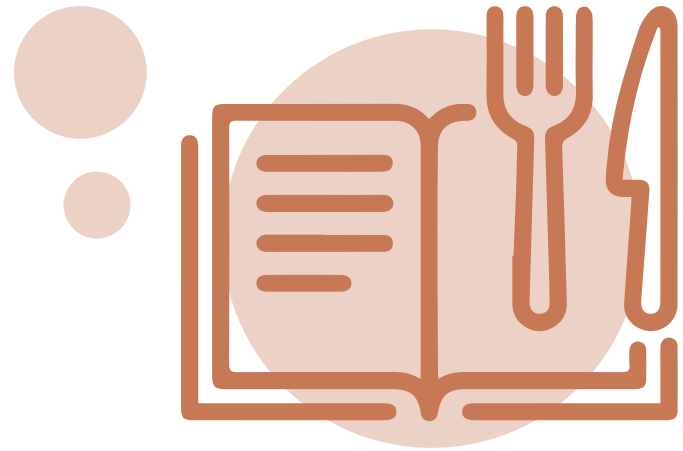


Fall Veggie Casserole

Makes: 8 servings



Ingredients

1 medium eggplant
4 tomatoes
1 green pepper
1 onion
1 tsp. salt
¼ tsp. black pepper
3 Tbsp. vegetable oil
1 clove garlic
2 Tbsp. grated Parmesan cheese

Nutritional Information (per serving)

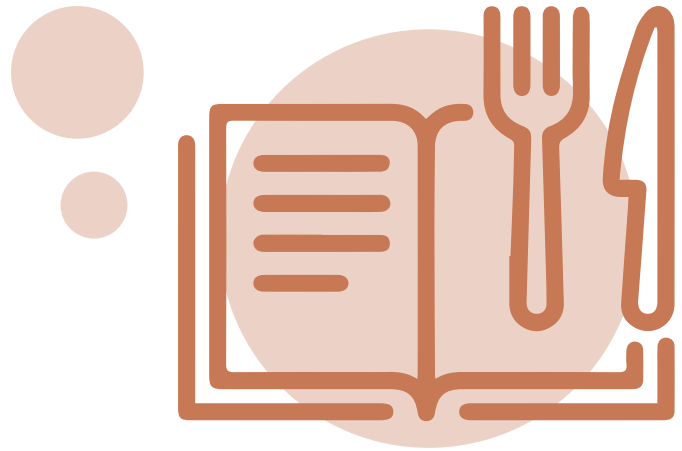
Calories: 86
Total fat: 6 g
Saturated fat: 1 g
Cholesterol: 1 mg
Sodium: 313 mg
Carbohydrate: 8 g
Dietary fiber: 3 g
Total sugars: 6 g
Added sugars included: 0 g
Protein: 2 g
Vitamin D: 0 mcg
Calcium: 32 mg
Iron: 0 mg
Potassium: 334 mg

Directions

- 1 | Remove the skin from the eggplant. Cut the eggplant into cubes.
- 2 | Chop the tomatoes into small pieces.
- 3 | Cut the green pepper in half. Remove the seeds and cut them into small pieces.
- 4 | Dice the onion.
- 5 | Cut the garlic into tiny pieces.
- 6 | Cook the first eight ingredients in a large skillet until tender.
- 7 | Top with Parmesan cheese, and serve.

Winter Crisp

Makes: 6 servings



Ingredients

2 Tbsp. cinnamon
3 Tbsp. margarine
½ cup sugar
3 Tbsp. all-purpose flour
1 tsp. grated lemon peel
5 cups apple (unpeeled, sliced)
1 cup fresh cranberries
⅔ cup rolled oats
⅓ cup brown sugar
¼ cup whole-wheat flour

Nutritional Information (per serving)

Calories: 289
Total fat: 7 g
Saturated fat: 1 g
Cholesterol: 0 mg
Sodium: 54 mg
Carbohydrate: 58 g
Dietary fiber: 6 g
Total sugars: 39 g
Added sugars included: 27 g
Protein: 3 g
Vitamin D: 0 mcg
Calcium: 50 mg
Iron: 1 mg
Potassium: 236 mg

Directions

- 1 | For the filling, combine the sugar, flour and lemon peel in a medium bowl and mix well.
- 2 | Stir in the apples and cranberries.
- 3 | Spoon the filling into a 6-cup baking dish.
- 4 | For the topping, combine the oats, brown sugar, flour and cinnamon in a small bowl.
- 5 | Stir in the melted margarine.
- 6 | Sprinkle the topping over the filling.
- 7 | Bake at 375 F for 40 minutes or until the filling is bubbly and the top is brown.
- 8 | Serve warm or at room temperature.