

Knowledge @ Noon

“Cooking with Color”



Wednesday, May 16, 2018

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District
Master Food Volunteers*

Top 10 Reasons to Eat More Fruits and Vegetables

The Centers for Disease Control & Prevention (CDC) advises that:

- Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.
- Most fruits and vegetables are naturally low in fat and calories and are filling.

Fruits & Veggies – More Matters® is a health initiative of the nonprofit Produce for Better Health Foundation. The foundation partnered with the CDC to help spread the word about the health benefits of eating more fruits & vegetables.

Here are the initiative's top 10 reasons to add more fruits and vegetables to your diet.

10. Color and texture.

Fruits and veggies add color, texture and *appeal* to your plate.

9. Convenience.

Fruits and veggies are nutritious in any form – fresh, frozen, canned, dried and 100% juice, so they're ready when you are.

8. Fiber.

Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.

7. Low in calories.

Fruits and veggies are naturally low in calories.

6. May reduce disease risk.

Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.

5. Vitamins and minerals.

Fruits and veggies are rich in vitamins and minerals that can help you feel healthy and energized.

4. Variety.

Fruits and veggies are available in an almost infinite variety...there's always something new to try.

3. Quick, natural snack.

Fruits and veggies are nature's treat and easy to grab for a snack.

2. Fun to eat.

Some crunch, some squirt, some you peel ...some you don't, and some can grow right in your own backyard.

1. Nutritious and delicious.

Fruits and veggies taste good and are good for you.

Chart of Colored Vegetables and Fruit

<u>Green</u>	<u>White</u>	<u>Red</u>	<u>Yellow/Orange</u>	<u>Blue/Purple</u>
Artichokes	Bananas	Beets	Apricots	Black currants
Arugula	Brown pears	Blood oranges	Butternut squash	Black salsify
Asparagus	Cauliflower	Cherries	Cantaloupe	Blackberries
Avocados	Dates	Cranberries	Cape Gooseberries	Blueberries
Broccoflower	Garlic	Guava	Carrots	Dried plums
Broccoli	Ginger	Papaya	Golden kiwifruit	Eggplant
Broccoli rabe	Jerusalem	Pink grapefruit	Grapefruit	Elderberries
Brussels	artickoke	Pink/Red	Lemon	Grapes
sprouts	Jicama	grapefruit	Mangoes	Plums
Celery	Kohlrabi	Pomegranate	Nectarines	Pomegranates
Chayote	Mushrooms	Pomegranates	Oranges	Prunes
squash	Onions	Radicchio	Papayas	Purple Belgian
Chinese	Parsnips	Radishes	Peaches	endive
cabbage	Potatoes	Raspberries	Persimmons	Purple Potatoes
Cucumbers	Shallots	Red apples	Pineapples	Purple asparagus
Endive	Turnips	Red bell peppers	Pumpkin	Purple cabbage
Green apples	White Corn	Red chili pepper	Rutabagas	Purple carrots
Green beans	White nectarines	Red grapes	Sweet corn	Purple figs
Green cabbage	White peaches	Red onions	Sweet potatoes	Purple grapes
Green grapes		Red pears	Tangerines	Purple peppers
Green onion		Red peppers	Yellow apples	Raisins
Green pears		Red potatoes	Yellow beets	
Green pepper		Rhubarb	Yellow figs	
Honeydew		Strawberries	Yellow pears	
Kiwifruit		Tomatoes	Yellow peppers	
Leafy greens		Watermelon	Yellow potatoes	
Leeks			Yellow summer	
Lettuce			squash	
Limes			Yellow tomatoes	
Okra			Yellow watermelon	
Peas			Yellow winter squash	
Sno Peas				
Spinach				
Sugar snap				
peas				
Watercress				
Zucchini				

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Color Chart of Healthy Fruits and Vegetables

By Ian Langtree (disabled-world.com)

The majority of people know that eating five servings of fruits and vegetables a day is very important. By eating fruits and vegetables of a variety of different colors, one can get the best all-around health benefits.

