

BREADS



Apricot-Orange Bread

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| 1 package | (6 oz) dried apricots, cut into small pieces |
| 2 C | water |
| 2 Tbsp | margarine |
| 1 C | sugar |
| 1 | egg, slightly beaten |
| 1 Tbsp | orange peel, freshly grated |
| 3 ¹ / ₂ C | all-purpose flour, sifted |
| 1/2 C | fat free dry milk powder |
| 2 tsp | baking powder |
| 1 tsp | baking soda |
| 1 tsp | salt |
| 1/2 C | orange juice |
| 1/2 C | pecans, chopped |

1. Preheat oven to 350 °F. Lightly oil two, 9- by 5-inch loaf pans.
2. Cook apricots in water in covered medium-size saucepan for 10–15 minutes or until tender but not mushy. Drain and reserve ³/₄ cup liquid. Set apricots aside to cool.
3. Cream together margarine and sugar. By hand, beat in egg and orange peel.
4. Sift together flour, dry milk, baking powder, soda, and salt. Add to creamed mixture alternately with reserved apricot liquid and orange juice.
5. Stir apricot pieces and pecans into batter.
6. Turn batter into prepared pans.
7. Bake for 40–45 minutes or until bread springs back when lightly touched in center.
8. Cool for 5 minutes in pans. Remove from pans and completely cool on wire rack before slicing.

This bread is low in all the right places—saturated fat, cholesterol, and sodium—without losing any taste and texture.

Yield: 2 loaves
Serving size: 1/2-inch slice
Each serving provides:
 Calories: 97
 Total fat: 2 g
 Saturated fat: less than 1 g
 Cholesterol: 6 mg
 Sodium: 113 mg
 Total fiber: 1 g
 Protein: 2 g
 Carbohydrates: 18 g
 Potassium: 110 mg

Banana-Nut Bread

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|---------|---------------------------|
| 1 C | ripe bananas, mashed |
| 1/3 C | lowfat buttermilk |
| 1/2 C | brown sugar, packed |
| 1/4 C | margarine |
| 1 | egg |
| 2 C | all-purpose flour, sifted |
| 1 tsp | baking powder |
| 1/2 tsp | baking soda |
| 1/2 tsp | salt |
| 1/2 C | pecans, chopped |

Bananas and lowfat buttermilk lower the fat for this old favorite, while keeping all the moistness.

1. Preheat oven to 350 °F. Lightly oil two, 9- by 5-inch loaf pans.
2. Stir together mashed bananas and buttermilk. Set aside.
3. Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture and beat well.
4. Sift together flour, baking powder, baking soda, and salt. Add all at once to liquid ingredients. Stir until well blended.
5. Stir in nuts, and turn into prepared pans.
6. Bake for 50–55 minutes or until toothpick inserted in center comes out clean. Cool for 5 minutes in pans.
7. Remove from pans and complete cooling on a wire rack before slicing.

Yield: 2 loaves

Serving size: 1/2-inch slice

Each serving provides:

Calories: 133

Total fat: 5 g

Saturated fat: 1 g

Cholesterol: 12 mg

Sodium: 138 mg

Total fiber: 1 g

Protein: 2 g

Carbohydrates: 20 g

Potassium: 114 mg

Carrot-Raisin Bread

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|--------|---------------------------|
| 1½ C | all-purpose flour, sifted |
| ½ C | sugar |
| 1 tsp | baking powder |
| ¼ tsp | baking soda |
| ½ tsp | salt |
| 1½ tsp | ground cinnamon |
| ¼ tsp | ground allspice |
| 1 | egg, beaten |
| ½ C | water |
| 2 Tbsp | vegetable oil |
| ½ tsp | vanilla |
| 1½ C | carrots, finely shredded |
| ¼ C | pecans, chopped |
| ¼ C | golden raisins |

You don't need lots of oil and eggs to make a rich-tasting bread—as this recipe shows.

1. Preheat oven to 350 °F. Lightly oil two, 9- by 5-inch loaf pans.
2. Stir together dry ingredients in large mixing bowl. Make well in center of dry mixture.
3. In separate bowl, mix together remaining ingredients. Add mixture all at once to dry ingredients. Stir just enough to moisten and evenly distribute carrots.
4. Turn into prepared pan. Bake for 50 minutes or until toothpick inserted in center comes out clean.
5. Cool for 5 minutes in pan. Remove from pan and complete cooling on wire rack before slicing.

Yield: 2 loaves

Serving size: ½-inch slice

Each serving provides:

Calories: 99

Total fat: 3 g

Saturated fat: less than 1 g

Cholesterol: 12 mg

Sodium: 97 mg

Total fiber: 1 g

Protein: 2 g

Carbohydrates: 17 g

Potassium: 69 mg

Good-for-You Cornbread

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|-------|--------------------------------------|
| 1 C | cornmeal |
| 1 C | flour |
| 1/4 C | white sugar |
| 1 tsp | baking powder |
| 1 C | 1% fat buttermilk |
| 1 | egg, whole |
| 1/4 C | tub margarine |
| 1 tsp | vegetable oil (to grease baking pan) |

1. Preheat oven to 350 °F.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to dry ingredients.
5. Add margarine, and mix by hand or with mixer for 1 minute.
6. Bake for 20–25 minutes in an 8- by 8-inch, greased baking dish. Cool. Cut into 10 squares.

This is not only good for you but also good in you—making it a healthy comfort food.

Yield: 10 servings

Serving size: 1 square

Each serving provides:

Calories: 178

Total fat: 6 g

Saturated fat: 1 g

Cholesterol: 22 mg

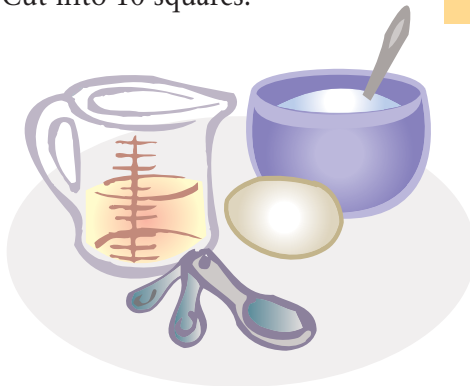
Sodium: 94 mg

Total fiber: 1 g

Protein: 4 g

Carbohydrates: 27 g

Potassium: 132 mg



Homestyle Biscuits

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|------------------------------------|-------------------|
| 2 C | flour |
| 2 tsp | baking powder |
| 1/4 tsp | baking soda |
| 1/4 tsp | salt |
| 2 Tbsp | sugar |
| 2/3 C | 1% fat buttermilk |
| 3 ¹ / ₃ Tbsp | vegetable oil |

Update your homestyle biscuits with this easy lowfat recipe.

1. Preheat oven to 450 °F.
2. In medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In small bowl, stir together buttermilk and all of the oil. Pour over flour mixture and stir until well mixed.
4. On lightly floured surface, knead dough gently for 10–12 strokes. Roll or pat dough to ³/₄-inch thickness. Cut with 2-inch biscuit or cookie cutter, dipping cutter in flour between cuts. Transfer biscuits to an ungreased baking sheet.
5. Bake for 12 minutes or until golden brown. Serve warm.

Yield: 15 servings

Serving Size: 1, 2-inch biscuit

Each serving provides:

Calories: 99

Total fat: 3 g

Saturated fat: less than 1 g

Cholesterol: less than 1 mg

Sodium: 72 mg

Total fiber: 1 g

Protein: 2 g

Carbohydrates: 15 g

Potassium: 102 mg