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INTRODUCTION

Good food is one of life’s great joys. And good meals are a shared pleasure at the heart of African American family life and special celebrations. This recipe book brings together many African American favorite recipes, prepared in a heart-healthy way lower in fat, especially saturated fat, cholesterol, and sodium! It shows how to prepare dishes in ways that help protect you and your family from heart disease and stroke. This is important because heart disease is the first and stroke is the third leading cause of death for African Americans. So, by making small changes in the way you and your family eat, you can help reduce your risk for heart disease and stroke.

So make a start today. Give those old favorites a new, tasty, heart-healthy makeover. And help keep the heart of your family strong!

The cookbook was developed by the National Heart, Lung, and Blood Institute and the Office of Research on Minority Health, both part of the National Institutes of Health in Bethesda, Maryland.

Abbreviations used throughout this book include:

- tsp = teaspoon
- Tbsp = tablespoon
- oz = ounce
- lb = pound
- g = gram
- mg = milligram
Breads, Vegetables, and Side Dishes
GOOD-FOR-YOU CORNBREAD

1 cup cornmeal
1 cup flour
1/4 cup white sugar
1 tsp baking powder
1 cup buttermilk, 1% fat
1 egg, whole
1/4 cup margarine, regular, tub
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 the dry ingredients.
5. Add margarine and mix by hand or with a mixer for 1 minute.

Makes 10 servings
Serving Size: 1 square
Calories 178
Fat 6 g
Saturated fat 1 g
Cholesterol 22 mg
Sodium 94 mg
HOMESTYLE BISCUITS

2 cups flour
2 tsps baking powder
1/4 tsp baking soda
1/4 tsp salt
2 Tbsps sugar
2/3 cup buttermilk, 1% fat
3 Tbsps + 1 tsp vegetable oil

1. Preheat oven to 450° F.
2. In a medium bowl, combine flour, baking powder, baking soda, salt, and sugar.
3. In a small bowl, stir together buttermilk and oil. Pour over flour mixture; stir until well mixed.
4. On a lightly floured surface, knead dough gently for 10 to 12 strokes. Roll or pat dough to 3/4-inch thickness. Cut with a 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.

Makes 15 servings
Serving Size: 1 (2-inch) biscuit
Calories: 99
Fat: 3 g
Saturated fat: less than 1 g
Cholesterol: less than 1 mg
Sodium: 72 mg
DELICIOUS OVEN FRENCH FRIES

4 large potatoes (2 lbs)
8 cups ice water
1 tsp garlic powder
1 tsp onion powder
1/4 tsp salt
1 tsp white pepper
1/4 tsp allspice
1 tsp hot pepper flakes
1 Tbsp vegetable oil

1. Scrub potatoes and cut into long 1/2-inch strips.
2. Place potato strips into ice water, cover, and chill for 1 hour or longer.
3. Remove potatoes and dry strips thoroughly.
4. Place garlic powder, onion powder, salt, white pepper, allspice, and pepper flakes in a plastic bag.
5. Toss potatoes in spice mixture.
6. Brush potatoes with oil.
7. Place potatoes in nonstick shallow baking pan.
8. Cover with aluminum foil and place in 475˚ F oven for 15 minutes. Remove foil and continue baking uncovered for an additional 15 to 20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

Makes 5 servings
Serving size: 1 cup
Calories 238
Fat 4 g
Saturated fat 1 g
Cholesterol 0 mg
Sodium 163 mg
Breads, Vegetables, and Side Dishes

SAVORY POTATO SALAD

Makes 10 servings
Serving size: 1/2 cup
Calories 98
Fat 2 g
Saturated fat less than 1 g
Cholesterol 21 mg
Sodium 212 mg

6 medium potatoes (about 2 lbs)
2 stalks celery, finely chopped
2 stalks scallion, finely chopped
1/4 cup red bell pepper, coarsely chopped
1/4 cup green bell pepper, coarsely chopped
1 Tbsp onion, finely chopped
1 egg, hard boiled, chopped
6 Tbsps mayonnaise, light
1 tsp mustard
1/2 tsp salt
1/4 tsp black pepper
1/4 tsp dill weed, dried

