

Broccoli Cheese Cornbread Muffins

Breads

Tip:

To save on the fat and cholesterol in a recipe substitute 2 egg whites for 1 whole egg.



Nutrition Facts

Servings per Recipe: 20
Serving Size: 1 muffin

Calories per Serving: 120

Total Fat: 3g

Saturated Fat: 1g

Cholesterol: 0 mg

Sodium: 330mg

Total Carbohydrate: 18g

Dietary Fiber: 2g

Sugars: 3g

Protein: 5g

%DV Vit A: 2%

%DV Vit C: 10%

%DV Calcium: 0%

%DV Iron: 0%

Gather Ingredients:

- 2 packages cornbread mix
- 10 ounce package frozen chopped broccoli, thawed and drained
- ½ cup chopped onion
- 1 cup low-fat cottage cheese
- 8 egg whites or 1 cup egg substitute

Steps:

1. Combine all ingredients in a large mixing bowl.
2. Place paper liners in a muffin tin.
3. Spray paper liners with vegetable spray.
4. Bake at 400 degrees for 20-25 minutes or until golden brown.

Cornbread

Tip:

Use egg whites instead of whole eggs to cut 5g of fat per egg used. Using low-fat buttermilk also cuts about 5g of fat.

Gather Ingredients:

2 cups yellow cornmeal
3 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
2 egg whites
2 tablespoons canola oil
1 cup low-fat buttermilk

Breads

Nutrition Facts

Servings per Recipe: 24
Serving Size: 2x2 square

Calories per Serving: 60
Total Fat: 1.5g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 150mg
Total Carbohydrate: 10g
Dietary Fiber: less than 1g
Sugars: less than 1g
Protein: 2g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 4%
%DV Iron: 4%

Steps:

1. Preheat Oven to 425°.
2. Combine cornmeal, baking powder, baking soda, and salt in a large bowl.
3. Combine egg whites, oil, and buttermilk in a small bowl.
4. Add wet ingredients to dry ingredients and combine well.
5. Spray 9x13 baking pan with non-stick cooking spray and pour batter into pan.
6. Bake for about 15-20 minutes, or until golden brown.

Cherokee Nation Health Services
Cornbread Dressing

Breads

Tip:

Use egg whites instead of whole eggs to cut 5g of fat per egg used. Using Healthy Request soup cuts fat and sodium. Using clear broth cuts fat, but you could also cut the sodium by using no salt added broth.

Gather Ingredients:

- 1 recipe cornbread (see next page)
- 2 teaspoons ground sage
- 2 teaspoons poultry seasoning
- ½ teaspoon salt
- 1 teaspoon black pepper
- 2 tablespoons light margarine
- 1 medium onion, chopped
- 1 cup celery, chopped
- 1 10.5 ounce can Healthy Request cream of chicken soup
- 1 whole egg
- 1 egg white
- 3 15 ounce cans clear chicken broth

Nutrition Facts

Servings per Recipe: 24
Serving Size: ½ cup

Calories per Serving: 80
Total Fat: 3g
Saturated Fat: 0.5g
Cholesterol: 10mg
Sodium: 490mg
Total Carbohydrate: 11g
Dietary Fiber: 1g
Sugars: less than 1g
Protein: 3g

%DV Vit A: 2%
%DV Vit C: 0%
%DV Calcium: 6%
%DV Iron: 4%

Steps:

1. Prepare cornbread the day before.
2. Preheat Oven to 400°.
3. Crumble cooled cornbread into large bowl.
4. Add sage, poultry seasoning, salt, and pepper to crumbled cornbread and stir well.
5. Melt light margarine in skillet and add chopped onion and celery.
6. Sauté vegetables until onion is translucent, then add vegetables to the bowl of cornbread.
7. Add cream of chicken soup, whole egg, egg white, and broth to cornbread mixture and combine well. Mixture should be slightly “soupy”.
8. Spray 9x13 and 8x8 pans with non-stick cooking spray and pour mixture into pans.
9. Bake in 400° oven for about 45 minutes, or until set and golden brown.

Crock Pot Dressing

Breads

Tip:

Replacing whole eggs with egg whites in this recipe has reduced the Total Fat.

Replacing white bread crumbs with whole wheat bread crumbs has added some fiber to this recipe.



