

Spiced Apple Bread Pudding

Ingredients

- 1½ pounds tart apples (3-4 medium), such as Granny Smith, Empire, or Cortland
- 1 tablespoon plus 1 teaspoon light brown sugar
- 1 teaspoon ground cinnamon
- ½ tsp ground nutmeg
- 3 cups apple cider
- 2 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 6 cups stale bread (preferably whole grain), cut into 1-inch pieces
- 1/3 cup golden raisins
- ½ cup walnuts (optional)

Instructions

1. Preheat the oven to 350°F. Peel and slice apples thinly.
2. Toss apples with brown sugar, cinnamon, and nutmeg in a medium bowl. In another bowl, combine cider, butter, and vanilla.
3. Cover the bottom of a 3-quart casserole dish (or similar sized pot) with 2 cups bread pieces. Pour ½ cup of the cider mixture over the bread. Sprinkle with one-third of the raisins, and cover with one-third of the apple slices.
4. Repeat with step 3 twice until all ingredients are used. Slowly ladle the remaining cider mixture over the top. Using a flat, wide spatula, press down to compact and submerge the top layer. Cover with a lid or foil.
5. Bake for 30 min. Use the spatula again to press down the top and baste it with the liquid. Cover and bake for 30 minutes more. Baste again, remove the cover, and bake for a final 30 minutes, until top is golden. Top with walnuts, if using.

Makes: 12 servings. Nutrition Information: CALORIES 150 (17% from fat); FAT 3g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 80mg; CARBOHYDRATE 30g; FIBER 3g; PROTEIN 3g; CALCIUM 4%; IRON 4%

Baked Apples

Ingredients

- 4 apples (Granny Smith, Jonagold, Braeburn, and Gala are good for baking)
- 1 cup raisins
- 4 teaspoons brown sugar
- ½ cup apple juice or cider

Instructions

1. Preheat oven to 350°F.
2. Core apples (or cut apples in half to remove core)
3. Peel a strip around the middle of each apple (like a belt) so the apples don't explode in the oven.
4. Place apples in a baking dish so they fit tightly.
5. Fill each apple with raisins, and put a teaspoon of brown sugar on top of each.
6. Pour apple juice over apples.
7. Bake until apples are cooked through, about 1 hour.



Makes: 4 servings

Nutrition Information: CALORIES 240 (0.02% from fat); FAT .5g (sat 0g); CHOLESTEROL 0mg; SODIUM 10mg; CARBOHYDRATE 64g; FIBER 6g; PROTEIN 2g; CALCIUM 4%; IRON 6%

Spiced Pumpkin Bread

Ingredients

- 1 pound pumpkin or 1 cup canned pumpkin puree
- 1¾ cups whole wheat pastry flour
- 1/3 cup unsweetened applesauce
- ½ cup honey
- 2 eggs
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ½ teaspoon cinnamon, plus more for dusting
- ½ teaspoon ginger
- ¼ teaspoon nutmeg
- ¼ teaspoon allspice or cloves
- 1 teaspoon baking soda
- Fat free cooking spray
- ¼ cup hot water

Instructions

1. If using a fresh pumpkin, cut in half, scoop out seeds and strings, and lie face down on a foil-lined baking sheet. Bake at 350°F until soft, about 45-60 minutes. Cool and scoop out flesh.
2. Lower oven temp to 325°F and grease a 9x5 in loaf pan.
3. In a large bowl, beat applesauce and honey together. Add eggs and beat well.
4. Stir in pumpkin puree, vanilla, salt, cinnamon, ginger, nutmeg, and allspice. Stir in flour, just until combined.
5. Add baking soda to hot water, stir to mix, and add to batter. Mix until evenly distributed.
6. Spread batter onto pan. Sprinkle with cinnamon and bake for 60-65 min. Bread is done when a toothpick comes out clean. Let cool in the pan for 5 min, then transfer to a wire rack. Cool for 30 min. before slicing.

Makes: 12 servings

Nutrition Information: CALORIES 130 (8% from fat); FAT 1g (sat - g); CHOLESTEROL 25mg; SODIUM 210mg; CARBOHYDRATE 27g; FIBER 3g; PROTEIN 3g; CALCIUM 2%; IRON 8%

Crimson Chocolate Cake Squares

Ingredients

- 3 small beets, peeled and grated
- 1 medium carrot, peeled and grated
- 1 ounce unsweetened chocolate
- ¾ cup flour
- ¼ cup unsweetened cocoa
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 2 large eggs
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1/3 cup vegetable oil

Instructions

1. Preheat oven to 350°F. Grease an 8x8 square pan.
2. Microwave chocolate in a bowl at medium for 1 minute, stir, then microwave for 1 minute again. Stir until smooth.
3. In bowl, whisk flour, cocoa, baking soda, baking powder, salt.
4. In another large bowl, whisk eggs, sugar, vanilla. Beat in oil until well mixed. Whisk in melted chocolate.
5. Stir in flour mixture until blended. Fold in beets and carrots.
6. Pour batter into cake pan. Bake until cake is springy to the touch in the center, about 40 min.
7. Let cool before removing from pan. Cut into 1x1 inch squares.

Makes: 21 servings. (Serving size is 3 pieces.) Nutrition Information: CALORIES 110 (36% from fat); FAT 4.5g (sat 1g); CHOLESTEROL 20mg; SODIUM 170mg; CARBOHYDRATE 15g; FIBER 1g; PROTEIN 2g; CALCIUM 4%; IRON 6%

Turnip and Potato Soup

Ingredients

- 6 leeks
- 3 small potatoes
- 6 small turnips
- 1½ tablespoons butter
- 5½ cups water
- 3 tablespoons milk
- A few sprigs of thyme
- 1½ teaspoons salt
- Pepper to taste
- Chopped parsley or thyme, for garnish

Instructions

1. Cut the leeks crosswise and wash. Wash the potatoes and turnips and cut into bit-sized chunks. If the turnip skins are tender, chop without peeling. Otherwise peel them first.
2. Melt butter in a large pot. Add vegetables, stir once, then add ½ cup water and thyme sprigs.
3. Simmer for 5 minutes.
4. Add 5 cups water and salt. Simmer until vegetables are tender, 25-30 minutes.
5. Add milk, and salt and pepper to taste.
6. Garnish with chopped parsley or thyme.

