



Cooking Low-Fat

Vol 1



Main Dishes

Candied Chicken Breasts

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| 10 skinless, boneless chicken breast halves | 1/4 cup prepared mustard |
| 2 cups dry bread crumbs | 1/2 cup ketchup |
| 2 tablespoons all-purpose flour | 1 tablespoon Worcestershire sauce |
| 1 tablespoon dried oregano | 1 tablespoon soy sauce |
| 2 teaspoons salt | 1/4 cup grated onion |
| 2 teaspoons ground black pepper | 1/2 teaspoon salt |
| 1 tablespoon vegetable oil | 3/4 cup water |
| 1 1/2 cups packed brown sugar | 10 pineapple rings |

1. Rinse chicken breasts and pat dry. In a shallow dish or bowl, mix together the bread crumbs, flour, oregano, 2 teaspoons salt and pepper. Heat oil in a large skillet over medium high heat; dredge chicken in bread crumb mixture and brown in skillet, about 3 to 4 minutes each side. Layer chicken in 2 lightly greased 9x13 inch baking dishes.
2. Preheat oven to 350 degrees F (175 degrees C).
3. In a large saucepan over low heat, combine the brown sugar, mustard, ketchup, Worcestershire sauce, soy sauce, onion, 1/2 teaspoon salt and water. Bring to a boil, and pour over chicken. Cover baking dishes with aluminum foil.
4. Bake in preheated oven for 1 hour, or until chicken is no longer pink and juices run clear. Top each piece with a pineapple ring, and serve.



Fresh Veggie Bagel

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| 1 bagel, sliced in half | 2 slices tomato |
| 1 tablespoon coarse-grain brown mustard | salt and freshly ground black pepper to taste |
| 1 leaf romaine lettuce | 2 slices red onion |
| 2 (1/4 inch thick) rings green bell pepper | 1/2 cup alfalfa sprouts |
| 4 slices cucumber | |

1. Spread mustard onto the cut sides of the bagel.
2. Layer the lettuce, green pepper, cucumber, and tomato on one half.
3. Season the tomato with salt and pepper.
4. Top with onion and alfalfa sprouts, then cover with the other half of the bagel.

Unslippy Joes

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| 1 tablespoon olive oil | 1 1/2 tablespoons chili powder |
| 1/2 cup chopped onion | 1 tablespoon tomato paste |
| 1/2 cup chopped celery | 1 tablespoon distilled white vinegar |
| 1/2 cup chopped carrots | 1 teaspoon ground black pepper |
| 1/2 cup chopped green bell pepper | 1 (15 ounce) can kidney beans, drained and rinsed |
| 1 clove garlic, minced | 8 kaiser rolls |
| 1 (14.5 ounce) can diced tomatoes | |

1. Heat olive oil in a large skillet over medium heat. Add onion, celery, carrot, green pepper, and garlic: saute until tender. Stir in tomatoes, chili powder, tomato paste, vinegar, and pepper. Cover, reduce heat, and simmer 10 minutes.
2. Stir in kidney beans, and cook an additional 5 minutes.
3. Cut a 1/4 inch slice off the top of each kaiser roll; set aside. Hollow out the center of each roll, leaving about 1/2 inch thick shells; reserve the inside of rolls for other uses.
4. Spoon bean mixture evenly into rolls and replace tops. Serve immediately.

