Fat: 9g • Saturated Fat: 2g • Iron: 4.2 mg • Sodium: 453 mg • Cholesterol: 78 mg
Food exchange 3 lean meat • 1/2 fat • 1 1/2 starch/bread



Macaroni and Cheese

Serving size: 1/2 cup
Makes ten servings.

- 2 cups elbow macaroni
- 1/2 cup egg substitute
- 1 teaspoon no-salt seasoning mix
- 1/2 teaspoon black pepper
- 1 cup light cheddar cheese
- 1 cup shredded American cheese
- 3 teaspoons light margarine
- 1/2 teaspoon paprika
- 4 cups skim milk
- 1 teaspoon salt substitute



1. Bring 1/2 gallon water to a boil, add macaroni noodles and stir. As soon as the water has come to a rapid boil, cook for another 3-5 minutes until tender. Turn off heat and drain the noodles and immediately rinse with cold water to cool the noodles. Drain and set aside.
2. Combine egg substitute with the milk, then add all seasonings, mix well.
3. Mix all cheeses and margarine with the macaroni.
4. Spray a four-quart casserole dish with vegetable spray.
5. Pour macaroni-cheese mixture in the prepared casserole dish. Pour the egg-milk mixture over the macaroni.
6. Bake at 350 degrees for approximately 30-40 minutes or until bubbly.

Nutrition facts per serving Calories: 218 • Total Fat: 8g • Saturated Fat: 5g • Cholesterol: 23mg
Sodium: 355mg • Total Carbohydrate: 22g • Dietary fiber: 1g • Sugars: 6g • Protein: 14g
Food exchange 1 1/2 high fat meat • 1 starch/bread

Apple Turkey Wraps

Makes four servings.

Suggested Michigan Apple varieties to use: Empire, Gala, Golden Delicious, Ida Red, Jonagold, Jonathan, McIntosh, Red Delicious, or Rome.

- 1-1/3 cups diced red Michigan apples
 - 1/2 cup low fat lemon yogurt
 - 4 flour tortillas, 8-inches in diameter
 - 2 cups fresh spinach leaves
 - 6 ounces thinly sliced smoked turkey breast
 - 2 ounces thinly sliced Havarti cheese
 - 2 cups sprouts – optional
1. Combine Michigan apples and yogurt. Set aside.
 2. Warm tortillas according to package directions. Divide and arrange

Michigan is among the United States' top apple-producing states with dozens of apple varieties.

remaining ingredients evenly over tortillas. Place 1/4 of apple mixture down center of each tortilla. Fold 2 opposite sides in about 1-1/2- inches and roll. Cut each wrap in half and serve immediately.

Nutrition facts per serving 1 wrap: 330 Calories • Fat: 10g • Cholesterol: 33mg
Protein: 18g • Carbohydrates: 42g • Sodium: 751 mg • Dietary Fiber: 3g
Food exchange 2 bread • 2 1/2 very lean meat • 1 1/2 fat

Crispy Oven-Baked Chicken



Serving size: one piece of chicken.
Makes 12 servings.

- 2 chicken thighs
- 8 chicken breasts
- 2 chicken drumsticks
- 1 cup skim milk

Breeding:

- 1 cup bread crumbs
- 1 cup flour
- 1 teaspoon poultry seasoning
- 1 tablespoon no-salt seasoning mix
- 1 teaspoon lemon pepper
- 1/2 teaspoon Creole seasoning

1. Preheat oven to 400 degrees
2. Remove all outer skin from the chicken pieces.
3. Lightly coat a baking sheet with vegetable spray.
4. Mix all dry breading ingredients into a large sealable plastic bag.
5. Seal and shake well to mix.
6. Place 2-3 chicken pieces at a time in the skim milk to moisten then place in the bag of dry ingredients.
7. Shake to coat thoroughly.
8. Put breaded chicken on the coated

9. baking sheet. Repeat until all of the chicken pieces are breaded.
9. Lightly spray the chicken with the vegetable spray.
10. Place the baking sheet on the bottom of the oven and bake one hour, turning the pieces every 15 minutes to allow for even browning. Serve hot.