Makes: 4 servings

Nutrition Information: CALORIES 250 (18% from fat); FAT 5g (sat 3g); CHOLESTEROL 10mg; SODIUM 990mg; CARBOHYDRATE 47g; FIBER 6g; PROTEIN 6g; CALCIUM 15%; IRON 25%

Sweet Potato Soup

Ingredients

- 1 tablespoon olive oil
- 2 medium onions, chopped
- 3 garlic cloves, chopped
- ½ teaspoon ground cumin
- 1 teaspoon paprika
- 2½ tablespoons flour
- 6 cups low-fat or skim milk
- 3 corn tortillas, broken into small pieces
- 1 can of corn plus the water in the can (don't drain the can)
- 2 large sweet potatoes, peeled and cut into ½-inch cubes
- Salt and pepper to taste
- Squeeze of lime (or lemon) juice
- 2 tablespoons, chopped cilantro (optional)

Instructions

1. Sauté onions, garlic, cumin, and paprika in oil for about 5 minutes, stirring frequently.
2. Add flour, stir for 30 seconds. Add milk (slowly, stirring), sweet potatoes, tortillas and corn water (just the liquid- save the corn for later!)
3. Simmer over low heat, stirring occasionally, for 20 minutes or until sweet potatoes are tender.
4. Add corn and simmer a few minutes. Add lime juice, and salt and pepper to taste.
5. Sprinkle with cilantro, and serve!

Makes: 6 servings

Nutrition Information: CALORIES 410 (11% from fat); FAT 5g (sat 1g); CHOLESTEROL 5mg; SODIUM 510mg; CARBOHYDRATE 76g; FIBER 7g; PROTEIN 19g; CALCIUM 60%; IRON 15%

Russian Borscht

Ingredients

- 1½ cups beets, cut into ½ inch cubes
- 1 medium russet potato, peeled and diced
- 1 medium onion, chopped
- 1 tablespoon fresh chopped parsley
- 1 tablespoon horseradish
- 1 tablespoon olive, canola, or vegetable oil
- 2 cups reduced sodium vegetable broth
- 2 teaspoons red wine vinegar
- ¼ cup fat-free sour cream
- ¼ teaspoon pepper

Instructions

1. Trim beet greens, peel beets, and cut into ½ - 1 inch thick cubes. Place in a steamer basket over 1 inch of boiling water in a large pot. Cover and steam over high heat until tender, 10-15 minutes.
2. Heat oil in a large saucepan over medium heat. Add onion and stir for about 4 minutes.
3. Add broth, potato, and pepper, bring to a boil. Reduce heat to a simmer, cover and cook until the potato is just tender, about 8 minutes.
4. Add beets and vinegar, return to a boil. Cover and continue to cook 2-3 minutes more.
5. Combine sour cream and horseradish in a small bowl. Serve soup with a dollop of this mixture and a sprinkle of parsley.

Makes: 4 servings

Nutrition Information: CALORIES 130 (27% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 125mg; CARBOHYDRATE 21g; FIBER 3g; PROTEIN 3g; CALCIUM 6%; IRON 6%

Collards & Black-eyed Pea Soup

Ingredients

- 1 tablespoon olive oil or vegetable oil
- 1 large onion, diced
- 1 large carrot, sliced
- 1 stalk celery, sliced
- 5 cloves garlic, 4 sliced and 1 whole, divided
- 1 sprig fresh thyme
- ¼ teaspoon crushed red pepper, or to taste
- 4 cups reduced-sodium chicken broth
- 1, 15oz can diced tomatoes
- 5 cups chopped collard greens or kale (about 1 bunch), tough stems removed
- 1, 15oz can black-eyed peas, rinsed
- 6½-inch thick slices baguette, preferably whole grain
- ¼ c shredded Gruyere or Swiss cheese, fat free (optional)

Instructions

1. Heat oil in Dutch oven over med heat. Add onion, carrot and celery and cook, stirring, until tender, 5-7 min.
2. Add sliced garlic, thyme, and crushed red pepper and cook, stirring, until fragrant, about 25 seconds.
3. Increase heat to high and add broth, tomatoes and their juice. Bring to a boil, scrape up any browned bits.
4. Stir in greens. Reduce heat to a simmer and cook, stirring occasionally, until greens are tender, 5-10 minutes. Discard the thyme sprig. Stir in black-eyed peas. Remove from heat and cover.
5. Position rack in upper third of oven. Preheat broiler. Place baguette slices on a baking sheet. Lightly toast for 2-4 minutes. Rub each slice with garlic clove. Top the slices with cheese (if desired), and broil until cheese is melted, 1-3 minutes. Serve with the soup.

Makes: 6 servings; Nutrition Information: CALORIES 190 (16% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 230mg; CARBOHYDRATE 32g; FIBER 6g; PROTEIN 10g; CALCIUM 30%; IRON 10%

Rigatoni with Roasted Cauliflower and Brussels Sprouts

Ingredients

- ¾ pound rigatoni or other short pasta
- ½ medium head cauliflower (about 1 pound), cut into florets
- 8 ounces Brussels sprouts, trimmed and halved
- 1 medium red onion, cut into ½-inch wedges
- 2 sprigs fresh thyme
- 1 tablespoon olive or vegetable oil
- ½ teaspoon black pepper, to taste
- ¼ teaspoon salt

Instructions

1. Preheat oven to 450°F. Cook pasta according to the package directions. Reserve 1 cup of the cooking water; drain the pasta and return it to the pot.
2. Meanwhile, on 2 large rimmed baking sheets, toss the cauliflower, Brussels sprouts, and onion with the thyme, 1 tablespoon oil, ½ teaspoon black pepper, and ¼ teaspoon salt. Roast, tossing the vegetables once and rotating the sheets halfway through, until golden brown and tender, 15-20 minutes.
3. Add the vegetables and ½ cup of the reserved cooking water to the pasta. Add more cooking water if pasta seems dry.

