



Mediterranean Squash Stew

- ½ butternut squash (3 cups cubed)
- ¼ bunch kale (2 cups chopped)*
- ½ onion (1/2 cup chopped)
- 2 cloves garlic
- 1 ¾ cups diced tomatoes
- 1 tablespoon lemon juice
- 1 tablespoon brown sugar
- 1 teaspoon mustard
- 1 teaspoon oregano
- 1 teaspoon salt
- 2 teaspoons vegetable oil
- 2 cups cooked rice



1. Peel and seed squash. Cut into ½-inch cubes.
2. Wash and chop kale.
3. Chop onion and mince garlic.
4. To make sauce: combine tomatoes, lemon juice, brown sugar, mustard, oregano and salt in medium bowl; set aside.
5. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes or until onion is soft.
6. Stir in squash and sauce. Cover pan, increase heat to medium-high and cook 15 minutes or until squash is tender.
7. Add rice and kale. Cover and cook 5 minutes.

Makes: 5 or 6 servings

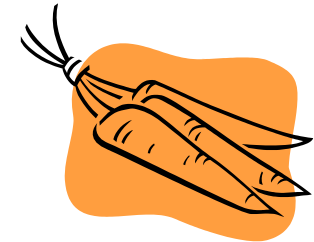
Nutrition Information:

CALORIES 180 (20 from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 500mg; CARBOHYDRATE 36g; FIBER 4g; PROTEIN 4g; CALCIUM 10%; IRON 10%



Carrot Cookies

- 1 cup flour
- 1 teaspoon baking powder
- 1 cup oats
- 1 teaspoon cinnamon
- 1¼ cups shredded carrots
- 1½ cups raisins
- ½ cup applesauce
- ¼ cup vegetable oil
- ½ cup honey



1. Preheat oven to 350°F.
2. In a large bowl, stir together flour, baking powder, oats, cinnamon, carrots and raisins.
3. In a small bowl, stir together applesauce, oil and honey.
4. Mix wet ingredients into dry ingredients.
5. Drop by teaspoonful onto 2 greased cookie sheets to make 36 cookies.
6. Bake 10 minutes. Enjoy!
7. Each serving is 3 cookies

Makes: 12 servings

Nutrition Information:

CALORIES 240 (50 from fat); FAT 6g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 50mg; CARBOHYDRATE 45g; FIBER 3g; PROTEIN 4g; CALCIUM 4%; IRON 10%