

Cornbread

12 Servings (12 squares)

- 1 cup yellow cornmeal
- 1 cup sifted all-purpose flour
- 1 tablespoon baking powder
- ½ teaspoon salt
- ¾ cup fat-free milk
- 2 large eggs, slightly beaten, or ½ cup egg substitute
- 3 tablespoons canola or corn oil

Cornbread is the perfect accompaniment to hearty stews, chili and casseroles. The yellow cornmeal called for in this recipe makes a tender, soft bread, but you can experiment with other grades of cornmeal if you like.

1. Preheat oven to 425 degrees F. Spray a 9-inch square pan with nonstick pan spray.
2. Combine the cornmeal, flour, baking powder and salt in a large bowl. Combine the milk, eggs and oil in a small bowl, add to the dry ingredients, and blend well.
3. Pour into the prepared baking pan. Bake for 20 to 25 minutes, until an inserted toothpick comes out clean. Remove from the oven and turn out of the pan onto a rack. Cool slightly before cutting. Cut into 12 equal squares. Serve warm.

Serving size: 2 ½ inch square

Nutrition Facts per Serving:

Calories: 130
 Calories from fat: 42
 Fat: 5 g
 Saturated fat: 1 g
 Cholesterol: 36 mg

Sodium: 207 mg
 Fiber: 1 g
 Protein: 4 g
 Carbohydrate: 18 g
 Sugars: 1 g
 Exchange Approximations: Starch 1 Fat 1

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Pasta Primavera

9 cups (6 servings)

- 8 ounces uncooked spaghetti
- 2 tablespoons margarine
- 1 onion, cut into thin wedges
- 2 cups broccoli florets
- 2 carrots, thinly sliced
- 1 zucchini, thinly sliced
- 1 yellow summer squash, diced
- ¾ cup canned reduced-sodium chicken broth
- ½ cup chopped fresh parsley
- ½ cup chopped fresh basil
- 3 tablespoons fresh lemon juice
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 3 tablespoons grated Parmesan cheese

Primavera means "spring-like," and the bright, festive colors of the fresh vegetables used in this dish certainly reflect the season. If you're in a time crunch, consider buying pre-cut vegetables from the salad bar. They're more expensive but can be worth it from a time perspective.

1. Cook the spaghetti according to the package directions, omitting salt; drain well.
2. While the pasta is cooking, heat the margarine in a large skillet. Add the onion and sauté about 1 minute.
3. Add the vegetables and chicken broth; stir. Cover and simmer about 6 minutes. Add the parsley, basil, lemon juice, salt and pepper. Stir and cook 1 minute more.
4. Add the spaghetti to the vegetables; toss well.
5. Sprinkle with Parmesan cheese at serving time.

Serving size: 1 ½ cups

Nutrition Facts per Serving:

Calories: 225
 Calories from fat: 52
 Total fat: 6 g
 Saturated fat: 1 g
 Cholesterol: 2 mg
 Sodium: 242 mg

Fiber: 5 g
 Protein: 8 g
 Carbohydrate: 37 g
 Sugars: 5 gm
 Exchange Approximations: Starch 2 Vegetable 1 Fat 1

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