1. Wash potatoes, cut in half, and place them in cold water in a saucepan.
2. Cook covered over medium heat for 25 to 30 minutes or until tender.
3. Drain and dice potatoes when cool.
4. Add vegetables and egg to potatoes and toss.
5. Blend together mayonnaise, mustard, salt, pepper, and dill weed.
6. Pour dressing over potato mixture and stir gently to coat evenly.
7. Chill for at least 1 hour before serving.
CANDIED YAMS

3 medium yams (1 1/2 cups)
1/4 cup brown sugar, packed
1 tsp flour, sifted
1/4 tsp salt
1/4 tsp ground cinnamon
1/4 tsp ground nutmeg
1/4 tsp orange peel
1 tsp soft tub margarine
1/2 cup orange juice

1. Cut yams in half and boil until tender but firm (about 20 minutes). When cool enough to handle, peel and slice into 1/4-inch thickness.
2. Combine sugar, flour, salt, cinnamon, nutmeg, and grated orange peel.
3. Place half of the sliced yams in a medium-sized casserole dish. Sprinkle with spiced sugar mixture.
4. Dot with half the amount of margarine.
5. Add a second layer of yams, using the rest of the ingredients in the same order as above. Add orange juice.
6. Bake uncovered in oven preheated to 350° F for 20 minutes.

Makes 6 servings
Serving size: 1/4 cup
Calories 110
Fat less than 1 g
Saturated fat less than 1 g
Cholesterol 0 mg
Sodium 115 mg
SMOTHERED GREENS

3 cups water
1/4 lb smoked turkey breast, skinless
1 Tbsp hot pepper, freshly chopped
1/4 tsp cayenne pepper
1/4 tsp cloves, ground
2 cloves garlic, crushed
1/2 tsp thyme
1 stalk scallion, chopped
1 tsp ginger, ground
1/4 cup onion, chopped
2 lbs greens (mustard, turnip, collard, kale, or mixture)

1. Place all ingredients except greens into large saucepan and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender.

Makes 5 servings
Serving size: 1 cup
Calories 80
Fat 2 g
Saturated fat less than 1 g
Cholesterol 16 mg
Sodium 378 mg
LIMAS AND SPINACH

2 cups frozen lima beans
1 Tbsp vegetable oil
1 cup fennel, cut in strips (4 oz)
1/2 cup onion, chopped
1/4 cup low-sodium chicken broth
4 cups leaf spinach, washed thoroughly
1 Tbsp distilled vinegar
1/8 tsp black pepper
1 Tbsp raw chives

1. Steam or boil lima beans in unsalted water approximately 10 minutes. Drain.
2. In a skillet, sauté onions and fennel in oil.
3. Add the beans and stock to the onions, cover, and cook for 2 minutes.
4. Stir in the spinach. Cover and cook until spinach has wilted, about 2 minutes.
5. Stir in the vinegar and pepper. Cover and let stand for 30 seconds.
6. Sprinkle with chives and serve.

Makes 7 servings
Serving size: 1/2 cup
Calories 93
Fat 2 g
Saturated fat less than 1 g
Cholesterol 0 mg
Sodium 84 mg
This stew is a great way to use summer vegetables in a new way.

VEGETABLE STEW

3 cups water
1 cube vegetable bouillon, low sodium
2 cups white potatoes, cut in 2-inch strips
2 cups carrots, sliced
4 cups summer squash, cut in 1-inch squares
1 cup summer squash, cut in 4 chunks
1 15-oz can sweet corn, rinsed and drained
(or 2 ears fresh corn, 1 1/2 cups)
1 tsp thyme
2 cloves garlic, minced
1 stalk scallion, chopped
1/2 small hot pepper, chopped
1 cup onion, coarsely chopped
1 cup tomatoes, diced

(Add other favorite vegetables such as broccoli, cauliflower, etc.)

1. Heat water and bouillon in a large pot and bring to a boil.
2. Add potatoes and carrots to the broth and simmer for 5 minutes.
3. Add the remaining ingredients except for the tomatoes and continue cooking for 15 minutes over medium heat.
4. Remove 4 chunks of squash and purée in blender.
5. Return puréed mixture to pot and let cook for 10 minutes more.
6. Add tomatoes and cook for another 5 minutes.
7. Remove from flame and let sit for 10 minutes to allow stew to thicken.