Nutrition Facts

Servings per Recipe: 16
Serving Size: ½ cup

Calories per Serving: 90
Total Fat: 1.5g
Saturated Fat: 0g
Cholesterol: 0 mg
Sodium: 340mg
Total Carbohydrate: 14g
Dietary Fiber: 1g
Sugars: 3g
Protein: 4g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 0%
%DV Iron: 2%

Gather Ingredients:

8 inch pan of cornbread
2 ½ cups dried whole wheat bread crumbs
8 egg whites
1 medium onion, chopped
1 cup celery, chopped
1 ½ tablespoons sage
2 cans cream of chicken soup
2 cans chicken broth
1 teaspoon salt
½ teaspoon black pepper
2 tablespoons margarine

Steps:

1. Prepare cornbread as directed on package.
2. Crumble bread. Add other ingredients except margarine.
3. Pour into Crock Pot.
4. Dot with margarine.
5. Cover and cook on high for 2 hours or on low for 3 - 4 hours.

Pumpkin Muffins

Breads

Tip:

Yummy way to sneak in some Vitamin A and fiber! Using Splenda will decrease the calories and carb to 96 calories and 12 g. carb per muffin.

Gather Ingredients:

Vegetable cooking spray
1 ½ cups skim milk
¼ cup canola oil
2 whole eggs
4 egg whites or ½ cup egg substitute
1 ½ cup canned, unsweetened, solid pack pumpkin
¾ cup sugar or ¾ cup Splenda
1 ½ cup whole wheat flour
½ cup ground flaxseed or wheat germ
4 ½ teaspoon baking powder
2 teaspoon ground cinnamon

Nutrition Facts

Servings per Recipe: 24
Serving Size: 1 muffin

Calories per Serving: 120
Total Fat: 4g
Saturated Fat: 0g
Cholesterol: 20mg
Sodium: 110mg
Total Carbohydrate: 18g
Dietary Fiber: 3g
Sugars: 7g
Protein: 3g

%DV Vit A: 30%
%DV Vit C: 0%
%DV Calcium: 4%
%DV Iron: 4%

Steps:

1. Preheat oven to 400 degrees F. Coat 24 muffin tin cups with veg. cooking oil spray or line with paper muffin cups.
2. Combine milk, oil, eggs, egg whites, & pumpkin.
3. Mix together the flour, wheat germ, sugar, baking powder & cinnamon in a large bowl. Gradually add the pumpkin mixture until well combined.
4. Pour batter into muffin tins, filling each cup to 2/3 cup full. Bake for 15-20 minutes. The muffins are done when toothpick inserted into the center of one comes out clean.

“Red Lobster” Cheddar Biscuits

Breads

Tips:

Using lower fat buttermilk, low-fat cheese and reduced fat baking mix has lowered the fat and calories in this recipe.



Tidbit: To make fine parsley flakes, as can be found on the original biscuits, simply crush the flakes between your thumb and forefinger.

Nutrition Facts

Servings per Recipe: 12
Serving Size: 1 biscuit

Calories per Serving: 100
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: less than 5mg
Sodium: 170mg
Total Carbohydrate: 12g
Dietary Fiber: less than 1g
Sugars: 2g
Protein: 4g

%DV Vit A: 0%
%DV Vit C: 0%
%DV Calcium: 10%
%DV Iron: 2%

Gather Ingredients:

2 cups Bisquick, reduced-fat baking mix
¾ cup low-fat buttermilk (1% fat)
1 cup shredded low-fat cheddar cheese
2 tablespoons Fleischmann's Fat-Free Buttery Spread
¼ teaspoons garlic powder
¼ teaspoons dried parsley flakes, crushed fine

Steps:

1. Preheat oven to 400 degrees. Combine the baking mix, milk and cheddar cheese in a medium bowl. Mix by hand until well combined.
2. Divide the dough into 12 equal portions (about 3 tablespoons each) and spoon onto a lightly greased or nonstick cookie sheet. Flatten each biscuit with your fingers.
3. Bake for 18-20 minutes or until the tops of the biscuits begin to brown.
4. In a small bowl combine the spread with the garlic powder. Heat this mixture for 30 seconds in microwave, then brush a light coating over the top of each biscuit. Sprinkle each with the fine parsley flakes.