

Recipe of the Month

Wellness



Chicken Cheese Pie - servings 8

- 1/3 cup reduced fat Parmesan cheese
- 6 oz tomato paste
- 9 oz chicken breast strips, cooked and cubed
- 1/2 cup low-fat baking mix
- 1 cup fat-free milk
- 1/2 tsp oregano
- 1/4 tsp black pepper
- 1/2 tsp basil
- 2 whole eggs
- 1/2 tsp garlic powder

Preheat oven to 400. Prepare a 9" pie plate with cooking spray; set aside. Sprinkle parmesan cheese in pie plate. In a mixing bowl, combine chicken, half cup Mozzarella cheese, oregano, basil, garlic powder, and tomato paste. Spoon mixture over Parmesan cheese in pan. In a smaller bowl, combine baking mix, milk, black pepper, and eggs. Mix until blended. Pour over chicken mixture. Bake for 35 minutes. Sprinkle with remaining Mozzarella cheese. Bake five minutes more, or until knife inserted in center comes out clean. Cool five minutes before serving. Calories 169 kcal, Protein 18g, Fat 3g, Carbohydrate 16g, Sodium 484mg, Cholesterol 74mg

Blueberry Cheesecake - serves 12



Crust:

- 1 1/2 cup low-fat graham cracker crumbs
- 1/4 cup light margarine, softened
- 3 tbsp granulated sugar

Filling:

- 16 oz fat-free cream cheese, softened
- 1/2 cup granulated sugar
- 1/2 tsp pure vanilla extract
- 2 whole egg whites
- 2/3 cup blueberry pie filling

To prepare crust, combine crumbs, margarine, and sugar in a mixing bowl. Press mixture firmly in a 9" pie pan. Chill 1 hour, or until firm. Or, bake in a 375 oven for ten minutes or until edges are brown. Cool on rack before filling. Preheat oven to 375.

To prepare filling, combine cream cheese, sugar, vanilla extract, and egg whites. Spread over crust. Spoon blueberry pie filling on top; cutting through both layers with a knife several times for the swirled effect. Bake for 40 minutes. Serve with remaining blueberry pie filling. Calories 180 kcal, Protein 7g, Fat 3g, Carbohydrate 32g, sodium 309mg, Cholesterol 6mg, Fiber 1g.


TIP

Heart Disease is responsible for more deaths in women than all forms of cancer combined. It has been determined that more women than men die of heart disease in the United States each year. And women's heart attack symptoms are much more subtle and vary drastically from men's. Don't wait for the numb arm severe chest pain. Women's symptoms include: Neck, shoulder, upper back or abdominal discomfort, shortness of breath, nausea or vomiting, sweating, lightheadedness or dizziness, unusual fatigue.