Makes 8 servings
Serving size: 1 1/4 cups
Calories 119
Fat 1 g
Saturated fat less than 1 g
Cholesterol 0 mg
Sodium 196 mg
CLASSIC MACARONI AND CHEESE

2 cups macaroni
1/2 cup chopped onions
1/2 cup evaporated skim milk
1 medium egg, beaten
1/4 tsp black pepper
1 1/4 cups sharp cheddar cheese (4 oz), finely shredded, low fat
nonstick cooking oil spray

1. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
2. Spray a casserole dish with nonstick cooking oil spray.
3. Preheat oven to 350˚ F.
4. Lightly spray saucepan with nonstick cooking oil spray.
5. Add onions to saucepan and sauté for about 3 minutes.
6. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
7. Transfer mixture into casserole dish.
8. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Makes 8 servings
Serving size: 1/2 cup
Calories 200
Fat 4 g
Saturated fat 2 g
Cholesterol 34 mg
Sodium 120 mg
Main Dishes
JAMAICAN JERK CHICKEN

1/2 tsp cinnamon, ground
1 1/2 tsps allspice, ground
1 1/2 tsps black pepper, ground
1 Tbsp hot pepper, chopped
1 tsp hot pepper, crushed, dried
2 tsps oregano, crushed
2 tsps thyme, crushed
1/2 tsp salt
6 cloves garlic, finely chopped
1 cup onion, puréed or finely chopped
1/4 cup vinegar
3 Tbsps brown sugar
8 pieces chicken, skinless (4 breasts, 4 drumsticks)

1. Preheat oven to 350˚ F.
2. Combine all ingredients except chicken in large bowl. Rub seasoning over chicken.
3. Marinate in the refrigerator for 6 or more hours.
4. Evenly space chicken on nonstick or lightly greased baking pan.
5. Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less cooking time than the breasts.

Makes 6 servings
Serving size: 1/2 breast or 2 small drumsticks
Calories 199
Fat 4 g
Saturated fat 1 g
Cholesterol 81 mg
Sodium 267 mg

The spices and peppers in this recipe give the chicken a whole new taste.
FINGER-LICKING CURRIED CHICKEN

1 1/2 tsps curry powder
1 tsp thyme, crushed
1 stalk scallion, chopped
1 Tbsp hot pepper, chopped
1 tsp black pepper, ground
8 cloves garlic, crushed
1 Tbsp ginger, grated
3/4 tsp salt
8 pieces chicken, skinless (breast, drumstick)
1 Tbsp olive oil
1 cup water
1 medium white potato, diced
1 large onion, chopped

1. Mix together curry powder, thyme, scallion, hot pepper, cayenne pepper, black pepper, garlic, ginger, onion, and salt.
2. Sprinkle seasoning mixture on chicken.
3. Marinate for at least 2 hours in the refrigerator.
4. Heat oil in skillet over medium flame.
5. Add chicken and sauté.
6. Add water and allow chicken to cook over medium flame for 30 minutes.
7. Add diced potatoes and cook for an additional 30 minutes.
8. Add onions and cook 15 minutes more or until meat is tender.

Makes 6 servings
Serving size: 1/2 breast or 2 small drumsticks
Calories 213
Fat 6 g
Saturated fat 2 g
Cholesterol 81 mg
Sodium 363 mg
CRISPY OVEN-FRIED CHICKEN

1/2 cup skim milk or buttermilk
1 tsp poultry seasoning
1 cup cornflakes, crumbled
1 1/2 Tbsp onion powder
1 1/2 Tbsp garlic powder
2 tsps black pepper
2 tsps dried hot pepper, crushed
1 tsp ginger, ground
8 pieces chicken, skinless (4 breasts, 4 drumsticks)
a few shakes paprika
1 tsp vegetable oil (use to grease baking pan)

1. Preheat oven to 350˚ F.
2. Add 1/2 teaspoon of poultry seasoning to milk.
3. Combine all other spices with cornflake crumbs and place in a plastic bag.
4. Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.
5. Refrigerate for 1 hour.
6. Remove from refrigerator and sprinkle lightly with paprika for color.
7. Evenly space chicken on greased baking pan.
8. Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy “skin.” (Do not turn chicken during baking.)