Each different color fruit and vegetables contains unique health components that are essential to our health.

Fruits and vegetables are very important to our health because they are whole foods, created by nature, that are rich in a large amount of nutrients. The processed foods that we so commonly eat, can never compare to the health benefits provided by strawberries or broccoli, which have fiber, vitamins, and enzymes built right in.

Eating plenty of healthy vegetables and fruits helps prevent heart disease and strokes, diverticulitis, control your blood pressure, prevent some types of cancers, and guards against cataract and macular degeneration or vision loss.

Red Fruits and Vegetables

Nutrients in Red Fruits and Vegetables Include: Lycopene, ellagic acid, Quercetin, and Hesperidin, to name a few. These nutrients reduce the risk of prostate cancer, lower blood pressure, reduce tumor growth and LDL cholesterol levels, scavenge harmful free-radicals, and support joint tissue in arthritis cases.

Types of Red Fruits and Vegetables Include: Beets, Blood oranges, Cherries, Cranberries, Guava, Papaya, Pink grapefruit, Pink/Red grapefruit, Pomegranates, Radicchio, Radishes, Raspberries, Red apples, Red bell peppers, Red chili peppers, Red grapes, Red onions, Red pears, Red peppers, Red potatoes, Rhubarb, Strawberries, Tomatoes, and Watermelon.

Orange and Yellow Fruit and Vegetables

Nutrients in Orange and Yellow Fruit and Vegetables Include: Beta-carotene, zeaxanthin, flavonoids, lycopene, potassium, and vitamin C. These nutrients reduce age-related macula degeneration and the risk of prostate cancer, lower LDL cholesterol and blood pressure, promote collagen formation and healthy joints, fight harmful free radicals, encourage alkaline balance, and work with magnesium and calcium to build healthy bones.

Types of Yellow and Orange Fruits and Vegetables Include: Apricots, Butternut squash, Cantaloupe, Cape Gooseberries, Carrots, Golden kiwifruit, Grapefruit, Lemon, Mangoes, Nectarines, Oranges, Papayas, Peaches, Persimmons, Pineapples, Pumpkin, Rutabagas, Sweet corn, Sweet potatoes, Tangerines, Yellow apples, Yellow beets, Yellow figs, Yellow pears, Yellow peppers, Yellow potatoes, Yellow summer squash, Yellow tomatoes, Yellow watermelon, and Yellow winter squash.

Green Vegetables and Fruit

Nutrients in Green Vegetables and Fruit Include: Chlorophyll, fiber, lutein, zeaxanthin, calcium, folate, vitamin C, calcium, and Beta-carotene. The nutrients found in these vegetables reduce cancer risks, lower blood pressure and LDL cholesterol levels, normalize digestion time, support retinal health and vision, fight harmful free-radicals, and boost immune system activity.

Types of Green Fruits and Vegetables Include: Artichokes, Arugula, Asparagus, Avocados, Broccoflower, Broccoli, Broccoli rabe, Brussel sprouts, Celery, Chayote squash, Chinese cabbage, Cucumbers, Endive, Green apples, Green beans, Green cabbage, Green grapes, Green onion, Green pears, Green peppers, Honeydew, Kiwifruit, Leafy greens, Leeks, Lettuce, Limes, Okra, Peas, Snow Peas, Spinach, Sugar snap peas, Watercress, and Zucchini.

Blue and Purple Fruits and Vegetables

Nutrients in Blue and Purple Fruits and Vegetables Include: Lutein, zeaxanthin, resveratrol, vitamin C, fiber, flavonoids, ellagic acid, and quercetin. Similar to the previous nutrients, these nutrients support retinal health, lower LDL cholesterol, boost immune system activity, support healthy digestion, improve calcium and other mineral absorption, fight inflammation, reduce tumor growth, act as an anticarcinogens in the digestive tract, and limit the activity of cancer cells.

