



Snacking Corn Bread

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- 2 large eggs
- 1/2 cup vegetable oil
- 8 ounces sour cream
- 7 ounces canned creamed corn
- 1 cup cornmeal mix

Preheat oven to 375F. Coat 8" square pan with cooking spray. In large mixing bowl, combine eggs, oil, sour cream and corn, stirring well to mix. Add cornmeal and stir until thoroughly mixed. Pour batter into prepared pan and bake for 35 minutes or until lightly browned around edges.

8 servings. Per serving: 275 calories; 189 calories from fat; 22g fat; 5g saturated fat; 72mg cholesterol; 18g carbs; 1g fiber; 5g protein; 303mg sodium; 76mg calcium; 1mg iron

Meatball Minestrone

- 1 cup frozen chopped onion
- 2 teaspoons bottled minced garlic
- 1 tablespoon olive oil
- 1 15- to 19-ounce can cannellini beans, undrained
- 32 ounces chicken broth
- 1 1.4-ounce package dry vegetable soup mix
- 16 ounces frozen cooked meatballs
- 2 14-1/2-ounce cans Italian-style diced tomatoes
- 1/2 teaspoon crushed red pepper
- 1 cup ditalini pasta, uncooked
- 10 ounces fresh washed baby spinach

In large saucepan over medium-high heat, cook onion and garlic in olive oil until onion is tender, about five minutes. Stir in beans and chicken broth, and bring to boil. Stir in vegetable soup mix until dissolved. Add meatballs, tomatoes and crushed red pepper, and return to boil. Add ditalini and cook, stirring often, for 15 minutes until ditalini are tender. Add spinach and stir until wilted, about one minute.

6 servings. Per serving: 406 calories; 118 calories from fat; 13g fat; 4g saturated fat; 67mg cholesterol; 49g carbs; 8g fiber; 22g protein; 1,702mg sodium; 147mg calcium; 5mg iron

Herb Cheese Bread

- 1-1/4 cups milk
- 1/3 cup grated Parmesan
- 1/3 cup shredded sharp cheddar
- 3 cups bread flour
- 1 tablespoon sugar
- 1 teaspoon onion salt
- 1/2 teaspoon dill weed
- 1/2 teaspoon dried basil, crushed
- 1/2 teaspoon dried rosemary, crushed
- 1 tablespoon bread machine yeast

Place all ingredients in bread machine pan in order your bread machine suggests. Process on basic/white cycle.

1 loaf. Per loaf: 1,940 calories; 233 calories from fat; 26g fat; 12g saturated fat; 79mg cholesterol; 329g carbs; 14g fiber; 86g protein; 1,710mg sodium; 1,111mg calcium; 20mg iron

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Tortellini and Bean Soup

- 2 32-ounce cartons chicken broth
- 2 14-1/2-ounce cans Italian-style diced tomatoes
- 1 16-ounce can chickpeas, rinsed and drained
- 1 tablespoon bottled minced garlic
- 9 ounces refrigerated or frozen cheese tortellini, uncooked
- 1 tablespoon dried parsley
- 2 tablespoons grated Parmesan

In large saucepan over medium-high heat, combine chicken broth, tomatoes, chickpeas, garlic and salt and bring to boil. Stir in tortellini, reduce heat to low, and simmer for three to four minutes, until tender. Add parsley and Parmesan, stirring well to mix.

8 servings. Per serving: 218 calories; 39 calories from fat; 4g fat; 1g saturated fat; 22mg cholesterol; 33g carbs; 4g fiber; 10g protein; 1,668mg sodium; 92mg calcium; 2mg iron

Garlic Parmesan Spread

■ LOW CALORIE ■ LOW CARB

- 1 stick butter or margarine, softened
- 1/3 cup grated Parmesan
- 1/4 teaspoon garlic powder
- 1 teaspoon dried parsley

In medium mixing bowl, combine all ingredients, stirring well to mix. Spread soft mixture on your favorite bread, or cover and refrigerate until ready to use. Preheat broiler and coat cookie sheet with cooking spray. Slice loaf of French or Italian bread in half lengthwise and place on prepared cookie sheet. Spread garlic Parmesan mixture smoothly and evenly over cut surfaces of both halves. Place on middle oven rack and broil for 5 to 10 minutes or until cheese is melted and bread is golden brown around edges.

6 servings. Per 2-tablespoon serving (spread only, without bread): 167 calories; 156 calories from fat; 18g fat; 11g saturated fat; 50mg cholesterol; 0g carbs; 0g fiber; 2g protein; 203mg sodium; 94mg calcium; 0mg iron *