

Vegetarian Baked Beans *Makes 4 servings, ¾ cup each*

- ¼ cup catsup
- 2 Tablespoons brown sugar
- 1 cup navy beans, dry

1. Cook beans according to package directions.
2. In small (1 quart) casserole dish, combine beans, catsup, and brown sugar.
3. Cover and bake at 350 degrees until bubbly, about 30 minutes.

Baked Spicy Fish *Makes 4 servings, 3 ounces each*

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| 1 lb. Cod fillets, fresh or frozen | ⅛ teaspoon ground oregano |
| ¼ teaspoon paprika | ⅛ teaspoon ground thyme |
| ¼ teaspoon garlic powder | 1 Tablespoon lemon juice |
| ¼ teaspoon onion powder | 1½ Tablespoons soft margarine, melted |
| ⅛ teaspoon pepper | |

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350 degrees.
3. Separate fish into four fillets or pieces. Place fish in un-greased 13- by 9- by 2-inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in small bowl. Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.
5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

Oatmeal Cookies *Makes 8 servings, 2 cookies each*

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| ¾ cup sugar | 1 cup flour |
| 2 Tablespoons soft margarine | ¼ teaspoon baking soda |
| 1 egg | ½ teaspoon ground cinnamon |
| ¼ cup applesauce, canned | 1 cup 2 Tablespoons quick rolled oats |
| 2 Tablespoons milk* | |

1. Preheat oven to 350 degrees and lightly grease cookie sheets.
2. In a large bowl, use an electric mixer on medium speed to mix sugar and margarine. Mix until well blended, about 3 minutes.
3. Slowly add egg; mix on medium speed for 1 minute. Gradually add applesauce and milk; mix on medium speed for 1 minute. Scrape sides of bowl.
4. In another bowl, combine flour, baking soda, and cinnamon. Slowly add to applesauce mixture; mix on low speed until blended, about 2 minutes. Add oats and blend 30 seconds on low speed.
5. Drop by teaspoonfuls onto cookie sheet, about 2 inches apart.
6. Bake until lightly browned, about 13 to 15 minutes. Remove from baking sheet while still warm. Cool on wire rack.

* Use fat-free or low-fat milk.