Types of Blue and Purple Fruits and Vegetables Include: Black currants, Black salsify, Blackberries, Blueberries, Dried plums, Eggplant, Elderberries, Grapes, Plums, Pomegranates, Prunes, Purple Belgian endive, Purple Potatoes, Purple asparagus, Purple cabbage, Purple carrots, Purple figs, Purple grapes, Purple peppers, and Raisins.

White Colored Fruits and Vegetables

Nutrients in White fruits and Vegetables Include: Beta-glucans, EGCG, SDG, and lignans that provide powerful immune boosting activity. These nutrients also activate natural killer B and T cells, reduce the risk of colon, breast, and prostate cancers, and balance hormone levels, reducing the risk of hormone-related cancers.

Types of White Fruits and Vegetables Include: Bananas, Brown pears, Cauliflower, Dates, Garlic, Ginger, Jerusalem artichoke, Jicama, Kohlrabi, Mushrooms, Onions, Parsnips, Potatoes, Shallots, Turnips, White Corn, White nectarines, and White peaches.

According to the food pyramid potatoes are not counted as a vegetable, as they are consist mostly of starch and should be consumed sparingly.

Nutrients

The nutrients found in fruits and vegetables have a significant impact on our health. The phrase "eating a rainbow" of fruits and vegetables is a simple way of remembering to get as much color variety in your diet as possible, so that you can maximize your intake of a broad range of nutrients. The colors of fruits and vegetables are a small clue as to what vitamins and nutrients are included. By getting a variety of different colored fruits and vegetables, you are guaranteed a diverse amount of essential vitamins and minerals.



For Women – Fruit and Veggie Daily Intake

Activity Level	Age	Fruits (cups)	Veggies (cups)
WOMEN			
Less Active	19-30	1 1/2	2 1/2
	31-50	1 1/2	2 1/2
	51+	1 1/2	2
Moderately Active	19-50	2	3
	51+	1 1/2	2 1/2
Active	19-50	2	3
	51+	2	3

For Girls – Fruit and Veggie Daily Intake

Activity Level	Age	Fruits (cups)	Veggies (cups)
GIRLS			
Less Active	2-3	1	1
	4-8	1	1 1/2
	9-13	1 1/2	2
	14-18	1 1/2	2 1/2
Moderately Active	2-3	1	1 1/2
	4-8	1 1/2	2
	9-13	1 1/2	2 1/2
	14-18	2	2 1/2
Active	2-3	1	1 1/2
	4-8	1 1/2	2 1/2
	9-13	1 1/2	3
	14-18	2	3

Source: Centers for Disease Control and Prevention "Know the amounts you need each day"



For Men – Fruit and Veggie Daily Intake

Activity Level	Age	Fruits (cups)	Veggies (cups)
MEN			
Less Active	19-50	2	3 1/2
	51+	2	3
Moderately Active	19-30	2	3 1/2
	31+	2	3 1/2
Active	19-30	2 1/2	4
	31-51	2 1/2	4
	51+	2 1/2	3 1/2

For Boys – Fruit and Veggie Daily Intake

Activity Level	Age	Fruits (cups)	Veggies (cups)
BOYS			
Less Active	2-3	1	1
	4-8	1	1 1/2
	9-13	1 1/2	2 1/2
	14-18	2	3
Moderately Active	2-3	1	1 1/2
	4-8	1 1/2	2
	9-13	1 1/2	3
	14-18	2	3 1/2
Active	2-3	1	1 1/2
	4-8	1 1/2	2 1/2
	9-13	2	3 1/2
	14-18	2 1/2	4