Makes: 4 servings

Nutrition Information: CALORIES 390 (32% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 200mg; CARBOHYDRATE 74g; FIBER 7g; PROTEIN 16g; CALCIUM 6%; IRON 25%

Potato Crust Quiche

Ingredients

- 3 large potatoes
- 1 pound fresh spinach
- 8 ounces shredded or grated cheddar cheese, or other type of cheese if preferred
- ½ cup cottage cheese
- 1 teaspoon oil
- 1 medium onion chopped
- 1 clove garlic (minced or chopped)
- 1 tablespoon minced fresh basil (or 1 teaspoon dried basil)
- 1 tablespoon minced fresh parsley (or 1 teaspoon dried parsley)
- ½ teaspoon black pepper
- 4 eggs
- ¾ cup milk

Instructions

1. Boil potatoes with or without skins.
2. Mash cooked potatoes with ¼ cup milk.
3. Smooth mashed potatoes into a 9-inch quiche or deep dish pie pan.
4. Preheat oven to 375 degrees F.
5. Cook spinach and drain as much liquid as possible.
6. Heat oil slightly. Sauté onion and garlic until soft.
7. In a large bowl or food processor mix eggs, milk, cottage cheese and spices.
8. Add onion, garlic and spinach. Blend until smooth and pour into pie shell.
9. Bake for 40 minutes or until center is cooked. A butter knife inserted into the center should come out clean without egg sticking to the knife. Knife may be moist.

Makes: 6 servings; Nutrition Information: CALORIES 320 (80 from fat); FAT 8g (sat 3.5g); CHOLESTEROL 170mg; SODIUM 450mg; CARBOHYDRATE 39g; FIBER 5g; PROTEIN 23g; CALCIUM 35%; IRON 25%

Potato Corn Soup

Ingredients

- 1 tablespoon oil
- 1 cup chopped onions
- 3 cups diced potatoes
- 2 cups low sodium broth
- 1 cup low fat milk
- 1½ cups corn
- Salt and pepper to taste

Instructions

1. In a large pot, heat oil over medium heat. Add onions and cook until soft.
2. Add potatoes, broth and 1 cup water. Bring to a boil.
3. Lower heat and simmer for 30 minutes.
4. Stir until smooth. Use the back of a spoon or fork to mash some of the potatoes.
5. Add milk and corn. Reheat for 10 minutes. Serve hot and enjoy!.
6. Serve hot and enjoy!
7. Refrigerate leftovers.



Makes: 5 servings

Nutrition Information: CALORIES 140 (30 from fat); FAT 4g (sat 0.5g); CHOLESTEROL 5mg; SODIUM 350mg; CARBOHYDRATE 23g; FIBER 2g; PROTEIN 5g; CALCIUM 8%; IRON 6%

Pasta with Root Vegetables

Ingredients

- 1 Tablespoon olive oil
- 1 large red onion, coarsely chopped
- 5 small parsnips, peeled and cut into 1/2-inch pieces
- 2 medium sweet potatoes, peeled and cut into 1/2-inch pieces
- 2 medium golden beets, peeled and cut into 1/2-inch pieces (you can use red beets, they will just make the pasta red!)
- Beet greens (if they came with the beets)
- 1 Tablespoon chopped fresh rosemary (or 1 teaspoon dried)
- 1 2/3 cups (about) vegetable broth, divided
- 1 pound ziti or other pasta
- 1/2 tablespoon butter
- 1/2 cup grated Parmesan cheese (optional)

Instructions

1. Heat oil in large nonstick skillet over high heat. Add all vegetables except beet greens; sauté until vegetables begin to brown, 8 to 9 minutes.
2. Add rosemary; stir 1 minute.
3. Add 1 cup broth; bring to boil. Reduce heat to medium. Cover skillet and cook until vegetables are tender, stirring occasionally, 15 to 18 minutes.
4. Meanwhile, cook pasta according to package directions. Drain. Return pasta to pot.
5. Stir beet greens (if you have them) and butter into vegetables; add to pasta. Stir in more vegetable broth by 1/3 cupfuls to moisten. Season with salt and pepper. Serve with Parmesan, if desired.

Makes: 6 servings

Nutrition Information: CALORIES 410 (11% from fat); FAT 5g (sat 1g); CHOLESTEROL 0mg; SODIUM 300mg; CARBOHYDRATE 79g; FIBER 7g; PROTEIN 13g; CALCIUM 6%; IRON 20%

Parsnip Soup

Ingredients

- 2 pounds parsnips, peeled and woody core removed
- 3 medium carrots, peeled and cut into matchsticks
- 1 small yellow or white onion, peeled and cut into eights
- 1 tablespoon canola or vegetable oil
- 1 cup balsamic vinegar
- 2¼ cups reduced-sodium chicken or vegetable broth
- 2¼ cups skim milk
- ½ teaspoon salt
- ¼ teaspoon pepper

Instructions

1. Position rack to lower third of oven; preheat to 450°F.
2. Toss parsnips, carrots, onion, oil, ½ teaspoon salt, and pepper in a roasting pan. Roast, stirring every 10 minutes until soft and beginning to brown, about 40 minutes.
3. Boil vinegar in a small saucepan until syrupy and reduced to about ¼ cup, 10-14 minutes. Watch carefully during final minutes to prevent burning. Remove from heat.
4. Puree half of the parsnip mixture in a blender until very smooth; transfer to a large saucepan. Puree the second half with the milk until very smooth; add to the saucepan.
5. Reheat soup over medium heat for about 5 minutes. Ladle into bowls and drizzle with balsamic syrup.

