

### Dutchman's Griddle Cakes

- 2 tablespoons reduced-fat margarine
- 2 apples, peeled, cored and sliced
- 1/4 cup maple syrup
- 1 3/4 cup low-fat Bisquick™ brand mix
- 1 cup skim milk (use powdered with equivalent water)
- 1/4 cup nonfat egg substitute (such as Egg Beaters™)
- 1 1/2 teaspoons canola oil
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon grated nutmeg

To a non-stick skillet, placed over a medium flame, add the margarine and apples. When they begin to sizzle, add the maple syrup and cook until the apples are tender. Remove from the flame and set aside.

In a bowl stir together the Bisquick™ with the skim milk, Egg Beaters™, oil, cinnamon and nutmeg until it forms a batter; it should appear slightly lumpy. Remove the apples from the skillet with a slotted spoon and reserve the liquid. Add the apples to the batter and stir until just combined.

Place the skillet over a medium flame; when hot, wipe bottom and sides with canola oil. Pour batter with apples into the skillet. Turn once and cook until golden brown. Serve with reserved syrup for great meal for 2.

Nutritional information per serving:			
Total Calories:	651	Total Fat:	9.2g
Calories from fat:	83 (12.7%)	Protein:	29g
		Carbohydrates:	114g
		Cholesterol:	12mg



### Pam's Pork Chops

- 3 ribs celery, chopped
- 2 medium onion, peeled and cut into chunks
- 4 carrots, peeled and cut into chunks
- 2 potato, scrubbed and cut into quarters
- 2 large tomato, cored and diced
- 2 medium turnip, peeled and cut into chunks
- 1 teaspoon salt
- 2 reduced-sodium beef bouillon cube
- 2 medium bay leaf
- 1/2 teaspoon dried thyme, crumbled
- 3 cups water
- 4 center cut loin pork chops, all visible fat trimmed

Place all the vegetables and seasonings in the pot along with the water. Stir until evenly distributed. Lay the pork chops on the top of the vegetables. Bring to a boil over a medium flame; reduce the flame to low and gently simmer for 1 hour.

Hint: For a wonderful flavor, full of Shakespearean overtones, substitute 1 large leek for the onion.

Nutritional information per serving:			
Total Calories:	725	Total Fat:	12.8g
Calories from fat:	115 (15.8%)	Protein:	61g
		Carbohydrates:	92.7g
		Cholesterol:	143mg

### Chicken in the Pot

- 2 carrots, cut into small chunks
- 1 rib celery, strings removed and sliced
- 1 medium onion, sliced
- 2 medium potato, diced
- 2 chicken-flavored bouillon cube
- 1 cup water
- 1-1/2 whole chicken breast, split, skinned and boned
- 1/2 teaspoon dried thyme leaves, crumbled
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Place all the vegetables, bouillon cubes and water in the pot. Place the pot over a medium flame and bring to a boil, stirring often. Reduce the flame to low and stir in the chicken, salt, pepper and thyme. Cover and continue to cook at a low simmer for 30 minutes or until the chicken is done. Add water, as needed, to keep the broth level up.

Nutritional information per serving:			
Total Calories:	477	Total Fat:	3.7g
Calories from fat:	32 (6.9%)	Protein:	60g
		Carbohydrates:	49g
		Cholesterol:	137mg

### Thunder Bay Special

- 1 teaspoon canola oil
- 6 slices Canadian bacon
- 1/2 cup nonfat egg substitute (such as Egg Beaters™)
- 1/2 cup skim milk
- 1/2 teaspoon granulated sugar
- 1/2 cup all-purpose flour
- 1/2 cup white cornmeal
- 1 teaspoon baking powder
- fresh ground black pepper, to taste

Begin heating the oven to medium. Add the canola oil to the non-stick oven pan and place over a medium flame. When hot, but not smoking, cook the Canadian bacon until lightly browned. Drain off any excess grease and oil. While the bacon is cooking, in a bowl stir together the nonfat egg substitute and milk until combined. Add the sugar, flour and cornmeal and stir until just moistened, about 20-30 seconds. Once the bacon is cooked, pour the batter over it and place the pan in the hot oven for 10 minutes. Reduce the heat to low and continue baking until the cake is set in the center.

Nutritional information per serving:			
Total Calories:	447	Total Fat:	9.3g
Calories from fat:	83 (18.6%)	Protein:	32g
		Carbohydrates:	57.1g
		Cholesterol:	43mg

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