Eggplant and Tomato Bake

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| 3 large eggplants | 1 (10.75 ounce) can tomato puree |
| 1 1/2 teaspoons salt | 1/4 cup water |
| 2 onions, chopped | 1 pinch ground black pepper |
| 2 cloves garlic, crushed | 2 (8 ounce) containers plain low-fat yogurt |
| 1 tablespoon olive oil | 1/4 cup wheat germ or whole wheat bread-crumbs |
| 1 teaspoon dried basil | 2 tablespoons grated Parmesan cheese |
| 1 teaspoon dried oregano | |
1. Slice the eggplants into 1/4 inch slices and lightly salt them. Leave them to sweat for 30 minutes. While the eggplant are set aside, saute the onions, garlic, and olive oil in a large skillet over a low heat, covering the pan with a lid to keep them moist. Saute the onions until they are soft and turning gold in color.
 2. Mix the basil, oregano, tomato puree, water, salt and pepper into the pan of onions and simmer for ten minutes.
 3. While the mixture is simmering, rinse off the eggplant slices and steam them either in a microwave steamer basket (in two batches at 10 minutes each) or in a steamer over the stove.
 4. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch baking dish with non-aerosol cooking spray.
 5. Spread 2 to 3 tablespoons of the tomato sauce-mixture over the bottom of the prepared baking dish. Arrange one layer of the eggplants on the bottom of the dish. Pour one third of the tomato sauce over the eggplant. Pour one container of yogurt over the tomato sauce. Repeat the eggplant layer, tomato sauce, yogurt, eggplants, and top the dish with the remaining tomato sauce.
 6. Cover dish with foil and bake for 30 minutes. Uncover and sprinkle the wheat germ or breadcrumbs over the top of the casserole, followed by the Parmesan cheese. Bake for another 20 to 30 minutes; until topping is golden brown.

Main Dishes

Vegetarian Meatloaf with Vegetables

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| 1/2 (14 ounce) package vegetarian ground beef (e.g., Gimme Lean TM) | 1 teaspoon ground sage |
| 1 (12 ounce) package vegetarian burger crumbles | 1/2 teaspoon garlic powder |
| 1 onion, chopped | 2 teaspoons prepared mustard |
| 2 eggs, beaten | 1 tablespoon vegetable oil |
| 2 tablespoons vegetarian Worcestershire sauce | 3 1/2 slices bread, cubed |
| 1 teaspoon salt | 1/3 cup milk |
| 1/3 teaspoon pepper | 1 (8 ounce) can tomato sauce |
| | 4 carrots, cut into 1 inch pieces |
| | 4 potatoes, cubed |
| | 1 cooking spray |
1. Preheat oven to 350 degrees F (175 degrees C).
 2. In a large bowl combine vegetarian ground beef, vegetarian ground beef crumbles, onion, eggs, Worcestershire sauce, salt, pepper, sage, garlic powder, mustard, oil, bread cubes and milk. Transfer to a 9 x 13 inch baking dish and form into a loaf. Pour tomato sauce on top.
 3. Place carrots and potatoes around loaf and spray vegetables with cooking spray.
 4. Bake 30 to 45 minutes; turn vegetables. Bake another 30 to 45 minutes. Let stand 15 minutes before slicing.

Main Dishes

Vegetarian Chili

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| 1 tablespoon olive oil | 2 green bell peppers, chopped |
| 1/2 medium onion, chopped | 2 jalapeno peppers, chopped |
| 2 bay leaves | 3 cloves garlic, chopped |
| 1 teaspoon ground cumin | 2 (4 ounce) cans chopped green chile peppers, drained |
| 2 tablespoons dried oregano | 2 (12 ounce) packages vegetarian burger crumbles |
| 1 tablespoon salt | 3 (28 ounce) cans whole peeled tomatoes, crushed |
| 2 stalks celery, chopped | |

1. Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chile peppers. When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes.
2. Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.



Vegetarian Goulash

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| 1 teaspoon olive oil | 1 (14.5 ounce) can whole peeled tomatoes, chopped, juice reserved |
| 1/2 medium onion, thinly sliced | 1/2 cup red wine |
| 1 small green bell pepper, thinly sliced | 1 teaspoon dried oregano |
| 4 ounces mycoprotein pieces, e.g., Quorn™ | 1 teaspoon tomato puree |
| 1 clove garlic, chopped | 1 teaspoon sugar |
| 1 teaspoon paprika | salt and pepper to taste |

1. Heat the olive oil in a large skillet over medium heat, and saute the onion 5 minutes, until tender. Mix in the green pepper and mycoprotein pieces, and saute 5 minutes, until the pepper is tender. Mix in the garlic and paprika.
2. Stir the tomatoes with their juice into the skillet. Mix in the wine, oregano, and tomato puree. Bring the mixture to a boil. Reduce heat to low, and simmer 25 minutes, until thickened. Just before serving, stir in the sugar, and season with salt and pepper.