Makes: 6 servings

Nutrition Information: CALORIES 230 (13% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 250mg; CARBOHYDRATE 44g; FIBER 9g; PROTEIN 6g; CALCIUM 20%; IRON 8%

Lentils and Collard Greens

Ingredients

- ½ bunch of collard greens
- 2 cups of French or black lentils, rinsed and drained
- ½ cup cauliflower, broken into very small florets
- 1 small shallot, finely chopped
- 5 cups chicken stock, vegetable stock, or water
- 2 tablespoons ground cardamom or smashed cardamom pods
- ½ tablespoon ground cumin or whole cumin seeds
- 1 bay leaf
- 2 tablespoons olive or vegetable oil
- Ground pepper, to taste
- 3 tablespoons plain, fat free yogurt (optional)

Instructions

1. In a saucepan over low heat, toast the cardamom and cumin until fragrant, about 30-60 seconds.
2. Add 2 cups of stock or water and the bay leaf, bring to a simmer. Remove from heat, cover and set aside for 45 minutes. Strain the stock and discard the solids.
3. Bring a large pot of water to a boil. Add collard greens and cook until bright green, about 30 seconds. Drain, rinse with cold water, and pat dry. Slice into thin strips and set aside.
4. Place lentils in a saucepan. Add the reserved and remaining 3 cups of stock. Bring to a gentle boil, remove from heat, cover and set aside for 20 minutes, then drain.
5. Heat oil in a large skillet over medium heat. Add the cauliflower, cook until lightly browned. Add the shallot, cook for 2 minutes. Add lentils, collard greens and yogurt, season with pepper.

Makes: 8 servings

Nutrition Information: CALORIES 240 (19% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 30mg; CARBOHYDRATE 36g; FIBER 9g; PROTEIN 15g; CALCIUM 20%; IRON 25%

Lentil Vegetable Soup

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, chopped 3 cloves garlic, minced
- 1 cup lentils
- teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried thyme
- small turnips, scrubbed and cut into 1/2-in. cubes 5 small or 3 large beets, peeled and halved
- 1 cup cubed butternut squash (1/2-in. cubes) 4 cups stemmed, chopped kale
- 5 baby carrots, washed
- 1/2 cup minced flat-leaf parsley

Instructions

1. Heat olive oil in medium pot over medium-high heat. Add onion and cook until translucent, about 3 minutes.
2. Add garlic, lentils, salt, pepper, thyme, and 4 cups water. Bring to a boil, then reduce heat to medium-low.
3. Add turnips, beets, and squash and simmer gently, stirring occasionally, 20 minutes.
4. Add kale and carrots and cook 10 minutes, or until vegetables are tender and most of the liquid has been absorbed. Remove from heat and stir in parsley. Serve.

Makes: 4 servings

Nutrition Information: CALORIES 320 (13% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 730mg; CARBOHYDRATE 56g; FIBER 21g; PROTEIN 18g; CALCIUM 20%; IRON 40%

Corny Chili

Ingredients

- 2, 15-ounce cans kidney or black beans
- 1 medium onion, chopped
- 1 tablespoon vegetable oil
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 15-ounce can diced tomatoes
- 2 tablespoons tomato paste
- 1, 10-ounce package frozen corn (or corn kernels from 3 ears of fresh corn)
- 1, 8-ounce package low-fat cheddar cheese, grated
- Hot sauce (optional)

Instructions

1. Place beans in a colander and rinse with water.
2. Peel onion and chop into small pieces.
3. Add onion and oil to saucepan.
4. Cook over low heat for about 5 minutes, stirring occasionally.
5. Stir in chili and garlic powder. Cook for 1 minute.
6. Add beans, tomatoes, tomato paste and corn. Simmer uncovered on medium low heat for about 15 minutes.
7. Grate cheese. Sprinkle cheese over individual servings and add hot sauce to taste.



Makes: 8 servings; Nutrition Information: CALORIES 210 (45 from fat); FAT 5g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 650mg; CARBOHYDRATE 28g; FIBER 8g; PROTEIN 14g; CALCIUM 15%; IRON 10%

Chicken and Sweet Potato Roast

Ingredients

- 1½-2 pounds bone-in chicken thighs, skin removed
- 3 medium sweet potatoes, peeled and cut into 1-in pieces
- 3 small red onions, cut into 1-inch wedges
- 1 tablespoon whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme (or 2 teaspoons dried)
- 1½ tablespoon olive or vegetable oil
- ½ teaspoon salt
- ½ teaspoon pepper

Instructions

1. Position rack in lower third of oven. Preheat oven to 450°F. Place a large rimmed baking sheet in the oven to preheat.
2. Combine mustard, thyme, 1 tablespoon of oil, ¼ teaspoon salt, and ¼ teaspoon pepper in a small bowl. Spread the mixture evenly on chicken.
3. Toss sweet potatoes and onion in a bowl with the remaining ½ tablespoon oil and ¼ teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread vegetables on it. Place chicken on top of vegetables.
4. Return pan to the oven and roast, stirring the vegetables half way through, until the vegetables are tender and beginning to brown, and a meat thermometer inserted into the chicken reads 165°F, about 30-35 minutes.

Makes: 5 servings

Nutrition Information: CALORIES 260 (35% from fat); FAT 11g (sat 2.5g); CHOLESTEROL 105mg; SODIUM 370mg; CARBOHYDRATE 19g; FIBER 3g; PROTEIN 20g; CALCIUM 4%; IRON 8%

Cabbage and Leek Griddle Cakes

Ingredients

- 3 cups thinly shredded green cabbage (about 6 oz)
- 2 leeks, white and light green parts only, cut into thin matchsticks
- ¼ cup whole wheat pastry flour or matzo meal
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 2 eggs, beaten
- Canola oil spray

Instructions

1. In a large bowl, toss together cabbage and leeks. Squeeze firmly 4-5 times to wilt them slightly. Add flour or matzo meal, salt, pepper, and eggs, and stir until well coated.
2. Heat a large skillet over medium heat and coat with oil. Working in batches, drop a 1/3 cup of the cabbage mixture into skillet, flattening it to make 4-in pancakes. Spray the tops with oil and cook, flipping once, until tender and deep golden brown, 8-10 minutes
3. Transfer cake to a plate and serve.



