



Zucchini Corn Boats

- 6 small (about 8 inch) or 3 medium (about 12 inch) zucchini
- 6 ears of corn
- 1 medium onion, chopped
- 1 tablespoon olive or vegetable oil
- ¼ teaspoon pepper
- ½ cup part skim mozzarella cheese, shredded



1. Preheat oven to 350 degrees.
2. To form “boats” out of the zucchini, lay zucchini on a cutting board and slice off the top third, lengthwise. Hollow out the zucchini by using a spoon or melon baller to scoop out the inner seeds and pulp of the zucchini.
3. Chop the top zucchini slice and pulp.
4. Prepare corn by holding each cob upright and slicing off the kernels.
5. Heat the oil in a large skillet on medium heat. Add onion and cook for five minutes; add chopped zucchini, corn kernels and pepper. Cook an additional 10 minutes or until zucchini is soft.
6. Place zucchini boats in a baking dish. Fill boats with chopped zucchini, corn, and onion mixture. If there is extra zucchini corn mixture, put it in the baking dish along with the boats, or save it for another meal.
7. Top the zucchini corn boats with the shredded cheese.
8. Bake for 30-35 minutes at 350 degrees.

Makes: 6 servings

Nutrition Information:

CALORIES 200 (50 from fat); FAT 6g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 85mg; CARBOHYDRATE 33g; FIBER 5g; PROTEIN 9g; CALCIUM 10%; IRON 6%



Tomato Bruschetta

- 12 slices Italian bread
- 1 clove garlic, sliced in half
- 4 medium ripe tomatoes, cored and diced
- 1 Tbsp dried basil
- 1/4 tsp salt
- 1/4 tsp pepper



1. Toast the Italian bread (in a toaster, or on a baking sheet in an oven set at 400 degrees)
2. Rub the toasted bread with the clove of garlic.
3. Combine the tomatoes, basil, salt, and pepper.
4. Spoon the tomato mixture onto the bread and serve.

Makes: 12 servings

Nutrition Information:

CALORIES 60 (5 from fat); FAT 1g (sat 0g); CHOLESTEROL 0mg; SODIUM 170mg; CARBOHYDRATE 12g; FIBER 1g; PROTEIN 2g; CALCIUM 2%; IRON 4%