Baked Honey Mustard Chicken

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| 6 skinless, boneless chicken breast halves | 1/2 cup prepared mustard |
| salt and pepper to taste | 1 teaspoon dried basil |
| 1/2 cup honey | 1 teaspoon paprika |
| | 1/2 teaspoon dried parsley |

1. Preheat oven to 350 degrees F (175 degrees C).
2. Sprinkle chicken breasts with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish. In a small bowl, combine the honey, mustard, basil, paprika, and parsley. Mix well. Pour 1/2 of this mixture over the chicken, and brush to cover.
3. Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture. Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.

Halibut with Rice Wine

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| 1 teaspoon vegetable oil | 1 tablespoon rice vinegar |
| 1 shallots, finely chopped | 6 (4 ounce) fillets halibut, skin removed |
| 2 cloves garlic, finely chopped | 1 teaspoon sesame oil |
| 1 tablespoon black bean sauce | 1/4 teaspoon pepper |
| 1/2 cup mirin (Japanese sweet wine) | 2 tablespoons chopped fresh cilantro |
| 1 tablespoon soy sauce | |

1. Heat oil in non-stick saucepan over medium heat. Cook shallots and garlic gently until fragrant, but not brown. Stir in black bean sauce, rice wine, and soy sauce. Bring to boil and cook until reduced by half. Remove from heat, and stir in vinegar; set aside.
2. Pat fish dry. Rub with sesame oil and sprinkle with pepper. Preheat an outdoor grill for high heat, and lightly oil grate.
3. Grill fish for about 5 minutes per side, or just until cooked through. Sprinkle with cilantro. Serve with sauce poured over top.

Tuna Noodle Casserole

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| 2 cups sliced mushrooms | 1 tbsp. corn starch mixed with 1/2 cup water |
| 1 large onion, diced | 1 cup green peas |
| 1 can tuna with liquid | 3 cups fusilli pasta, cooked |
| 1 1/2 cups milk (skim for fat free) | |

1. Saute' mushrooms and onions until tender.
2. Pour the liquid from the tuna into the pan.
3. Add milk and cornstarch.
4. Bring to a simmer until thick.
5. Add the tuna, and peas.
6. Add pasta and let simmer for about 2 minutes.

Main Dishes

Mustard Crusted Tilapia

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| 2 (6 ounce) fresh tilapia fillets | 1/4 teaspoon dried oregano |
| 1 teaspoon spicy brown mustard | 1/2 teaspoon grated Parmesan cheese |
| 1 teaspoon Worcestershire sauce | 1 teaspoon fine Italian bread crumbs |
| 1/2 teaspoon lemon juice | |
| 1/4 teaspoon garlic powder | |

1. Preheat oven to 375 degrees F (190 degrees C). Spray a glass baking dish with cooking spray.
2. Place tilapia fillets into prepared baking dish, and bake in preheated oven for 10 minutes. Meanwhile, stir together the mustard, Worcestershire sauce, lemon juice, garlic powder, oregano, and Parmesan cheese.
3. When fish has cooked for 10 minutes, spread with herb paste, and sprinkle with bread crumbs. Continue baking for another 5 minutes until the topping is bubbly and golden.