Makes: 8 servings

Nutrition Information: CALORIES 50 (20% from fat); FAT 1.5g (sat 0g); CHOLESTEROL 45mg; SODIUM 170mg; CARBOHYDRATE 8g; FIBER 1g; PROTEIN 3g; CALCIUM 4%; IRON 6%

Butternut Squash Gratin

Ingredients

- 1 large butternut squash, peeled & cut into ¼-in. thick slices
- 1 medium onion, thinly sliced
- 1½ tablespoons olive, canola, or vegetable oil
- 3 tablespoons all-purpose flour
- 2½ cups fat-free milk
- 1½ cups whole-wheat breadcrumbs
- ½ teaspoon salt
- ¼ teaspoon pepper

Instructions

1. Preheat oven to 425°F. Toss squash in a large bowl with 1 tablespoon oil. Spread in an even layer on a baking sheet. Roast, stirring once, until tender and beginning to brown, 20-25 minutes.
2. Heat the rest of the oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, for 5-8 minutes. Add flour, salt and pepper, and cook, stirring, for 1 minute more. Add milk and continue to stir, scraping up any brown bits. Cook, stirring, until the sauce bubbles, about 4 minutes. Remove from heat.
3. Preheat the broiler. Transfer half the squash into a broiler-safe dish, and cover with half the sauce. Layer the remaining squash on top, and cover with remaining sauce.
4. Sprinkle with breadcrumbs. Place in broiler and watch closely for 1-5 minutes, until gratin is bubbling and beginning to brown on top. Let stand for 10 minutes before serving

Makes: 8 servings; Nutrition Information: CALORIES 140 (21% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg; SODIUM 200mg; CARBOHYDRATE 24g; FIBER 3g; PROTEIN 6g; CALCIUM 20%; IRON 6%

Beans and Squash Stew

Ingredients

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 1½ teaspoons ground cumin
- 1, 28-ounce can diced tomatoes in juice
- 1, 16-ounce can cooked black beans
- 2 pounds butternut squash, halved, seeded, peeled, cut into 1-inch pieces
- 4 ounces green beans, trimmed, cut into 1-inch pieces
- 1 tablespoon minced seeded jalapeño chili
- ½ cup chopped fresh cilantro

Instructions

1. Heat oil in large pot over medium heat.
2. Add onions, sauté until tender.
3. Add garlic, chili powder, and cumin. Stir 1 minute.
4. Add tomatoes with juices, bring to a boil.
5. Stir in squash and green beans.
6. Reduce heat and cover. Simmer until vegetables are almost tender, about 12 minutes.
7. Add black beans and jalapeno. Cover and simmer until vegetables are tender. About 5 minutes.
8. Stir in cilantro, season with salt and pepper.

Makes: 6 servings

Nutrition Information: CALORIES 230 (13% from fat); FAT 3.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 210mg; CARBOHYDRATE 46g; FIBER 13g; PROTEIN 10g; CALCIUM 15%; IRON 25%

Bean and Barley Chili

Ingredients

- 2 cups dried pinto beans
- 2 large onions, finely chopped
- 2 carrots, finely chopped
- 2 celery stalks, finely chopped
- 2 cloves of garlic, minced
- 1 tablespoon canola or vegetable oil
- 6 cups water
- 1 cup vegetable or reduced-sodium chicken broth
- ½ cup pearl barley
- 1, 28-ounce can plum tomatoes, drained and chopped
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 2 teaspoons crushed red pepper
- 1 bay leaf
- ½ teaspoon salt
- 4 teaspoon cider vinegar
- ½ teaspoon sugar
- Ground pepper, to taste

Instructions

1. Soak beans in cold water in a large pot overnight, or for at least 8 hours. (Or cook beans in boiling water for 2 minutes, cover and let sit for 1 hour). Drain and rinse.
2. Heat oil in a large pot over medium heat. Add onions, carrots and celery. Cook for 5-10 minutes. Add garlic, cumin and oregano, cook and stir for 1 minute.
3. Add water, bay leaf and beans. Bring to a simmer and skim foam from surface. Cover and simmer over low heat for 1¼ hours, stirring occasionally.

4. Add broth, crushed red pepper, tomatoes, barley, and salt. Simmer, partially covered, until beans and barley are tender, about 45 minutes. Remove bay leaf.
5. Season with vinegar, sugar and pepper.



Makes: 8 servings

Nutrition Information:

CALORIES 280 (9% from fat); FAT 3g (sat 0g); CHOLESTEROL 0mg;
SODIUM 310mg; CARBOHYDRATE 52g; FIBER 13g; PROTEIN 13g;
CALCIUM 10%; IRON 20%

Basic Beef Stew with Carrots and Mushrooms

Ingredients

- 1 Tbsp olive oil, divided
- 1 lb small cremini mushrooms
- Cooking spray
- 2 cups chopped onion
- 3 garlic cloves, minced
- 1/3 cup all-purpose flour
- 1 pound lean beef stew meat, cut into bite-sized pieces, remove fat
- 1/2 teaspoon salt, divided
- 1 cup grape or cranberry juice
- 1 tablespoon chopped fresh thyme
- 14 ounces reduced-sodium beef or vegetable broth
- 1 bay leaf
- 2 cups white potato, peeled and cut into 3/4-in cubes
- 1 1/2 cups carrots, cut into 1-inch slices
- 1/2 teaspoon black pepper

Instructions

1. Heat 1 teaspoon oil in a large Dutch oven over med-high heat. Add mushrooms, sauté for 5 minutes. Transfer mushrooms to large bowl. Lightly coat pan with cooking spray, sauté onion for 10 minutes. Add garlic, sauté for 1 minute. Add onion mixture to bowl with mushrooms.
2. Place flour in shallow bowl. Dredge beef in flour, shake off excess. Heat remaining 2 teaspoons oil in pan or med-high heat. Add half of beef, sprinkle with 1/8 teaspoon salt. Cook 6 minutes, browning all sides. Add beef to mushroom mixture. Repeat with remaining beef and another 1/8 teaspoon salt.