Nutrition facts per serving Calories: 205 • Total Fat: 4g • Saturated Fat: 1g • Cholesterol: 65mg
Sodium: 237mg • Total Carbohydrate: 15g • Dietary Fiber: 0g • Sugars: 1g • Protein: 25g
Food exchange 1 starch/bread • 3 1/2 very lean meat

Red Beans



Serving size: 1/2 cup.
Makes 12 servings.

- 1 pound red beans
- 1 cup smoked turkey ham, low-sodium, diced
- 1 cup diced onions
- 1/2 teaspoon black pepper
- 1 teaspoon no-salt seasoning mix
- 1 tablespoon minced garlic
- 1/4 cup green pepper, diced
- 1 teaspoon salt substitute
- 6 cups water
- 2 beef bouillon cubes, no-sodium

1. Sort out the bad beans and debris.
2. Rinse beans and let soak in water overnight.
3. Drain beans. Simmer beans, smoked turkey and the rest of the ingredients in the 6 cups of water until beans are tender, but still whole, for about 45 minutes.

Nutrition facts per serving Calories: 59 • Total Fat: 0g • Saturated Fat: 0g • Cholesterol: 2mg
Sodium: 110mg • Total Carbohydrate: 11g • Dietary Fiber: 3g • Sugars: 2g • Protein: 4g
Food exchange 1 starch/bread

Bean Casserole and Chicken Breasts



*Serving size: one cup
Makes eight servings.*

- 1 pound dry navy beans, soaked, rinsed, and drained
- 2 large carrots, peeled
- 2 medium onions, halved
- 1 bay leaf
- 1/2 teaspoon dried rosemary (or 1 tablespoon fresh)
- 1/2 teaspoon dried thyme (or 1 tablespoon fresh)
- 1 teaspoon pepper
- 2 tomatoes, peeled, seeded, and chopped
- 3 whole chicken breasts, skinless (about 4-1/2 pounds)
- 1 tablespoon garlic, minced
- 1/4 cup fresh parsley, minced

1. In a large sauté pan or stockpot, bring 2 quarts of water to a boil.
2. Add beans, onions, carrots, bay leaf, thyme, rosemary, and pepper.
3. Reduce heat to simmer and cook, partially covered, for 45 minutes.
4. Add tomatoes.
5. Add chicken breasts and cook, partially covered, 45 minutes.
6. Remove chicken breasts and debone; cut into 1/2-inch slices.
7. Place sliced chicken back into bean/vegetable mixture.
8. Remove carrots and onions with a slotted spoon, chop coarsely, and return to beans.
9. Add garlic and parsley.
10. Return heat to high and bring to a boil.

Spanish Tortillas with Black Beans and Rice



11. Lower heat and simmer, uncovered, 5 minutes.
12. Adjust seasonings if needed, remove bay leaf, and serve.

Nutrition facts per serving Calories: 260 • Carbohydrates: 39g • Fat: 2g • Cholesterol: 27mg
Protein: 22g • Fiber: 7.9g • Sodium: 31mg
Food exchanges: 2 1/2 starch/bread • 2 very lean meat

Serving size: 1/2 cup bean mixture, one flour tortilla. Makes four servings.

- 2 cups canned black beans, rinsed and drained
 - 2 cloves garlic, minced
 - 1 onion, chopped
 - 1/2 cup water
 - 1/2 teaspoon chili powder, or to taste
 - 1/4 teaspoon allspice
 - Pepper to taste
 - 4 (9-inch) low-fat flour tortillas
 - 1/2 cup white or brown rice, cooked
 - 4 tablespoons salsa
1. Coat a medium-size, nonstick pan with cooking spray. Sauté garlic and onion until lightly browned and softened.
 2. Add beans, water, chili powder, all spice, and pepper. Heat until hot and most of the water has been absorbed.
 3. Heat tortillas in oven or on burner. Put rice in each tortilla, then spoon in beans, and roll each tortilla up. Serve with salsa.