FOOD CHART

Apples	Protects your heart	Prevents Constipation	Blocks diarrhea	Improves lung capacity	Cushions joints
Apricots	Combats cancer	Controls blood pressure	Saves your eyesight	Shields against Alzheimer's	Slows aging process
Artichokes	Aids digestion	Lowers cholesterol	Protects your heart	Stabilizes blood sugar	Guards against liver disease
Avocados	Battles diabetes	Lowers cholesterol	Helps stop strokes	Controls blood pressure	Smooths skin
Bananas	Protects your heart	Quiets a cough	Strengthens bones	Controls blood pressure	Blocks diarrhea
Beans	Prevents constipation	Helps hemorrhoids	Lowers cholesterol	Combats cancer	Stabilizes blood sugar
Beets	Controls blood pressure	Combats cancer	Strengthens bones	Protects your heart	Aids weight loss
Blueberries	Combats cancer	Protects your heart	Stabilizes blood sugar	Boosts memory	Prevents constipation
Broccoli	Strengthens bones	Saves eyesight	Combats cancer	Protects your heart	Controls blood pressure
Cabbage	Prevents constipation	Promotes weight loss	Combats cancer	Protects your heart	Helps hemorrhoids
Cantaloupe	Saves eyesight	Controls blood pressure	Lowers cholesterol	Combats cancer	Supports immune system
Carrots	Saves eyesight	Protects your heart	Prevents constipation	Combats cancer	Promotes weight loss
Cauliflower	Protects against prostate cancer	Combats breast cancer	Strengthens bones	Banishes bruises	Guards against heart disease
Cherries	Protects your heart	Combats Cancer	Ends insomnia	Slows aging process	Shields against Alzheimer's
Chestnuts	Promotes weight loss	Protects your heart	Lowers cholesterol	Combats cancer	Controls blood pressure
Chili peppers	Aids digestion	Soothes sore throat	Clears sinuses	Combats cancer	Boosts immune system
Figs	Promotes weight loss	Lowers cholesterol	Helps stop strokes	Combats cancer	Controls blood pressure
Fish	Protects your heart	Boosts memory	Improves mental health	Combats cancer	Supports immune system
Flax	Aids in digestion	Battles diabetes	Protects your heart	Improves mental health	Boosts immune system
Garlic	Lowers cholesterol	Combats cancer	Controls blood pressure	Kills bacteria	Fights fungus
Grapes	Conquers kidney stones	Saves eyesight	Enhances blood flow	Combats cancer	Protects your heart
Green Tea	Kills Bacteria	Promotes Weight Loss	Helps stop stroke	Combats cancer	Protects your heart
Honey	Heals wounds	Aids in digestion	Guards against ulcers	Increases energy	Fights allergies
Lemons	Combats cancer	Protects your heart	Controls blood pressure	Smooths skin	Stops scurvy

Limes	Combats cancer	Protects your heart	Controls blood pressure	Smoothes skin	Stops scurvy
Mangos	Combats cancer	Regulates thyroid	Boosts memory	Shields against Alzheimer's	Aids digestion
Mushrooms	Lowers cholesterol	Controls blood pressure	Kills bacteria	Combats cancer	Strengthens bones
Oats	Lowers cholesterol	Battles diabetes	Prevents constipation	Combats cancer	Smoothes skin
Olive Oil	Promotes weight loss	Protects your heart	Battles diabetes	Combats cancer	Smoothes skin
Onions	Reduce risk of heart attack	Kills bacteria	Fights fungus	Combats cancer	Lowers cholesterol
Oranges	Supports immune system	Strengthens respiration	Protects your heart	Combats cancer	
Peaches	Prevents constipation	Helps stop stroke	Aids digestion	Combats cancer	Helps hemorrhoids
Peanuts	Protects against heart disease	Combats prostate cancer	Promotes weight loss / Helps stop strokes	Aggravates diverticulitis	Lowers cholesterol
Pineapples	Strengthens bones	Relieves colds	Aids digestion	Dissolves warts	Blocks diarrhea
Prunes	Slows aging process	Prevents constipation	Lowers cholesterol	Boosts memory	Protects against heart disease
Rice	Protects your heart	Battles diabetes	Conquers kidney stones	Combats cancer	Helps stop strokes
Strawberries	Protects your heart	Boosts memory	Calms stress	Combats cancer	
Sweet Potatoes	Saves your eyesight	Lifts mood	Strengthens bones	Combats cancer	
Tomatoes	Protects prostate	Lowers cholesterol	Protects your heart	Combats cancer	
Walnuts	Boosts memory	Lowers cholesterol	Lifts mood	Combats cancer	Protects against heart disease
Water	Conquers kidney stones	Promotes weight loss	Smoothes skin	Combats cancer	
Watermelon	Protects prostate	Promotes weight loss	Lowers cholesterol	Helps stop stroke	Controls blood pressure
Wheat Germ	Combats colon cancer	Improves digestion	Lowers cholesterol	Helps stop stroke	Prevents constipation
Wheat Bran	Combats colon cancer	Improves digestion	Lowers cholesterol	Helps stop stroke	Prevents constipation
Yogurt	Guards against ulcers	Strengthens bones	Lowers cholesterol	Supports immune system	Aids digestion

