



Corny Chili

- 2 15-ounce cans kidney or black beans
- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 15-ounce can diced tomatoes
- 2 tablespoons tomato paste
- 1 10-ounce package frozen corn or corn kernels from 3 ears of fresh corn
- 8-ounce package low-fat cheddar cheese, grated
- hot sauce (optional)



1. Place beans in a colander and rinse with water.
2. Peel onion and chop into small pieces.
3. Add onion and oil to saucepan.
4. Cook over low heat for about 5 minutes, stirring occasionally.
5. Stir in chili and garlic powder. Cook for 1 minute.
6. Add beans, tomatoes, tomato paste and corn. Simmer uncovered on medium low heat for about 15 minutes.
7. Grate cheese. Sprinkle cheese over individual servings and add hot sauce to taste.

Makes: 8 servings

Nutrition Information:

CALORIES 210 (45 from fat); FAT 5g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 650mg; CARBOHYDRATE 28g; FIBER 8g; PROTEIN 14g; CALCIUM 15%; IRON 10%



Apple Filled Squash

- 2 acorn, buttercup or butternut squash
- 2 large apples, peeled, cored and chopped
- 2 ½ tablespoons brown sugar
- 2 ½ tablespoons melted butter
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- Dash of ground cloves (or substitute 1 teaspoon pumpkin pie spice for cinnamon, nutmeg and cloves)

1. Preheat oven to 350.
2. Cut squash in half and remove seeds.
3. Place in baking dish cut side down in about 1 inch of water.
4. Bake for 20 minutes.
5. While squash is cooking, mix apple with other ingredients.
6. Remove squash from oven, turn squash cut side up, and fill with apple mixture.
7. Continue to bake for 20 to 30 minutes, or until tender.

Makes: 4 servings



Nutrition Information:

CALORIES 230 (70 from fat); FAT 8g (sat 4.5g); CHOLESTEROL 20mg; SODIUM 60mg; CARBOHYDRATE 44g; FIBER 6g; PROTEIN 2g; CALCIUM 8%; IRON 10%