3. Add 1 cup juice to pan, scraping pan to loosen browned bits. Add thyme, broth, and bay leaf.
4. Bring to boil. Stir in beef mixture. Cover, reduce heat, and simmer for 1 hour.
5. Stir in potato and carrot. Simmer, uncovered, stirring occasionally, 1 hour and 15 min, until vegetables are tender and sauce is thick. Stir in pepper and remaining 1/4 teaspoon salt. Discard bay leaf.



Makes: 8 servings

Nutrition Information: CALORIES 190 (21% from fat); FAT 4.5g (sat 1.5g); CHOLESTEROL 35mg; SODIUM 240mg; CARBOHYDRATE 62g; FIBER 3g; PROTEIN 17g; CALCIUM 4%; IRON 15%

Warm Red Cabbage Salad

Ingredients

- 4 cups red cabbage, thinly sliced (about ¼ of a large head)
- 1 crisp, sweet apple, such as Braeburn or Gala, cut into matchsticks
- 2 large carrots, grated
- 1 shallot, minced
- 1 tablespoon olive or vegetable oil
- ¾ teaspoon caraway seeds
- ¼ teaspoon salt
- 1 tablespoon red wine vinegar
- ½ teaspoon Dijon mustard
- ½ teaspoon ground pepper
- 1 tablespoon chopped walnuts, toasted (optional)

Instructions

1. Heat oil in a large saucepan over medium heat. Add cabbage, caraway seeds and salt. Cook, covered, stirring occasionally, for 8-10 minutes.
2. Remove from heat. Add apple, carrots, shallot, vinegar, mustard, and pepper. Stir until combined.
3. If using walnuts, heat a small dry skillet over medium-low heat. Chop walnuts and cook, stirring, until lightly browned and fragrant, about 2-3 minutes. Sprinkle over salad.
4. Serve and enjoy!

Makes: 6 servings

Nutrition Information: CALORIES 80 (44% from fat); FAT 4g (sat 1g); CHOLESTEROL 0mg; SODIUM 135mg; CARBOHYDRATE 11g; FIBER 3g; PROTEIN 1g; CALCIUM 4%; IRON 4%

Warm Apple and Onion Slaw

Ingredients

- 2 medium apples, peeled, cored, and thinly sliced
- 1 medium onion, halved and thinly sliced
- 1 medium head purple cabbage, shredded 2 Tbsp parsley, chopped
- 1 tablespoon olive or vegetable oil
- ¼ cup water
- Apple cider vinegar to taste
- ½ teaspoon salt
- Pepper to taste

Instructions

1. Heat oil in a large skillet over medium-high heat.
2. Add sliced onion and cook until softened. Add apple slices and cook for an additional 2 minutes.
3. Add cabbage along with a splash of cider vinegar and water. Cook until the cabbage is softened but still retains most of its crispness.
4. Stir in the chopped parsley and season with ½ tsp salt and pepper to taste.



Makes: 6 servings; Nutrition Information: CALORIES 100 (20% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 220mg; CARBOHYDRATE 19g; FIBER 6g; PROTEIN 2g; CALCIUM %; IRON 4%

Rosemary Roasted Butternut Squash

Ingredients

- 1 medium butternut squash, peeled, seeded, and cut into $\frac{3}{4}$ -inch cubes
- 1 medium carrot, peeled and cut into $\frac{1}{2}$ -inch cubes
- 1 small onion, peeled and chopped
- $1\frac{1}{2}$ tablespoons fresh rosemary, chopped
- 1 tablespoon olive, canola, or vegetable oil
- $\frac{1}{2}$ teaspoon salt
- Black pepper, to taste

Instructions

1. Preheat oven to 400°F.
2. In a medium bowl, toss butternut squash, carrot, onion, rosemary, and oil together until evenly coated with oil and herbs. Season with salt and pepper.
3. Spread mixture out evenly onto a non-stick baking sheet and roast until tender, about 30 minutes.



Makes: 4 servings

Nutrition Information: CALORIES 150 (23% from fat); FAT 3.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 310mg; CARBOHYDRATE 30g; FIBER 5g; PROTEIN 3g; CALCIUM 10%; IRON 10%

Roasted Pear and Fennel Salad

Ingredients

For the salad:

- 2 Bosc pears
- 2 medium fennel bulbs (about 1 pound)
- 1 tablespoon olive oil
- $\frac{1}{2}$ teaspoon salt

For the dressing:

- 4 tablespoons olive oil
- $1\frac{1}{2}$ tablespoons balsamic vinegar
- 1 tablespoon maple syrup or honey
- $\frac{1}{2}$ teaspoon salt
- Pepper to taste

Instructions

1. Preheat oven to 425°F. Arrange 2 oven racks to the middle and lower third positions. Line 2 baking sheets with foil.
2. Peel, quarter, and core pears. Cut each quarter into slices about $\frac{1}{4}$ inch thick.
3. Trim fennel stems, core, and remove outer layers. Slice fennel lengthwise into slices $\frac{1}{4}$ inch thick.
4. Place pear slices on one sheet, drizzle with about $\frac{1}{2}$ tablespoon oil, season with $\frac{1}{4}$ teaspoon salt. Toss to coat. Repeat with fennel slices on other baking sheet.
5. Roast pear and fennel, turning slices once, until golden brown on edges, about 15-25 min. The fennel will probably be done before the pear. Set aside to cool.
6. Combine dressing ingredients in a small bowl, drizzle over pear and fennel once cooled.

Makes: 6 servings; Nutrition Information: CALORIES 180 (56% from fat); FAT 12g (sat 1.5g); CHOLESTEROL 0mg; SODIUM 430mg; CARBOHYDRATE 19g; FIBER 6g; PROTEIN 1g; CALCIUM 4%; IRON 4%

Cornell Cooperative Extension

Red Cabbage and Carrot Slaw

Ingredients

- 4 cups shredded red cabbage
- 2 cups shredded carrots (about 3 large carrots)
- 2 cups chopped sweet apples (about 1 large or 2 small apples)
- 2/3 cup fat-free mayonnaise
- 2 tablespoons sugar
- 1/4 cup vinegar
- 1 teaspoon celery seed

Instructions

1. Combine cabbage, carrots and apple in a large bowl.
2. In a separate bowl, mix the mayonnaise, sugar, vinegar and celery seed.
3. Pour over cabbage mixture and toss gently to coat.
4. Cover and chill at least 1 hour before serving.