Side Dishes

Zucchini Risotto

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| 7 cups vegetable or chicken stock | 1 teaspoon dried thyme, crushed |
| 1 tablespoon butter | 6 tablespoons freshly grated Parmesan (or mozzarella) cheese |
| 1 medium onion, chopped | 1 tablespoon chopped fresh basil leaves, or to taste (optional) |
| 2 cups Arborio rice, uncooked | freshly ground black pepper to taste |
| 1/2 medium zucchini, thinly sliced with a vegetable peeler | |
| 10 sun-dried tomatoes, softened and chopped | |

1. Bring vegetable or chicken stock to a boil in a medium stock pot, then reduce heat to a low simmer.
2. Melt butter in a large, heavy bottomed stock pot over medium heat. Stir in onions and cook for 2 minutes, or until softened. Add the rice and cook for another 2 minutes, stirring constantly, until lightly toasted. Gradually ladle in simmering vegetable stock, stirring continuously. Risotto will become “creamy” and slightly sticky, yet still firm in the center, or al dente.
3. When almost finished, stir in the zucchini, sun-dried tomatoes, and thyme, adding stock as needed and stirring continuously. Stir in basil and 3 tablespoons cheese just before serving. Divide risotto among 6 bowls, sprinkle with remaining cheese, and season with pepper to taste.



- 1 tablespoon vegetable oil
- 1 red onion, chopped
- 1 cup long-grain white rice

Onion Rice

- 1 teaspoon ground black pepper
- 2 cups chicken broth

1. Heat the oil in a saucepan over medium heat. Stir in the onion, and cook until almost tender. Stir in rice, and continue cooking until coated with oil. When onion is tender and rice begins to brown lightly, season with pepper, and pour in the broth. Bring to a boil. Reduce heat to low, cover, and simmer 20 minutes.

Spinach and Pasta Shells

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| 1 pound seashell pasta | 7 cloves garlic, minced |
| 1 (10 ounce) package frozen chopped spinach | 1 teaspoon dried red pepper flakes (optional) |
| 2 tablespoons olive oil | salt to taste |

1. Bring a large pot of lightly salted water to a boil. Add pasta and spinach and cook for 8 to 10 minutes or until pasta is al dente; drain and reserve.
2. Heat oil in a large skillet over medium heat. Add garlic and red pepper flakes; saute for 5 minutes or until the garlic turns light gold. Add cooked pasta and spinach to the skillet and mix well. Season with salt and toss; serve.

Baked French Fries

3 russet potatoes, sliced into 1/4 inch strips 1/4 cup grated Parmesan cheese
cooking spray salt and pepper to taste
1 teaspoon dried basil

1. Preheat oven to 400 degrees F (200 degrees C). Lightly grease a medium baking sheet.
2. Arrange potato strips in a single layer on the prepared baking sheet, skin sides down. Spray lightly with cooking spray, and sprinkle with basil, Parmesan cheese, salt and pepper.
3. Bake 25 minutes in the preheated oven, or until golden brown.



Side Dishes

Superfast Asparagus

1 pound asparagus 1 teaspoon Cajun seasoning

1. Preheat oven to 425 degrees F (220 degrees C).
2. Snap the asparagus at the tender part of the stalk. Arrange spears in one layer on a baking sheet. Spray lightly with nonstick spray; sprinkle with the Cajun seasoning.
3. Bake in the preheated oven until tender, about 10 minutes.

Mexican Rice

1 cup long grain white rice 1 tomato, seeded and chopped
1 tablespoon vegetable oil 1 cube chicken bouillon
1 1/2 cups chicken broth salt and pepper to taste
1/2 onion, finely chopped 1/2 teaspoon ground cumin
1/2 green bell pepper, finely chopped 1/2 cup chopped fresh cilantro
1 fresh jalapeno pepper, chopped 1 clove garlic, halved

1. In a medium sauce pan, cook rice in oil over medium heat for about 3 minutes. Pour in chicken broth, and bring to a boil. Stir in onion, green pepper, jalapeno, and diced tomato. Season with bouillon cube, salt and pepper, cumin, cilantro, and garlic. Bring to a boil, cover, and reduce heat to low. Cook for 20 minutes.

Salads

Adrienne's Cucumber Salad

4 cucumbers, thinly sliced 1/2 cup water
1 small white onion, thinly sliced 3/4 cups white sugar
1 cup white vinegar 1 tablespoon dried dill,
or to taste

1. Toss together the cucumbers and onions in a large bowl.
2. Combine the vinegar, water and sugar in a sauce pan over medium-high heat.
3. Bring to a boil, and pour over the cucumbers and onions.
4. Stir in dill, cover and refrigerate until cold.
5. This can also be eaten at room temperature, be sure to allow the cucumbers to marinate for at least 1 hour.



