Scones with Dried Cherries

Serves 8; 1 scone per serving

Vegetable oil spray
2 cups all-purpose flour
¼ cup firmly packed dark brown sugar
¼ cup corn oil margarine
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg or allspice
1/8 teaspoon salt
½ cup dries cherries, dried cranberries or dried currants
¾ cup low-fat buttermilk
2 tablespoons molasses or light treacle (golden syrup)
All-purpose flour for rolling out dough
1 tablespoon fat-free milk
1 teaspoon of sugar

Preheat the oven to 425◦. Lightly spray a baking sheet with vegetable oil spray.

In a food processor, process the flour, brown sugar, margarine, baking powder, baking soda, cinnamon, nutmeg, and salt until the margarine is evenly distributed in the mixture. Pour into large bowl. Stir in the dried fruit.

In a small bowl, whisk together the buttermilk and molasses. Add to the flour mixture, stirring just until moistened. Lightly flour a flat surface. Turn the dough out onto the surface. Pat into an 8- or 9-inch circle. Cut into 8 wedges Place the wedges 2 inches apart on the baking sheet. Brush the wedges with the milk and sprinkle with the sugar.

Bake for 15 minutes, or until brown. Transfer to plates.

Nutrients per Serving: Calories 246, Total Fat 6.0 g, Saturated Fat 1.0 g, Polyunsaturated Fat 1.5 g, Monosaturated Fat 3.5 g, Cholesterol 1 mg, Sodium 312 mg, Carbohydrates 43 g., Sugars 15 g, Fiber 1 g, Protein 5 g
Dietary Exchanges: 2 ½ starch, ½ fruit, 1 fat

Greek Shrimp

Serves 4; 1 1/3 cups per serving

1 pound peeled raw medium shrimp (1 to 1 ¼ pounds with tails), rinsed and patted dry with paper towels
1 tablespoon plus 1 ½ teaspoons dried Greek seasoning blend
1/8 teaspoon cayenne
1 large tomato
½ cup chopped green onion
¼ cup snipped fresh parsley
1 tablespoon grated lemon zest
2 tablespoons fresh lemon juice
2 tablespoons capers, rinsed and drained
1 tablespoon plus 1½ teaspoons olive oil (extra-virgin preferred)
¼ teaspoon salt
2 cups hot cooked brown rice

Heat a large nonstick skillet over medium-high heat. Cook the shrimp, seasoning blend, and cayenne for 5 minutes, or until the shrimp turn pink on the outside and opaque in the center, stirring frequently. Stir in the remaining ingredients. Cook for 1 minute, or until heated thoroughly.

To serve, spoon the rice onto plates. Spoon the shrimp mixture over the rice.

Nutrients per Serving: Calories 191, Total Fat 6.5 g, Saturated Fat 1.0 g, Polyunsaturated Fat 1.0 g, Monosaturated Fat 4.0 g, Cholesterol 168 mg, Sodium 559 mg, Carbohydrates 13 g, Sugars 2 g, Fiber 2 g, Protein 20 g
Dietary Exchanges: ½ starch, 1 vegetable, 3 lean meat

Picnic Slaw

Serves 10; ½ cup per serving

8 ounces packaged coleslaw mix
1 cup matchstick-size carrot strips
1 medium green bell pepper, chopped
½ cup finely chopped onion
6 medium radishes, thinly sliced and halved
¼ cup vinegar
3 tablespoons sugar
½ teaspoon salt
¼ teaspoon pepper

In a large bowl, gently toss together all the ingredients. Cover with plastic wrap and refrigerate for 15 minutes to 1 hour for peak flavor and texture.

Nutrients per Serving: Calories 34, Total Fat 0.0 g, Saturated Fat 0.0g, Polyunsaturated Fat 0.0 g, Monosaturated Fat 0.0 g, Cholesterol 0 mg, Sodium 133 mg, Carbohydrates 8 g, Sugars 6 g, Fiber 1 g, Protein 1 g
Dietary Exchanges: 1 ½ vegetable