Mediterranean Squash Stew

½ butternut squash (3 cups cubed)
¼ bunch kale (2 cups chopped)*
½ onion (1/2 cup chopped)
2 cloves garlic
1 ¼ cups diced tomatoes
1 tablespoon lemon juice
1 tablespoon brown sugar
1 teaspoon mustard
1 teaspoon oregano
1 teaspoon salt
2 teaspoons vegetable oil
2 cups cooked rice

1. Peel and seed squash. Cut into ½-inch cubes.
2. Wash and chop kale.
3. Chop onion and mince garlic.
4. To make sauce: combine tomatoes, lemon juice, brown sugar, mustard, oregano and salt in a medium bowl; set aside.
5. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes or until onion is soft.
6. Stir in squash and sauce. Cover pan, increase heat to medium-high and cook 15 minutes or until squash is tender.
7. Add rice and kale. Cover and cook 5 minutes.

Makes: 5 or 6 servings

Nutrition Information:
CALORIES 180 (20 from fat); FAT 2.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 500mg; CARBOHYDRATE 36g; FIBER 4g; PROTEIN 4g; CALCIUM 10%; IRON 10%

Carrot Cookies

1 cup flour
1 teaspoon baking powder
1 cup oats
1 teaspoon cinnamon
1 ¼ cups shredded carrots
1 ½ cups raisins
½ cup applesauce
¼ cup vegetable oil
½ cup honey

1. Preheat oven to 350°F.
2. In a large bowl, stir together flour, baking powder, oats, cinnamon, carrots and raisins.
3. In a small bowl, stir together applesauce, oil and honey.
4. Mix wet ingredients into dry ingredients.
5. Drop by teaspoonful onto 2 greased cookie sheets to make 36 cookies.
6. Bake 10 minutes. Enjoy!
7. Each serving is 3 cookies

Makes: 12 servings

Nutrition Information:
CALORIES 240 (50 from fat); FAT 6g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 50mg; CARBOHYDRATE 45g; FIBER 3g; PROTEIN 4g; CALCIUM 4%; IRON 10%