Makes 6 servings
Serving size: 1/2 breast or 2 small drumsticks
Calories 256
Fat 5 g
Saturated fat 1 g
Cholesterol 82 mg
Sodium 286 mg
**CHICKEN GUMBO**

1 tsp vegetable oil  
1/4 cup flour  
3 cups low-sodium chicken broth  
1 1/2 lbs chicken breast, skinless and boneless, cut into 1-inch strips  
1 cup white potatoes (1/2 lb), cubed  
1 cup onions, chopped  
1 cup carrots (1/2 lb), coarsely chopped  
1/4 cup celery, chopped  
1/2 medium carrot, grated  
4 cloves garlic, finely minced  
2 stalks scallion, chopped  
1 whole bay leaf  
1/2 tsp thyme  
1/2 tsp black pepper, ground  
2 tsps hot (or jalapeño) pepper  
1 cup okra (1/2 lb), sliced into 1/2-inch pieces

1. Add oil to a large pot.  
2. Heat pot over medium flame.  
4. Cook, stirring constantly, until flour begins to turn golden brown.  
5. Slowly stir in all the broth using a wire whisk and cook for 2 minutes. The mixture should not be lumpy.  
6. Add all ingredients except okra. Bring to a boil, then reduce heat and let simmer for 20 to 30 minutes.  
7. Add okra and let cook for 15 to 20 more minutes.  
8. Remove bay leaf.  
9. Serve hot in a bowl or over rice.

Makes 8 servings  
Serving size: 3/4 cup  
Calories  165  
Fat  4 g  
Saturated fat  1 g  
Cholesterol  51 mg  
Sodium  81 mg
SPICY SOUTHERN BARBECUED CHICKEN

5 Tbsps tomato paste (3 ozs)
1 tsp ketchup
2 tps honey
1 tsp molasses
1 tsp Worcestershire sauce
4 tps vinegar, white
3/4 tsp cayenne pepper
1/8 tsp black pepper
1/4 tsp onion powder
2 cloves garlic, minced
1/8 tsp ginger, grated
1 1/2 lbs chicken, skinless (breasts, drumsticks)

1. Combine all ingredients except chicken in a saucepan.
2. Simmer for 15 minutes.
3. Wash chicken and pat dry.
4. Place chicken on a large platter.
5. Brush chicken with 1/2 of sauce mixture.
6. Cover with plastic wrap and marinate in refrigerator for 1 hour.
7. Place chicken on a baking sheet lined with aluminum foil and broil for 10 minutes on each side to seal in juices.
8. Turn oven down to 350˚ F, and add the remaining sauce to the chicken.
9. Cover the chicken with aluminum foil and continue baking for 30 minutes.

Makes 6 servings
Serving size: 1/2 breast or 2 small drumsticks
Calories 176
Fat 4 g
Saturated fat less than 1 g
Cholesterol 81 mg
Sodium 199 mg
MOUTH-WATERING OVEN-FRIED FISH

2 lbs fish fillets
1 Tbsp lemon juice, fresh
1/4 cup skim milk or 1% buttermilk
2 drops hot pepper sauce
1 tsp garlic, fresh, minced
1/4 tsp white pepper, ground
1/4 tsp salt
1/4 tsp onion powder
1/2 cup cornflakes, crumbled or regular bread crumbs
1 Tbsp vegetable oil (for greasing baking dish)
1 lemon, fresh, cut in wedges

1. Preheat oven to 475˚ F.
2. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot pepper sauce, and garlic.
4. Combine pepper, salt, and onion powder with cornflake crumbs and place on a plate.
5. Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake 20 minutes on middle rack without turning.

Makes 6 servings
Serving size: 1 cut piece
Calories 183
Fat 2 g
Saturated fat less than 1 g
Cholesterol 80 mg
Sodium 325 mg
SCRUMPTIOUS MEAT LOAF

1 lb ground beef, extra lean
1/2 cup tomato paste (4 ozs)
1/4 cup onion, chopped
1/4 cup green peppers
1/4 cup red peppers
1 cup tomatoes, fresh, blanched, chopped
1/2 tsp mustard, low sodium
1/4 tsp ground black pepper
1/2 tsp hot pepper, chopped
2 cloves garlic, chopped
2 stalks scallion, chopped
1/2 tsp ginger, ground
1/8 tsp nutmeg, ground
1 tsp orange rind, grated
1/2 tsp thyme, crushed
1/4 cup bread crumbs, finely grated

1. Mix all ingredients together.
2. Place in 1-pound loaf pan (preferably a pan with a drip rack) and bake covered at 350˚ F for 50 minutes.
3. Uncover pan and continue baking for 12 minutes.

