

OATMEAL PANCAKES

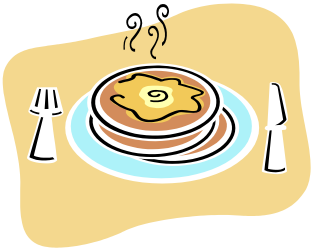
Pancakes are always a favourite and these have a great texture as well. You’ll never go back to packaged mixes after trying these.

1 cup	Rolled oats	} soak oats in milk for 10 minutes	250mL
2 cups	2% milk		500mL
1	egg, beaten	} add to oats and whisk to combine	
¼ cup	vegetable oil		50mL
½ cup	all purpose flour		125mL
½ cup	Whole wheat flour		125mL
2 Tbsp.	Brown sugar		25mL
1 Tbsp.	Baking powder		15mL
½ tsp.	Salt		2mL
½ tsp.	Cinnamon		2mL

Heat non-stick skillet over medium heat. Add a little margarine to lightly grease. Drop batter by spoonfuls onto skillet. When bubbles begin to form on surface, turn and cook until lightly browned. Serve warm with vanilla yogurt and blueberries (or any fruit) Freeze any leftover pancakes. Use cold as a snack in lunches or reheat in toaster for a quick breakfast.

Source: “Food to Grow on”

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FRESH MORNING SMOOTHIE!

Nutrition Tip: This type of breakfast shake is an excellent source of calcium and an easy way to get more fibre in your day. It is also a great way to use up ripe bananas – just throw them in the freezer when they start to go brown and take out as needed. Makes 3 ¼ cups (800mL)

1	banana	1
1 cup	fresh or frozen berries	250mL
1 cup	milk or soy beverage	250mL
¾ cup	low fat vanilla yogurt	175mL

Creation: Liquefy fruit with ¼ cup milk in blender. Add remaining milk and yogurt. Blend until smooth – ENJOY!

Quick Tip: Make this the night before so you’ll have a speedy morning meal to go.

Nutrition fact per serving – 1 ½ cups (375mL)

Calories 234 Protein 9g Fat 4g Carbohydrate 44g

Fibre 3g



CORNBREAD

Kids love this served warm with butter or margarine and maple syrup.

1 cup	cornmeal	250mL
½ cup	flour	125mL
2 Tbsp.	sugar	25mL
1 Tbsp.	baking powder	15mL
1 tsp.	salt	5mL
1	egg, beaten	1
1½ cups	2% milk	375mL
2 Tbsp.	melted butter	25mL

Combine cornmeal, flour, sugar, baking powder and salt in a large bowl and mix well. Mix together egg and milk before adding to dry mixture. Add butter and mix well. Pour into 9 inch square (2.5L) buttered pan and bake at 375 F (190 C) for 25-30 minutes, or until tester inserted in centre comes out clean. Serves 6

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RECIPES



**BULGAR WHEAT, TOFU and SWEET PEPPER
STIR-FRY**

This main-course vegetarian dish is a good source of protein and fiber. If possible, use bulgar instead of cracked wheat; it has a nuttier, richer flavour and takes less time to cook.

1 cup	coarse or medium bulgar or cracked wheat or couscous	250mL
2 Tbsp.	butter	25mL
3	cloves, garlic, minced	3
2 tsp.	ground cumin	10mL
2	sweet red peppers, seeded and cut in strips	2
3 Tbsp.	vinegar	45mL
1/3 cup	water	75mL
1	pkg. (10oz/284 g) fresh spinach, washed, stemmed and cut in strips	1
1 tsp.	salt	5mL
	fresh ground pepper	
¾ lb.	firm-style tofu or bean curd, cut in cubes	350g.

Rinse bulgar under cold water. Place in bowl and add enough cold water to cover by 2 inches/5cm; soak for 1 hour. Drain thoroughly in sieve. In large skillet, melt butter over medium heat, add garlic and cook for a few seconds. Stir in cumin then peppers. Cover and cook for 5 minutes. Add bulgar, vinegar and water; cook, uncovered for 5 minutes or until bulgar is nearly tender, stirring often (cracked wheat will take about 15 minutes longer; add more water if necessary). Add spinach; stir until mixed and spinach is slightly wilted. Season with salt and pepper to taste. Add tofu; cover and simmer for 5 minutes or until heated through and flavours are blended. Makes 6 main-course servings.

Calories preserving: 252 Grams fat preserving: 7
Fiber: Excellent Vitamins A & C and iron: Excellent
Niacin and phosphorus: Good

BEAN BROWNIES

You can’t taste the beans at all, but they add fibre, iron, and protein to this yummy treat!

1 cup	kidney beans, drained and rinsed	250mL
1½ cups	sugar	375mL
¾ cup	flour	175mL
½ cup	cocoa powder, unsweetened	125mL
1 tsp.	salt	5mL
½ cup	vegetable oil	125mL
4	eggs	4
1 tsp.	vanilla	5mL
½ cup	chopped walnuts (optional)	125mL

Spray bottom of 13x9 inch (3.5L) baking pan with non-stick coating, or grease by smearing a thin coating of margarine on the surface. Puree or mash beans until smooth. In a mixing bowl, combine beans, sugar, flour, cocoa and salt. Add oil, eggs and vanilla. Beat on low speed with electric hand mixer or by hand until mixture is smooth. Scrape down the sides of bowl to make sure all of the batter gets blended. Stir in the walnuts. Bake in 350 F (180 C) oven for 30 minutes or until tester inserted into centre comes out clean. Cool in pan on wire rack. Cut into 24 squares.

Source: “Full of Beans” Violet Currie and Kay Spicer



**TUSCAN WHITE KIDNEY BEAN & TOMATO
CASSEROLE**

You’ll want to have a little of this left over – it’s delicious cold. Good as a main course with a green salad and whole-wheat pita bread. It’s a high-fibre dinner that’s easy to make.

1 Tbsp.	vegetable oil	15mL
1	onion, thinly sliced	1
1	clove garlic, minced	1
1	large tomato, seeded and coarsely chopped	1
1	small sweet green pepper, diced	1
¼ tsp.	basil	1mL
Pinch	oregano	Pinch
1	can (19oz/540 mL) white kidney beans, drained	1
	salt and freshly ground pepper	
½ cup	chopped fresh parsley	125mL

In a small heavy saucepan or flameproof casserole, heat oil over medium heat. Add onion and cook until tender. Stir in garlic, tomato and green pepper; cook for 1 minute. Stir in basil, oregano, kidney beans and salt and pepper to taste. Simmer over low heat for 5 minutes or until heated through and flavours are blended. Stir in parsley. Makes 2 main-course servings.

Calories preserving: 243 Grams fat per serving: 7
Fibre: Excellent Iron and Vitamins A and C: Excellent
Phosphorus, thiamine and niacin: Good

From Anne Lindsay’s Smart Cooking Cookbook

