

Cooking Up A Holiday Meal

Baked Chicken with Corn Crust

Yield: 2 servings

Serving size: 1 chicken breast

Ingredients:

- 2 6oz. chicken breasts
- 1/8 tsp salt
- 1 cup corn flakes cereal, crushed into crumbs

Directions:

1. Preheat oven to 350°F. Spray a baking sheet with nonstick spray.
2. Place milk in bowl. In another bowl, combine salt, black pepper, and corn flakes.
3. Dip chicken breasts in milk, then dip in cereal to coat the outside. Place breasts on baking sheet.
4. Place 1 tsp. margarine on top of each chicken breast.
5. Bake for 20-30 minutes or until chicken is cooked through.

Beef and Noodle Casserole

Yield: 10 servings

Serving size: 1/10 of recipe

Ingredients:

- 1/2 pound egg noodles
- 1 (15oz) can diced tomatoes, drained
- 1 tsp dried basil
- 1 pound ground beef
- 3/4 cup light sour cream
- 3/4 cup low-fat cheddar cheese

Directions:

1. Preheat oven to 350°F. Cook noodles. Drain and set aside.
2. Cook ground beef on medium high until beef is browned. Drain.
3. Add tomatoes, sour cream and basil. Stir well. Cover on low heat for 10 minutes.
4. Place noodles into baking dish, add beef and tomato mixture and toss well to coat. Sprinkle with cheese.
5. Bake for 30 minutes or until cheese is melted.

Crunchy Potato Casserole

Yield: 8 servings

Serving size: 3/4 cup

Ingredients:

- 2 pounds potatoes, peeled and grated
- 1/4 cup margarine, melted
- 1 can (10oz) cream of chicken soup
- 1 cup low-fat cheddar cheese, shredded
- 2 cups corn flakes cereal, crushed into crumbs

Directions:

1. Preheat oven to 350°F.
2. Combine potatoes, margarine and black pepper in a large bowl.
3. Add onion soup, sour cream, and cheese, mix well.
4. Pour into a 13x9 inch baking dish and sprinkle with corn flakes.
5. Bake for 45 minutes.

Dutch Green Beans

Yield: 4 servings

Serving size: 1/4 of recipe cup

Ingredients:

- 1 can (15ounces) green beans
- 1/4 cup brown sugar
- 1/3 cup vinegar
- 1/2 cup bean liquid
- 1 tsp cornstarch
- 1 small sliced onion

Directions:

1. Drain the green beans and save the liquid in a small bowl.
2. Pour 1/2 cup green bean liquid into the saucepan.
3. Add the cornstarch in the green bean liquid. Stir well.
4. Add the vinegar and brown sugar.
5. Put on medium heat and bring to a boil. Turn the heat to low.
6. Add the green beans and onions. Heat and serve.

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Baked Apples and Sweet Potatoes

Yield: 6 servings

Serving size: 1/6 of recipe

Ingredients:

- 5 cooked sweet potatoes
- 4 apples, peeled, cored and sliced
- 1/4 cup margarine
- 1/4 cup hot water

Directions:

1. Boil the sweet potatoes until tender. After cooling, peel and slice.
2. Put a layer of sweet potatoes on the bottom of a casserole dish. Add a layer of apple slices. Add some sugar, salt, and tiny pieces of margarine to the apple layer.
3. Repeat step 2 to make additional layers. On the top layer of apples, sprinkle the rest of the brown sugar and margarine pieces. Sprinkle the top layer with nutmeg.
4. Mix the hot water and honey together. Pour over the top layer.
5. Bake for 30 minutes at 400° F until the apples are tender.

Pumpkin Bars

Yield: 8 servings

Serving size: 1/2 cup

Ingredients:

- 1 (15oz) can pumpkin
- 1/2 cup water
- 1 (18.25oz) box spice cake mix

Directions:

1. Preheat oven to 350°F. Grease a 10x15 inch baking pan. Set aside. A muffin plan may also be used.
2. In a large bowl, combine all ingredients until well blended.
3. Bake for 15 to 20 minutes or until a toothpick inserted near the center comes out clean.

Corn Bread

Yield: 12 servings

Serving size: 2 inch square

Ingredients:

- 1 cup cornmeal
- 2 Tbsp sugar
- 1 egg
- 1 cup skim milk

Directions

1. Heat oven to 425°F. 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 and beat egg with a fork to combine white and yolk. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
4. Pour batter into prepared pan and bake 20 to 25 minutes, until firm to touch.

Peach Crisp

Yield: 4 servings

Ingredients:

- 1 can peaches
- 1 Tbsp cinnamon
- 1 cup low fat granola

Directions:

1. Pour peaches into microwave safe dish.
2. Sprinkle brown sugar, cinnamon, nutmeg, and low fat granola.
3. Heat for 2 minutes.