Rachel's Cream Cheese Fruit

2 pears 8 ounces fat-free strawberry cream cheese
2 apples, cored and chopped 1/2 cup packed light brown sugar
2 ripe bananas, sliced 2 teaspoons vanilla extract
1 pint fresh strawberries, sliced 1/2 tablespoon ground cinnamon
3 cups seedless grapes 1 cup fat-free pretzels
1/2 lemon, juiced

1. Combine the pears, apples, bananas, strawberries and grapes. Add lemon juice and toss.
2. Blend together the cream cheese, brown sugar, vanilla, and cinnamon; add the fruit and pretzels. Fold together. Serve immediately with a dollop of lite whipped topping or refrigerate until chilled.

Applesauce Salad

2 cups water 1 (6 ounce) package cherry flavored jello mix
1/2 cup cinnamon red hot candies 2 cups applesauce

1. Bring the water to a boil.
2. Dissolve the cinnamon red hot candies in the boiling water.
3. Mix in and dissolve the cherry flavored gelatin.
4. Transfer to a medium bowl.
5. Mix in the applesauce.
6. Chill in the refrigerator 4 hours, or until firmly gelled.

Broccoli Salad

4 cups fresh broccoli florets 1/4 cup plain yogurt
1/4 cup red onion, finely diced 2 tablespoons orange juice
3 tablespoons raisins 1 tablespoon fat-free mayonnaise
2 tablespoons dry roasted sunflower seeds

1. Combine the broccoli, onions, raisins, and sunflower seeds.
2. In a small bowl, whisk the yogurt, orange juice, and mayonnaise until blended. Pour over the broccoli mixture and toss to coat.



Spinach and Berry Salad with Non-Fat Curry Dressing

6 ounces fresh spinach, torn in bite-sized pieces

1 cup thickly sliced strawberries

1 cup blueberries

1 small red onion, thinly sliced, pulled into rings

1/2 cup chopped pecans

Non-Fat Curry Dressing

2 tablespoons balsamic vinegar

2 tablespoons rice vinegar

4 teaspoons honey

1 teaspoon curry powder

2 teaspoons Dijon mustard

Salt, pepper to taste

1. Wash and dry spinach.
2. Whip together dressing.
3. Add to spinach and toss lightly.
4. Add berries, onion and pecans.
5. Toss lightly.

Zucchini and Carrot Coleslaw

2 cups shredded zucchini

1 cup shredded carrot

1/4 cup low-fat creamy salad dressing (such as Miracle Whip Light®)

1 teaspoon white sugar

1. Place zucchini in a colander and let drain thoroughly, about 30 minutes.
2. Toss with carrot in a large salad bowl; stir in creamy salad dressing and sugar.
3. Chill the coleslaw for 1 hour to blend flavors, stir again, and season with salt and black pepper.

Salads

Low Fat Coleslaw

2 tablespoons fat-free mayonnaise 1 teaspoon white sugar

1/4 cup low-fat milk

1 teaspoon salt

1 tablespoon white vinegar

1 head cabbage, finely shredded

1 tablespoon apple cider vinegar

1 small onion, minced

1 tablespoon fresh lemon juice

1 carrot, shredded and chopped

1. Whisk mayonnaise, low-fat milk, white vinegar, apple cider vinegar, lemon juice, sugar, and salt together in a bowl and allow dressing to stand while preparing vegetables, about 20 minutes.
2. Pour dressing over cabbage, onion, and carrot in a large salad bowl and toss to combine. For best flavor, refrigerate slaw at least 2 hours to overnight.

Low Fat Coleslaw

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Desserts

Mom's Applesauce Pancakes

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| 2 cups dry pancake mix | 1 cup applesauce |
| 1 teaspoon ground cinnamon | 1 teaspoon lemon juice |
| 2 eggs | 1/2 cup milk |

1. In a large bowl, stir together pancake mix and cinnamon. Make a well in the center of the pancake mix. Add the eggs, applesauce, lemon juice and milk; stir until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.