Makes 6 servings
Serving size: 6 (1-1/4-inch) thick slices
Calories 193
Fat 9 g
Saturated fat 3 g
Cholesterol 45 mg
Sodium 91 mg
BAKED PORK CHOPS

6 lean center-cut pork chops, 1/2-inch thick
1 medium onion, thinly sliced
1/2 cup green pepper
1/2 cup red pepper
1/8 tsp black pepper
1/4 tsp salt

1. Preheat oven to 375° F.
2. Trim fat from pork chops. Place chops in a 13 by 9-inch baking pan.
3. Spread onion and peppers on top of chops. Sprinkle with pepper and salt. Refrigerate for 1 hour.
4. Cover pan and bake 30 minutes. Uncover, turn chops, and continue baking for an additional 15 minutes or until no pink remains. Garnish with fresh parsley.

Makes 6 servings
Serving size: 1 chop
Calories 170
Fat 8 g
Saturated fat 3 g
Cholesterol 61 mg
Sodium 135 mg
Beverage and Desserts
SUMMER BREEZES SMOOTHIE

1 cup yogurt, plain nonfat
6 medium strawberries
1 cup pineapple, crushed, canned in juice
1 medium banana
1 tsp vanilla extract
4 ice cubes

1. Place all ingredients in a blender and purée until smooth.
2. Serve in a frosted glass.

Makes 3 servings
Serving size: 1 cup
Calories 121
Fat less than 1 g
Saturated fat less than 1 g
Cholesterol 1 mg
Sodium 64 mg
MOCK-SOUTHERN SWEET POTATO PIE

Crust:
1 1/4 cups flour
1/4 tsp sugar
1/3 cup skim milk
2 Tbsps vegetable oil

Filling:
1/4 cup white sugar
1/4 cup brown sugar
1/2 tsp salt
1/4 tsp nutmeg
3 large eggs, beaten
1/4 cup evaporated skim milk, canned
1 tsp vanilla extract
3 cups sweet potatoes (cooked and mashed)

1. Preheat oven to 350˚ F.

Crust:
2. Combine the flour and sugar in a bowl.
3. Add milk and oil to the flour mixture.
4. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.
5. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper.
6. Peel off top paper and invert crust into pie plate.
Filling:
7. Combine sugars, salt, spices, and eggs.
8. Add milk and vanilla. Stir.
9. Add sweet potatoes and mix well.
10. Pour mixture into pie shell.
11. Bake for 60 minutes or until crust is golden brown. Cool and cut into 16 slices.

Makes 16 servings
Serving size: 1 slice
Calories 147
Fat 3 g
Saturated fat less than 1 g
Cholesterol 40 mg
Sodium 98 mg
Beverage and Desserts

1-2-3 PEACH COBBLER

1/2 tsp cinnamon, ground
1 Tbsp vanilla extract
2 Tbsp cornstarch
1 cup peach nectar
1/4 cup pineapple juice or peach juice
(can use juice reserved from canned peaches)
2 16-oz cans peaches, sliced, packed in juice,
drained (or 1 3/4 lbs) fresh
1 Tbsp margarine, tub
nonstick cooking oil spray (for baking dish)
1 cup pancake mix, dry
2/3 cup all-purpose flour
1/2 cup sugar
2/3 cup evaporated skim milk

Topping:
1/2 tsp nutmeg
1 Tbsp brown sugar

1. Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in a saucepan over medium heat. Stir constantly until mixture thickens and bubbles.
2. Add sliced peaches to mixture.
3. Reduce heat and simmer for 5 to 10 minutes.
4. In another saucepan melt margarine and set aside.
5. Lightly spray an 8-inch square glass dish with cooking oil spray. Pour hot peach mixture into the dish.
6. In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk.
7. Quickly spoon this mixture over peach mixture.
8. Combine nutmeg and brown sugar. Sprinkle mixture on top of batter.
9. Bake at 400° F for 15 to 20 minutes or until golden brown.
10. Cool and cut into 8 squares.

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**Beverage and Desserts**

Makes 8 servings
Serving size: 1 square
Calories 271
Fat 4 g
Saturated fat less than 1 g
Cholesterol less than 1 mg
Sodium 263 mg
My Favorite Recipes
Recipes were analyzed using the Minnesota Nutrition Data System software—Food Database version 12A; Nutrient Database version 27—developed by the Nutrition Coordinating Center, University of Minnesota, Minneapolis, Minnesota.