Nutrition facts per serving Calories: 221 • Carbohydrates: 38g • Fat: 3g
Cholesterol: 0mg • Protein: 10g • Fiber: 9g • Sodium: 327mg
Food exchanges: 2 starch/bread • 1 lean meat



Drinks

Appleade

*Serving size: one cup.
Makes ten servings.*

**Fat Free
Cholesterol Free**

- 1 quart Michigan apple cider or Michigan apple juice
- 1 cup orange juice
- 1/2 cup frozen limeade concentrate
- 1/2 cup frozen lemonade concentrate
- 1 quart cold ginger ale or lemon-lime soda

Keep 'em cool! Store fresh Michigan Apples in the refrigerator. Left at room temperature, apples will deteriorate ten times faster.

1. Combine Michigan apple cider, orange juice, limeade and lemonade concentrates. Refrigerate.
2. To serve, add ginger ale and pour over ice.

Nutrition facts per serving Calories: 145 • Fat: 0g • Cholesterol: 0mg • Protein: 0g
Carbohydrates: 36g • Sodium: 12mg • Dietary Fiber: 0g
Food exchange 1 starch/bread • 1 fruit

Cherry Smoothie

A quick, easy breakfast

*Serving size: one cup.
Makes ten servings.*

- 1 very ripe banana, peeled
 - 1 cup frozen unsweetened tart cherries
 - 1 cup skim milk
1. Put banana, frozen cherries and milk in the container of an electric blender; puree until smooth. Serve immediately.



Nutrition facts per serving Calories: 125 • Fat: 0.7g • Cholesterol: 2.2 mg
Food exchange 1 milk • 1 fruit

Desserts

Peach Cobbler

*Serving size: 1/2 cup.
Makes 12 servings.*



- 4 pounds canned sliced peaches
- 1-1/2 cups sugar
- 1 cup brown sugar
- 3 tablespoons low fat margarine, cold
- 3 tablespoons cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon salt substitute
- 4 tablespoons flour
- 4 pre-made pie crusts, 9-inch

1. Preheat oven to 425 degrees.
2. Partially drain the juice from the peaches.
3. Place in a bowl and set aside.
4. Mix sugars, spices, flour and salt substitute. Mix well.
5. Line a 9x12 pan with two of the piecrusts. Pour the peaches in the pan.
6. Scatter the cold margarine over the peach mixture, then place the two remaining crusts over the peaches.
7. Pierce the top crust with the slits to allow steam to escape.
8. Spray the top of the cobbler with the vegetable spray.
9. Bake for 15 minutes at 425 degrees then reduce the temperature to 350 degrees and cook for another 45 minutes until cobbler is brown and bubbly.

Nutrition facts per serving Calories: 322 • Fat: 2g • Saturated Fat: 0g • Cholesterol: 0g
Sodium: 69mg • Total Carbohydrate: 76g • Dietary fiber: 2g • Sugars: 68g • Protein: 2g
Food exchanges 2 1/2 starch/bread • 2 fruit

Peach Baked Gala Apples



*Serving size: two apple halves.
Makes 6 servings.*

- 6 medium Michigan Gala Apples
 - 1/4 cup peach preserves
 - 1/4 teaspoon cinnamon
 - 1/4 cup Michigan Apple cider OR
 - 1/4 cup Michigan Apple juice
 - 3/4 cup crumbled chewy oatmeal cookies
1. Cut apples in half and core. Place in 13x9x2-inch backing pan, cut side up. Combine preserves, cinnamon and apple cider or juice. Drizzle over cut sides of apples. Cover pan tightly with foil.
 2. Bake in 350 degree oven about 35 minutes or until apples are just tender. Sprinkle crumbled cookies over cut surface of apples and drizzle with preserves mixture in bottom of pan. Bake 5 minutes longer, uncovered. Serve warm or cold with whipped topping or vanilla frozen yogurt, if desired.

Nutrition facts per serving Calories: 190 • Dietary Fiber: 4g • Fat: 3g • Sodium: 63mg
Food exchanges 2 fruit • 1/2 bread

Cherry Good Cobbler

This is a great tasting dessert with less than 1 gram of fat per serving.

Makes eight servings.

