

[IMAGE]

Summer Delights

By Carey Emmons, RD, LDN

APPLE UPSIDE-DOWN CAKE - Copyright © Stock Photo / Register Mark **APPLE UPSIDE-DOWN CAKE**

Prep time: about 20 minutes

Total cook time: 35-45 minutes

Makes about 9 servings

Ingredients

3 tbsp. all natural lower calorie butter

1/2 cup lightly packed brown sugar

3 apples, cored, peeled and sliced

Cake:

1/3 cup low fat butter

1/2 cup agave

1/4 cup egg substitute

1 1/2 tsp. vanilla

1 3/4 cups whole wheat flour

3 tsp. baking powder

1/2 tsp. salt

3/4 cup skim milk

In an 8-inch square baking pan, melt 3 tablespoons of low-fat butter. Sprinkle the melted butter with brown sugar. Top the brown sugar with apples (or other fruit, see below).

Directions

Beat 1/3 cup room temperature low-fat butter with 3/4 cup sugar substitute. Add egg substitute, beat until light. Stir together the whole wheat flour, baking powder and salt. Stir 1/3 flour mixture into egg mixture and beat for 10 seconds. Add vanilla to skim milk and stir half of the skim-milk mixture into the flour/egg mixture, continue adding flour, then milk alternately until all ingredients for cake batter are mixed. Pour batter over the sugar and fruit in the pan.

Bake in a preheated 325°F oven for 30-40 minutes – or until slightly brown.

Invert cake at once onto a serving dish. Serve warm with non-fat frozen vanilla yogurt or non-fat whipped cream.

Health Benefits: Most low-fat butters have about 28 percent less saturated fat than regular butter, and using egg substitute (in place of regular eggs) saves about 6 grams of fat. Also, using whole wheat flour increases the fiber content in the recipe.

BANANA NUT BREAD

Banana Nut Bread - Copyright © Stock Photo / Register Mark Total Time: 1 hour 30 minutes

Prep time: 15 minutes

Servings: 12 servings (1 slice each)

Ingredients

Cooking spray

1-3/4 cups whole wheat flour

1 teaspoon baking soda

1/2 teaspoon ground cinnamon

1/2 teaspoon salt

1/2 cup honey

1/4 cup olive oil

1/2 cup egg substitute

3 medium very ripe bananas, mashed

1 teaspoon vanilla extract

1/4 cup chopped pecans

Directions

Preheat oven to 350°F. Spray 9x5-inch loaf pan with cooking spray; set aside. Stir together whole wheat flour, baking soda, cinnamon and salt with wire whisk in medium bowl; set aside.

Mix honey and olive oil together in medium bowl until well combined. Add egg substitute; mix well. Add banana and vanilla; mix well. Blend in whole wheat flour mixture and nuts. Spread batter in prepared pan. Bake 55 to 60 minutes or until wooden pick inserted in center of loaf comes out clean. Cool in pan on wire rack 20 minutes before removing from pan. Store leftovers in airtight container up to three days.

Health Benefits: Olive oil has more health benefits – it has a lower smoke point than vegetable oil because it has a lower fat content. Using egg substitute (in place of regular eggs) saves about 6 grams of fat. Bananas are one of the best sources of potassium, an essential mineral for maintaining normal blood pressure and heart function. The average banana contains about 467 mg of potassium and only 1 mg of sodium, a banana a day may help to prevent high blood pressure and protect against atherosclerosis.

LOW-FAT ONION DIP

Low-fat Onion Dip - Copyright © Stock Photo / Register Mark Total time 55 min

Prep 10 min servings

3 cups or 24 servings, 2 Tbsp. each

Ingredients

1 large Vidalia or sweet onion, coarsely chopped

1 pkg. (8 oz.) Fat free mozzarella cheese

1 cup low-fat Mayonnaise

1 Tbsp. Low-fat Parmesan Cheese

Directions

HEAT oven to 325°F. Mix first three ingredients. Spread onto bottom of 9-inch pie plate; sprinkle with Parmesan. Bake 45 minutes or until golden brown. Serve with low fat crackers or chips.

Health Benefits: Onions contain a number of sulfides similar to those found in garlic which may lower blood lipids and blood pressure. Also, you'll save about 5 grams of fat by using fat-free mayonnaise.

MEXICAN CHICKEN CASSEROLE

Mexican Chicken Casserole - Copyright © Stock Photo / Register Mark Total time 45 min

Prep 20 min

Servings 4 servings

Ingredients

3/4 lb. boneless skinless chicken breasts, cut into bite-size pieces

1 tsp. Ground cumin

1 green pepper, chopped

1-1/2 cups chunky salsa

2 oz. (1/4 of 8-oz. pkg.) fat free cream cheese

1 can (15 oz.) no-salt-added black beans, rinsed

1 tomato, chopped

2 whole wheat tortillas (6 inch)

1/2 cup fat free cheddar cheese

Directions

HEAT oven to 375°F.

Cook and stir chicken and cumin in nonstick skillet sprayed with cooking spray on medium heat 2 min. Add peppers; cook 2 min., stirring occasionally. Stir in salsa; cook 2 min. Add cream cheese; cook 2 min. or until melted. Stir in beans and tomatoes.

SPOON 1/3 of chicken mixture into 8-inch square baking dish; cover with 1 tortilla and half each of the remaining chicken mixture and shredded cheese. Top with remaining tortilla and chicken mixture; cover.

BAKE 20 min. or until heated through. Sprinkle with remaining shredded cheese; bake, uncovered, 5 min. or until melted.

Health Benefits: Although whole wheat pasta and refined white pasta both have a similar number of carbohydrates listed on the nutrition facts label, the whole wheat version will keep you fuller longer due to the higher fiber content. By using fat free cream cheese and fat free cheddar cheese, you'll save about 50 grams of fat!

CHOCOLATE-PEANUT BUTTER BREAKFAST BARS

Chocolate-Peanut Butter Breakfast Bars - Copyright © Stock Photo / Register Mark Hands On: 10 minutes

Total Time: 30 minutes

Servings: 16 servings (1 bar each)

Ingredients

Cooking spray

1-1/2 cups quick-cooking rolled oats

1 cup whole wheat flour

1 cup firmly packed brown sugar

3/4 cup reduced fat peanut butter

1 cup egg substitute

1/2 cup mini semisweet chocolate morsels

Directions

Preheat oven to 350°F. Spray 13x9-inch baking pan with baking spray. Combine oats, flour and sugar in large bowl. Cut in peanut butter with pastry blender or two knives until mixture resembles coarse crumbs. Stir in Egg Beaters and chocolate morsels. Press mixture evenly into prepared pan. Bake 20 minutes, or until lightly browned. Cool. Cut into bars. To make bars similar in shape to granola bars, cut down center lengthwise into halves. Then cut crosswise into eights.

Health Benefits: By using reduced-fat peanut butter, you'll save about 6 grams of fat. Peanuts have been shown to have a high content of resveratrol, a substance that's been shown to have very strong anti-cancer properties.

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