Makes: 16 servings

Nutrition Information: CALORIES 40 (15 from fat); FAT 1.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 100mg; CARBOHYDRATE 7g; FIBER 1g; PROTEIN 0g; CALCIUM 2%; IRON 2%

Cornell Cooperative Extension

Mustard Greens and Sweet Onion Sauté

Ingredients

- 1 tablespoon olive, canola, or vegetable oil
- 1 sweet onion (such as Vidalia), halved and thinly sliced
- Black pepper to taste
- 1/4 teaspoon salt
- 1½ pounds mustard greens (2 bunches), stems removed, sliced 1-inch crosswise
- 2 teaspoons cider vinegar

Instructions

1. In a large skillet, heat oil over medium-high heat. Add onion, season with salt and pepper. Cook, stirring frequently, until onion is tender and golden, 6-8 minutes.
2. Add as many green as will fit in the skillet. Cook until wilted, tossing and adding more greens as room becomes available, 2-3 minutes.
3. Stir in vinegar, and serve.



Makes: 4 servings

Nutrition Information: CALORIES 90 (39% from fat); FAT 4g (sat 0g); CHOLESTEROL 0mg; SODIUM 180mg; CARBOHYDRATE 1g; FIBER 6g; PROTEIN 5g; CALCIUM 20%; IRON 15%

Curried Broccoli Soup

Ingredients

- 1 tablespoon butter
- ¾ cup chopped onions
- 2 garlic cloves, minced
- ¾ teaspoon curry powder
- 1/8 teaspoon freshly ground pepper
- 2 cups vegetable stock
- 4 cups chopped broccoli
- 1½ cups cubed potatoes
- 1 cup skim milk

Instructions

1. In a soup kettle or large pot, melt butter and sauté onions and garlic until tender. Add curry powder, pepper, stock, and 2/3 cup water, and bring to a boil.
2. Stir in broccoli and potatoes. When mixture return to a boil, reduce heat, cover, and simmer until vegetables are tender, about 20 minutes.
3. If a food processor is available, puree the soup in batches, and return the soup to the pot. If a food processor is not available, skip this step.
4. Stir in the milk and serve.



Makes: 6 servings; Nutrition Information: CALORIES 90 (22% from fat); FAT 2.5g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 00mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 4g; CALCIUM 10%; IRON 6%

Fruity Cabbage Salad

Ingredients

- 2 medium apples
- 2 teaspoons no pulp orange juice
- 3 cups cabbage, shredded
- 1/2 cup raisins
- 1/4 cup low-fat vanilla yogurt

Instructions

1. Wash and core apples. Cut into small chunks and place in a large bowl.
2. Add orange juice and stir.
3. Add cabbage, raisins and yogurt.
4. Mix lightly and chill.



Makes: 6 servings

Nutrition Information: CALORIES 90 (5 from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 15mg; CARBOHYDRATE 21g; FIBER 3g; PROTEIN 1g; CALCIUM 4%; IRON 2%

Beet and Potato Latkes

Ingredients

- 1 large baking potato, peeled and coarsely grated
- 2 medium red beets, peeled and coarsely grated
- 1 small onion, coarsely grated
- 1 large egg, lightly beaten
- ¼ cup flour
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 2 teaspoons oil

Instructions

1. Rinse the grated potatoes in cold water, roll up in a paper towel and squeeze dry.
2. Place the beets and onions in a large colander and squeeze out the excess moisture.
3. In a bowl, stir together potato, beets, onion, egg, flour, salt, and pepper.
4. Heat 1 teaspoon oil in skillet over medium heat.
5. Add 4 heaping tablespoons of mixture to form 4 pancakes. Flatten slightly.
6. Cook a few minutes then flip, until golden brown.
7. Repeat with ½ teaspoon oil and remaining mixture until gone.
8. Top latkes with applesauce and enjoy!

Makes: 3 servings (4 latkes each)

Nutrition Information: CALORIES 220 (20% from fat); FAT 5g (sat 1g); CHOLESTEROL 80mg; SODIUM 660mg; CARBOHYDRATE 37g; FIBER 4g; PROTEIN 7g; CALCIUM 4%; IRON 15%

Homemade Applesauce

Ingredients

- 6 apples
- 1 cup water

Instructions

1. Peel and core apples. Cut apples into large chunks.
2. Place apples and 1 cup water in a medium pot.
3. Bring apples to boil over high heat, stirring often.
4. Turn heat to medium and simmer the apples for 30 minutes or until the apples are very soft. Stir often.
5. The applesauce may be left lumpy or mashed with a fork to become smoother.
6. Some apples are naturally sweeter than others. If the sauce is too tart, stir in a little brown sugar to taste.
7. May be served warm or chilled!
8. Refrigerate leftovers.