- 2 (21-ounce) cans cherry filling and topping
- 1 teaspoon almond extract
- 1 cup all-purpose flour
- 2 tablespoons granulated sugar
- 2 teaspoons baking powder
- 1/2 cup orange juice

Topping:

- 1 tablespoon slivered almonds, coarsely chopped



- 1 tablespoon granulated sugar
 - 1 teaspoon grated orange peel
 - 1/2 teaspoon ground cinnamon
1. Combine cherry filling and almond extract in an ungreased 8x8x2-inch baking pan.
 2. Combine flour, sugar and baking powder in a large mixing bowl; mix well.
 3. Add orange juice, stirring just until dry ingredients are moistened.
 4. Drop batter by tablespoons over cherry filling, making at least 8 dumplings.
 5. For topping: Combine almonds, sugar, orange peel and cinnamon in a small bowl; mix well. Sprinkle over dumplings.
 6. Bake in preheated 350-degree oven 30 to 35 minutes, or until filling is bubbly and dumplings are brown.

Nutrition facts per serving Calories: 260 • Fat: 1g • Cholesterol: 0mg
Food exchange 2 1/2 starch/bread • 1 fruit



Jonagold Apple Nut Bread

*Makes one loaf (16 slices)
Serving size: one slice.*

- 2 cups all-purpose flour
- 1/4 teaspoon salt
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 2/3 cup sugar
- 1/3 cup margarine, softened
- 2 eggs
- 2 tablespoons milk
- 2 cups shredded Michigan Jonagold Apples, unpeeled



- 1/2 cup chopped nuts, optional
 - 1 tablespoon sugar
 - 1/2 teaspoon cinnamon
1. Combine flour, salt, baking powder and soda; set aside.
 2. In medium-size mixing bowl, beat together the 2/3-cup sugar, margarine, milk and eggs until light and fluffy. Stir in dry ingredients, mixing until thoroughly combined. Add apples and nuts. Spread evenly in greased 9x5x3-inch loaf pan. Sprinkle mixture of remaining sugar and cinnamon over top of batter.
 3. Bake in 350-degree oven about 55 minutes or until wooden pick inserted in center comes out clean. Remove from pan and cool on wire rack.

Nutrition facts per serving Calories: 140 • Dietary Fiber: 1g • Fat: 5g • Sodium: 132mg
Food exchange 1 1/2 starch/bread • 1 fat



Cherry Oatmeal Muffins

Makes 12 muffins

- 1 cup old-fashioned or quick-cooking oats, uncooked
- 1 cup all-purpose flour
- 1/2 cup firmly packed brown sugar
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon ground nutmeg
- 3/4 cup buttermilk
- 1 egg, slightly beaten
- 1/4 cup vegetable oil
- 1 teaspoon almond extract

Perfect for breakfast-on-the-run or lunchbox treats

Note: 1 cup canned tart cherries, drained and coarsely chopped, may be substituted for 1 cup frozen tart cherries.

- 1 cup frozen tart cherries, coarsely chopped
1. Put oats, flour, brown sugar, baking powder and nutmeg in a large mixing bowl; mix well.
 2. Combine buttermilk, egg, oil and almond extract in a small bowl.
 3. Pour buttermilk mixture into oats mixture; stir just to moisten ingredients. Quickly stir in cherries (it is not necessary to thaw cherries before chopping and adding to batter).
 4. Spray muffin pan with non-stick spray. Fill muffin cups two-thirds full. Bake in a preheated 400-degree oven 15 to 20 minutes.

Nutrition facts per serving Calories: 159 • Fat: 5.2g • Cholesterol: 18mg
Food exchange 1 1/2 starch/bread • 1 fat

Condiments

Fat-Free Gravy



- 1 cup low-sodium beef broth or defatted beef drippings
 - 1 tablespoon cornstarch
 - 1 teaspoon ketchup
 - Salt and pepper (optional)
1. Combine the broth or drippings, cornstarch, and ketchup in a saucepan.
 2. Whisk until smooth. Bring to a boil and cook 3 minutes.
 3. Season to taste.

Nutrition facts per serving Calories: 18.5 • Fat: 0.4g • Saturated Fat: 0.1g
Cholesterol: 0mg • Fiber: 0g • Sodium: 33.6mg
Food exchange Free food



*Michigan Department
of Community Health*



James K. Haveman, Jr., Director

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