

# FOOD

## LOW FAT Recipes

### Garlic Cheese Biscuits

#### Ingredients

- 2 cups reduced fat baking mix
- 2/3 cup skim milk
- 1/2 cup shredded reduced fat Cheddar Cheese
- 1/2 tsp garlic powder
- Butter flavored nonstick cooking spray(optional)

#### Directions

1. Heat oven to 450° F. Mix baking mix, milk, cheese and garlic powder to make soft dough. Beat vigorously 30 seconds.
2. Drop dough by 10 to 12 spoonfuls onto ungreased cookie sheet.
3. Bake 8 to 10 minutes or until golden brown. Spray warm biscuits with cooking spray before removing from cookie sheet. Serve warm. Makes 10 to 12 biscuits



### Four cheese Vegetable Lasagna

#### Ingredients

- 8 lasagna noodles
- 1 cup carrots, thinly sliced
- 2/3 cup green onions, sliced
- 1/3 cup bell pepper, chopped
- 2 cloves garlic minced
- 1/3 cup all-purpose flour
- 2 cups milk 2% low fat
- 1/3 cup Parmesan cheese grated
- 1/6 tsp salt
- 1/6 tsp pepper
- 6-2/3 oz frozen spinach, thawed
- 1 1/3 tsp vegetable oil cooking spray
- 1 1/3 cups broccoli, chopped
- 1 cup cottage cheese, low fat, drained, squeezed dry
- 2-3 cup mozzarella cheese, part skim milk
- 1/3 Swiss cheese, shredded

#### Directions

1. Cook lasagna noodles, omitting salt and fat. Drain; set aside. Preheat oven to 375 degrees F. Cook broccoli, carrot, onions, bell pepper, and garlic in a Dutch oven coated with cooking spray over medium high heat. Sauté 7 minutes; set aside.
2. Place flour in a medium saucepan. Gradually add milk, stirring with a whisk until blended. Bring to a boil over medium high heat. Cook 5 minutes or until thick, stirring constantly. Add half of the Parmesan cheese, salt, and pepper; cook 1 minute, stirring constantly. Remove from heat, stir in spinach. Reserve 1/2 cup of spinach mixture for top layer of casserole and set aside.
3. Combine cottage, mozzarella, and Swiss cheese; stir well. Spread 1/2 cup spinach mixture in the bottom of a 13 x 9 inch baking dish coated with cooking spray. Arrange 4 lasagna noodles over spinach mixture in dish; top with half of cottage cheese mixture, half of broccoli mixture, and half of remaining spinach mixture. Repeat layers, ending with noodles. Spread reserved 1/2 cup spinach mixture over noodles. Sprinkle with remaining Parmesan mixture.
4. Cover and bake for 35 minutes. Servings: 9



### Chicken & Broccoli Fettuccine Alfredo

#### Ingredients

- 12 oz fettuccine
- 1 lb fat free chicken tenders
- 1 1/4 cups chopped onions
- 2 1/2 cups sliced mushrooms
- 13 1/2 oz can fat free chicken broth
- 1 cup fat free cream
- 20 oz frozen broccoli florets
- 1 tsp white pepper

#### Directions

1. Prepare fettuccine according to package directions; drain and keep warm. Lightly spray a large non-stick skillet with non-fat cooking spray and heat over medium high heat.
2. Add chicken tenders and cook until chicken is no longer pink and is cooked through; remove chicken from skillet and set aside.
3. Lightly respray skillet, sauté onions until soft and transparent, about 5 minutes. Add mushrooms and continue cooking until mushrooms are tender.
4. Stir in chicken broth and cream cheese; heat over medium high heat until mixture almost comes to a boil and thickens.
5. Add chicken, broccoli, and pepper to skillet; cook over medium heat until heated through. Toss with fettuccine and serve immediately.



### Low-fat Blueberry Muffins

#### Ingredients

- 1 1/2 cups all-purpose flour
- 2 tsp baking powder
- 1/2 tsp salt
- 2 eggs
- 1/2 cup skim milk
- 2 Tbsp vegetable oil
- 1/2 tsp vanilla extract
- 1 cup frozen blueberries, thawed and juices reserved

#### Directions

1. Combine the flour, baking powder, and salt in a mixing bowl. In a separate bowl, beat together the eggs, milk, oil, vanilla, and about 1/2 cup of the reserved blueberry juice.
2. Add this mixture along with the blueberries to the dry ingredients and mix until thoroughly combined. Fill muffin tins about 2/3 full with the batter and bake in a preheated 400F oven for 20 to 25 minutes. Makes 12 muffins.



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