Makes: 6 servings

Nutrition Information:

CALORIES 60 (0 from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 16g; FIBER 2g; PROTEIN 0g; CALCIUM 0%; IRON 0%

Grated Turnip and Apple Salad

Instructions

- 1 cup peeled and grated raw turnips or rutabaga (about 2 medium turnips or ¼ of a rutabaga)
- 1 cup peeled and grated tart green apples
- ½ cup chopped fresh parsley
- Juice of 1 lemon
- 1 tablespoon vegetable oil
- ½ teaspoon salt
- Black pepper to taste

Instructions

1. Combine all ingredients in a large serving bowl.
2. Toss, cover, and chill under ready to serve.



Makes: 4 servings

Nutrition Information: CALORIES 100 (35% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 340mg; CARBOHYDRATE 17g; FIBER 4g; PROTEIN 1g; CALCIUM 4%; IRON 4%

Beet Parsnip Mash

Instructions

- 1½ pounds parsnips
- ½ pound beets (about 1 medium beet)
- 2 cups water
- ½ teaspoon salt
- 1 tablespoon olive oil
- ¼ cup skim milk

Instructions

1. Peel and chop the parsnips, leaving out the woody core. Trim the ends of the beets, but leave them unpeeled.
2. Bring 6 cups of water with ½ teaspoon salt to a boil in a large saucepan. Add the beets to the saucepan. Boil on medium-high heat for about 15 minutes.
3. Add parsnips to pan and boil for another 20 minutes, until all the vegetables are tender.
4. Strain the parsnips and beets.
5. Peel the beet and chop it into small pieces.
6. In a blender, blend the parsnips and beets with the olive oil and milk until smooth and creamy. If a blender is not available, add the oil and milk to the vegetables, and mash with a potato masher or fork.



Makes: 6 servings; Nutrition Information: CALORIES 120 (21% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 240mg; CARBOHYDRATE 25g; FIBER 7g; PROTEIN 2g; CALCIUM 6%; IRON 6%

Beet and Carrot Salad

Ingredients

- 1 pound beets, peeled and grated
- 1 pound carrots, peeled and grated
- 2 cloves of garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon cider or balsamic vinegar
- Salt and Pepper, or hot sauce, to taste

Instructions

1. Peel and grate the carrots and beets.
2. Combine all ingredients in a large salad bowl.
3. Toss until well mixed.
4. Let sit for 30 minutes before serving- the beets and carrots will release juices as they sit.



Makes: 6 servings

Nutrition Information: CALORIES 90 (27% from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 210mg; CARBOHYDRATE 15g; FIBER 4g; PROTEIN 2g; CALCIUM 4%; IRON 4%

Apple, Sage, and Wild Rice Stuffing

Ingredients

- 1 medium red apple, halved, cored, and diced
- 1 cup diced celery
- 1 cup diced onion
- ½ cup dried unsweetened cranberries
- 1 medium jalapeno pepper, seed (if desired), and finely chopped, or ¼ teaspoon dried red pepper flakes
- 1 tablespoon chopped fresh sage, or 1 teaspoon dried rubbed sage
- 2 ounces chopped pecans
- 1 teaspoon canola or vegetable oil
- 1 cup hot cooked brown rice
- ½ cup hot cooked wild rice
- ½ teaspoon salt

Instructions

1. Heat a large pot over medium-high heat. Add the pecans and dry cook, stirring frequently, for 2-3 minutes or until just beginning to brown. Set aside.
2. Heat oil over medium heat. Cooked celery and onions, stirring occasionally for 8 minutes, or until just beginning to brown.
3. Add apples and cook for 4 minutes, or until tender.
4. Stir in pecans and remaining ingredients and cook, stirring occasionally, for 3-4 minutes.

Makes: 8 servings

Nutrition Information: CALORIES 140 (36% from fat); FAT 5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 160mg; CARBOHYDRATE 21g; FIBER 3g; PROTEIN 2g; CALCIUM 2%; IRON 2%

Apple Filled Squash

Ingredients

- 2 acorn, buttercup or butternut squashes
- 2 large apples, peeled, cored and chopped
- 2 ½ tablespoons brown sugar
- 2 ½ tablespoons melted butter
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- Dash of ground cloves
- (Substitute 1 teaspoon pumpkin pie spice for cinnamon, nutmeg and cloves)

Instructions

1. Preheat oven to 350 F.
2. Cut squash in half and remove seeds.
3. Place in baking dish cut side down in about 1 inch of water.
4. Bake for 20 minutes.
5. While squash is cooking, mix apple with other ingredients.
6. Remove squash from oven, turn squash cut side up, and fill with apple mixture.
7. Continue to bake for 20 to 30 minutes, or until tender.



Makes: 4 servings; Nutrition Information: CALORIES 230 (70 from fat); FAT 8g (sat 4.5g); CHOLESTEROL 20mg; SODIUM 60mg; CARBOHYDRATE 44g; FIBER 6g; PROTEIN 2g; CALCIUM 8%; IRON 10%

Apples and Celery Bake

Ingredients

- 1 large clove garlic, crushed
- 1 tablespoon olive oil
- 1 stalk celery, about 1½ pounds
- 2 Golden Delicious apples, cored and quartered
- 1 cup apple juice
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper
- 4 slices toasted Italian bread (optional)

Instructions

1. Preheat oven to 375 F. Place garlic and oil in a medium baking pan; bake until oil is hot, about 5 minutes.
2. Trim base of celery; cut stalk lengthwise into 4 strips, then cut strips into 7 inch pieces. Place celery, apples, apple juice, cinnamon, salt and pepper in baking pan.
3. Bake, uncovered, until celery is crisp-tender, about 40 minutes. Every 10 to 15 minutes, use a spoon to spread some of the juice from the pan over the apples and celery.
4. Discard garlic. Serve immediately, on bread if desired.



Makes: 4 servings; Nutrition Information: CALORIES 220 (18% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 370mg; CARBOHYDRATE 43g; FIBER 6g; PROTEIN 4g; CALCIUM 8%; IRON 8%

Baked Onions

Ingredients

- 4 medium sweet onions
- 3/4 cup water
- 1/4 cup balsamic vinegar
- 2 teaspoons cornstarch

Instructions

1. Preheat oven to 350° F.
2. Peel the onions. Place them side by side into a small casserole dish.
3. Pour the water and balsamic vinegar over and around the onions, and bake for about 2 hours, until onions are soft.
4. Add cornstarch to the remaining juices to thicken.
5. Serve onions with the sauce.



Makes: 4 servings

Nutrition Information: CALORIES 60 (0% from fat); FAT 0g (sat 0g); CHOLESTEROL 0mg; SODIUM 10mg; CARBOHYDRATE 13g; FIBER 1g; PROTEIN 1g; CALCIUM 2%; IRON 2%