Brownie Oat Cookies

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| 2/3 cup all-purpose flour | 1/4 teaspoon salt |
| 2/3 cup white sugar | 2 egg whites |
| 1 cup quick cooking oats | 1/3 cup light corn syrup |
| 1/3 cup unsweetened cocoa powder | 1 teaspoon vanilla extract |
| 1 teaspoon baking powder | |

1. Spray cookie sheet with non-stick spray. Preheat oven to 350 degrees F (175 degrees C).
2. In a bowl, mix the flour, sugar, oats, cocoa powder, baking powder, and salt. Mix in the egg whites, syrup, and vanilla. Drop by spoonfuls on the prepared cookie sheet.
3. Bake 10 minutes in the preheated oven.

Banana Oatmeal Crumb Cake

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| 1/2 cup butter, softened | 1/4 teaspoon salt |
| 2/3 cup packed brown sugar | 1 teaspoon baking soda |
| 2 eggs | 3/4 cup rolled oats |
| 1 cup mashed bananas | 1/3 cup packed brown sugar |
| 1 teaspoon vanilla extract | 2 tablespoons butter, melted |
| 3/4 cup all-purpose flour | 2 tablespoons chopped walnuts |
| 1 1/3 cups rolled oats | 1/2 teaspoon ground cinnamon |

1. Stir together flour, 1 1/3 cups oats, salt, and baking soda.
2. In a large bowl, cream 1/2 cup butter or margarine with 2/3 cup brown sugar. Beat in the eggs, then the bananas and vanilla. Beat the flour mixture into the banana mixture. Turn the batter into a greased and floured 8 inch square pan.
3. Mix 3/4 cup oats, 1/3 cup brown sugar, melted butter or margarine, walnuts, and cinnamon together until crumbly. Sprinkle evenly over the top of the batter.
4. Bake in preheated oven at 350 degrees F (175 degrees C) for 40 to 45 minutes, or until it tests done. Transfer to a rack to cool.



Chocolate Pudding Cake

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| 1 cup all-purpose flour | 1/2 cup milk |
| 3/4 cup white sugar | 2 tablespoons vegetable oil |
| 2 tablespoons unsweetened cocoa powder | 1 teaspoon vanilla extract |
| 2 teaspoons baking powder | 3/4 cup packed brown sugar |
| 1/4 teaspoon salt | 1/4 cup unsweetened cocoa powder |
| | 1 1/2 cups boiling water |

1. Preheat oven to 350 degrees F (175 degrees C).
2. In ungreased 9 inch square pan, stir together flour, white sugar, cocoa, the baking powder, and salt. Mix in milk, oil, and vanilla with a fork until smooth.
3. Spread batter evenly in pan (batter will be thick). Sprinkle with brown sugar and 1/4 cup cocoa. Pour boiling water over batter.
4. Bake at 350 degrees F (175 degrees C) for 40 minutes. Let stand 15 minutes, then spoon into dessert dishes or cut into squares. Invert each square onto dessert plate and spoon sauce over each serving. Top with ice cream or whipped topping, if desired.



Desserts

Almost No Fat Banana Bread

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| 1 1/2 cups all-purpose flour | 1/2 teaspoon ground cinnamon |
| 3/4 cup white sugar | 2 egg whites |
| 1 1/4 teaspoons baking powder | 1 cup banana, mashed |
| 1/2 teaspoon baking soda | 1/4 cup applesauce |

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x4 inch loaf pan.
2. In a large bowl, stir together flour, sugar, baking powder, baking soda and cinnamon. Add egg whites, bananas and applesauce; stir just until combined. Pour batter into prepared pan.
3. Bake in preheated oven for 50 to 55 minutes, until a toothpick inserted into center of loaf comes out clean. Turn out onto wire rack and allow to cool before slicing.





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