



Corny Chili

2 15-ounce cans kidney or black beans
1 medium onion
1 tablespoon vegetable oil
2 teaspoons chili 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
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 powder 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.
8. Sprinkle cheese over individual servings and add hot sauce to taste.

Makes: 8 servings



Nutritional Information:

CALORIES 220 (27% from fat); FAT 6g (sat 3g); IRON 10%; CHOLESTEROL 15mg; CALCIUM 25%; CARBOHYDRATE 28g; SODIUM 430mg; PROTEIN 16g; FIBER 5g

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Apple Filled Squash

2 acorn, buttercup or butternut squash
2 large apples, peeled, cored and sliced
8 teaspoons 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. Cut squash in half and remove seeds.
2. Place in baking dish cut side down in about 1 inch of water.
3. Bake at 350°F for 20 minutes.
4. While squash is cooking, mix apple with other ingredients.
5. Remove squash from oven, and fill with apple mixture.
6. Continue to bake for 20 to 30 minutes or until tender.

Makes: 4 servings (serving size: ½ cup of squash)

Nutritional Information:

CALORIES 240 (29% from fat); FAT 8g (sat 5g);
CHOLESTEROL 20mg; CARBOHYDRATE 45g; SODIUM
60mg; PROTEIN 2g; FIBER 6g

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