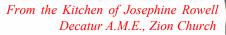
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Glazed Carrots and Apples

6 lg carrots 1 sm onion chopped

2 TB light margarine \(^{1}\sqrt{4}\) cup sugar \(^{1}\sqrt{4}\) ts nutmeg \(^{1}\sqrt{4}\) ts salt

1 can sliced apples (drained)

Preparation

Preparation time: 35 min.

Simmer onion in margarine. Peel carrots and slice each carrot into 4-6 pieces. Add sugar, nutmeg, salt, apples and carrots. Simmer for ½ hour

Recipe makes 6 servings.

Each serving contains:

150 Kcal 2 grams of fat ½ serving of fruit & 1 serving of vegetables

From the Kitchen of Tonya Wilson Turner Chapel A.M.E. Church

African Green Pepper and Spinach

1 md onion (chopped) 1 lb. fresh spinach

1 md green pepper (chopped) ³/₄ ts salt 1 TB vegetable oil ¹/₄ ts pepper

1 md tomato (chopped) 1 clove fresh garlic (minced)

Preparation

Preparation time: 15 min.

Cook onion, garlic, and green pepper in oil in 3-quart saucepan until onion is tender. Add tomato and spinach. Cover and simmer until spinach is tender, about 5-10 minutes. Stir in salt and pepper.

Recipe makes 7 servings.

Each serving contains:

30 Kcal < 1 gram of fat 1 serving of vegetables