

RECIPES OF THE MONTH

Veggie Chow Mein

Ingredients

- 6 ounces rice noodles
- 4 tsp. oil
- 1 medium onion (finely chopped)
- 2 cloves garlic (finely chopped)
- 1 cup carrot (grated)
- 2 tsp. chicken bouillon
- 1 tsp. hot pepper sauce
- 1 cup broccoli (cut into small pieces)
- 1 cup celery (chopped)
- 1 cup bell pepper (chopped)
- 4 tsp. soy sauce

Directions

1. Prepare noodles according to package directions. Drain and set aside.
2. Sauté onion and garlic with oil in frying pan for 1 minute over medium-high heat.
3. Add carrot, chicken bouillon and pepper sauce. Stir.
4. Add broccoli, celery and bell pepper. Stir.
5. Reduce heat to low and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes.
6. Add salt and pepper to taste.

Serving size—1 serving. Each serving provides 90 calories, 4 g total fat, 0 g saturated fat, 2 g protein, 280 mg sodium, 14 g carbohydrates, 2 g dietary fiber and 3 g total sugars.

Fabulous Fruit Muffins

Ingredients

- 1 ¼ cup flour
- ¼ cup sugar
- 1 tsp. baking powder
- 1 tsp. baking soda
- ¾ cup buttermilk
- 2 Tbsp. butter (melted)
- 1 large egg (beaten slightly)
- ½ tsp. vanilla extract
- 1 cup frozen berries of any kind (coarsely chopped)

Directions

1. Heat oven to 400 F. Spray muffin tin with nonstick cooking spray.
2. In a large bowl, combine the flour, sugar, baking powder and baking soda. Stir well until all ingredients are blended.
3. In another bowl, combine buttermilk, butter, egg and vanilla. Pour this mixture into the dry ingredients.
4. Using a large spoon, gently stir ingredients just until moist. Add fruit and stir gently.
5. Spoon batter evenly into nine muffin cups.
6. Bake 20 to 25 minutes or until golden brown.
7. Serve hot or cold. Muffins may be frozen for later use.

Serving Size—1 muffin. Each serving provides 133 calories, 3 g total fat, 1 g saturated fat, 3 g protein, 175 mg sodium, 22 g carbohydrates, 1 g dietary fiber and 8 g total sugars.