

Tropical Blueberry Smoothie

1 can (8oz.) crushed pineapple, drained
1 ripe banana, sliced
1 cup milk
1 cup fresh or frozen blueberries

Combine pineapple, banana, milk, and blueberries. Cover; blend until thick and smooth. Serve immediately. Garnish with banana, strawberry, and mint kabob if desired.

Makes 3 servings

Per Serving:

Calories: 139
Fat: 2 grams
Protein: 4 grams
Carbohydrates: 29 grams
Cholesterol: 6 mg
Sodium: 43 mg



EAT SMART & WIN!

Eggplant Casserole

1 large eggplant, unpeeled
½ pound sliced mushrooms
1 ½ cups tomato sauce
½ cup breadcrumbs
½ cup Parmesan cheese, grated

1. Place eggplant in a large pot of boiling water. Reduce heat and simmer ten minutes. Drain and cool. Cut into 1-inch pieces. Place in a greased casserole dish with mushrooms and tomato sauce.
2. Combine breadcrumbs and cheese. Sprinkle on top of the casserole.
3. Bake at 350 degrees for 40 minutes.

Makes 6 servings

Per Serving:

Calories: 126
Fat: 4 grams
Protein: 8 grams
Carbohydrates: 17 grams
Fiber: 5 grams
Cholesterol: 10 mg
Sodium 564 mg



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Grapes with Ginger Crème

6 cups seedless black or purple grapes
1 Tbsp grated fresh ginger
2 cups low-fat vanilla yogurt
2 Tbsp brown sugar
Ground cinnamon
Fresh mint leaves

1. In a large bowl, toss grapes with fresh ginger. Spoon equal amounts in stemmed glasses or serving dishes.
2. Carefully spread ½ cup vanilla yogurt on top of grapes and sprinkle with ½ tablespoon brown sugar followed by dusting of ground cinnamon.
3. Allow desserts to chill for 20-30 minutes. Sprinkle with fresh mint leaf and serve chilled.

Makes 4 servings

Per Serving:

Calories: 222
Fat: 2.5 grams
Protein: 7 grams
Carbohydrates: 48 grams
Fiber: 1 gram
Cholesterol: 6 mg
Sodium: 84 mg

