

BROCCOLI CORNBREAD

¼ cup margarine, melted

⅓ cup onion, chopped

½ teaspoon salt

¾ cup low-fat cottage cheese

1 ½ cups fresh or cooked frozen broccoli, finely chopped

4 eggs, slightly beaten

1 (8.5-ounce) box quick corn muffin mix

1. Preheat oven to 400 degrees F. In a mixing bowl, blend melted
2. margarine, onion, salt, cheese, broccoli and eggs. Stir in muffin mix.
3. Pour into greased 9-by-13-inch pan.
4. Bake for 20 to 25 minutes, until the top is a golden brown.
5. Cool and cut into squares.

Note: For thicker bread bake in a 9-inch round pan and add 5-7 minutes onto the suggested cooking time.

Makes 12 servings

Serving size: 3-inch square

Source: Rosie Allen, Area Nutrition Agent, University of Kentucky Cooperative Extension Service

Nutrition facts per serving:

90 calories; 6g total fat; 1.5g saturated fat; 0.5g trans fat; 60mg cholesterol; 240g sodium; 5g carbohydrate; 1g fiber; 2g sugar; 4g protein; 10% Daily Value of vitamin A; 20% Daily Value of vitamin C; 4% Daily Value of calcium; 2% Daily Value of iron.