

Carrot Oatmeal Cookies

1/3 cup vegetable oil

1/3 cup brown sugar

1/3 cup molasses

1 egg

1 cup flour

½ tsp. baking powder

½ tsp. baking soda

¼ tsp. nutmeg

¼ tsp. cinnamon

¼ cup skim milk powder

½ tsp. salt

1 cup grated carrots

1 ¼ cup quick oats

*In large bowl, beat together the oil, brown sugar, molasses and egg.

*In another bowl. Sift together the flour, baking powder, baking soda, nutmeg, cinnamon, milk powder, and salt. Add the flour mixture to the oil mixture.

*Add the carrots and oats to the flour and oil mixture and mix well. Drop by rounded teaspoonful.

*Bake for 10 minutes at 400.

Creamy Broccoli & Ham Casserole

MAXIMUM
SMALL QUANTITY

Adapted from *Pillsbury Fast and Healthy Magazine*, March/April 1993

casserole dish

Yield: 8

Portion: 3/4 cup (175 mL)

Cost per serving: \$0.44

2 1/2 cups	pasta (penne, fusilli, or macaroni)	625 mL
2 cups	broccoli florets, frozen	500 mL
1 cup	Toupie-style ham, diced	250 mL
1/2 cup	cream cheese, light	125 mL
1/2 cup	1% milk	125 mL
1/4 tsp	pepper	1 mL

- 1 Boil a large pot of water. Add the pasta and cook until al dente (firm but not hard). At the same time, place the ham in a second large pot filled with water and boil while the pasta is cooking.
 - 2 Meanwhile, whisk the cream cheese and milk together in a bowl until smooth. Season with the pepper.
 - 3 Add the frozen broccoli to the pasta and cook for 4 minutes longer. Drain.
 - 4 Drain the water from the ham, dice, and add to the pasta and broccoli.
 - 5 In the casserole dish, combine the pasta, ham, and broccoli with the milk/cream-cheese mixture.
 - 6 The casserole may be served immediately or held in the oven to keep warm until serving.
- NOTE: The mixture will become less creamy as it sits in the oven.

Fresh broccoli can be used for this recipe, but it will need to be cooked separately while the pasta is cooking.

Toupie-style ham is a ready-to-serve ham; however, it is high in salt. This recipe does not need any additional salt.

This casserole also works well with tuna, salmon, or chicken.

Tutti Frutti Couscous

½ cup couscous (uncooked)

½ cup whole milk, heated

½ tsp. margarine

1 tsp. cinnamon

1 tsp. maple syrup

½ apple peeled and diced

15 grapes cut in quarters

(or any other combination of fruits)

½ cup vanilla yogurt

*Pour couscous into a bowl, add hot milk and butter. Stir.

Cover the bowl and let stand for 5 minutes. Add cinnamon and maple syrup and fluff the couscous with fork.

Add fruit and stir. Serve in small bowls and top with small amount of yogurt.

Seafood Veracruz

Tomato sauce *213 ml*

½ cup salsa

1 lb. haddock fillets

*Preheat oven to 450. Combine tomato sauce and salsa. Place fish on large sheets of tin foil. Top with tomato/salsa mixture. Make a packet with tin foil. Bake on a cookie sheet for 20 minutes.