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Red, White and Blue Potato Salad

Prep Time: 15 Minutes Ready In: 45 Minutes Cook Time: 15 Minutes Servings:

1 pound medium purple potatoes, scrubbed
2 bunches red radishes, trimmed and diced
1/2 white onion, diced
1/2 cup crumbled blue cheese
3 Tablespoons mayonnaise

1. Bring a large pot of salted water to a boil; add potatoes and cook until tender, about 15 minutes. Drain, cool and dice the potatoes.
2. Combine the potatoes, radishes, onion, blue cheese and mayonnaise in a large bowl; mix until the mayonnaise evenly coats the ingredients.

Nutrition Information Servings Per Recipe: 6 servings

Calories: 154 Amount Per Serving, Total Fat: 8.7g, Cholesterol: 11mg, Sodium: 207mg, Total Carbs: 15.6g, Dietary Fiber: 1.6g, Protein: 4.3g

Green Grape Salad

4 pounds seedless green or purple grapes 1 teaspoon vanilla
1 (8 oz) package cream cheese 4 ounces chopped pecans
1 (8 oz) container sour cream 2 Tablespoons brown sugar
1/2 cup white sugar

ash and dry grapes. In large bowl, mix together cream cheese, sour cream, white sugar and vanilla. Add grapes and mix until evenly incorporated.

Sprinkle with brown sugar and pecans. Mix again and refrigerate until serving.

Nutrition per serving: Calories 479, Fat 27.1 g, Carbohydrates 60.1 g., Protein 5.8 g., Cholesterol 43 mg, Sodium 103 mg.

Broccoli, Chickpea & Pomegranate Salad

1/4 cup thinly sliced red onion 3/4 teaspoon salt, divided
1/2 teaspoon Ground cumin 1/2 teaspoon ground pepper
1/3 cup Whole-milk plain yogurt 4 cups bite-sized broccoli florets
2 Tablespoons Tahini 1 15 oz. can low-sodium chickpeas, rinsed
2 Tablespoons Extra-virgin olive oil 1/2 cup pomegranate seeds
1 Tablespoon Lemon juice

Soak onion in small bowl water for 10 minutes. Drain well.

Meanwhile toast cumin in small dry skillet until fragrant, 1 to 2 minutes. Transfer to large bowl. Add yogurt, tahini, oil, lemon juice, 1/2 tsp salt & pepper. Whisk until smooth. Add broccoli, chickpeas, pomegranate seeds & onion. Toss to combine. Let stand 10 minutes. Season with remaining salt & toss again.

Nutritional Information: Serves 6: 1 cup each.

Cal. 162, fat 9g, chol. 2 mg, carbs. 16 g, fiber, 4 g. sugars, 4 g. protein, 6 g. sodium, 344 mg., potassium 369 mg. *Recipe from Eating Well Sep/Oct 2017*

Corn Relish

10 cups fresh whole kernel corn {about 16-20 ears of corn}
2-1/2 cups diced red peppers
2-1/2 cups diced green peppers
2-1/2 cups chopped celery (not used in final product)
1-1/4 cups chopped onion
1-3/4 cups sugar
5 cups white vinegar
2-1/2 Tablespoons. canning salt
2-1/2 teaspoon celery seed
2-1/2 Tablespoons dry mustard
1-1/4 teaspoons turmeric

Directions

Combine the red peppers, green peppers, celery, onions, sugar, vinegar, canning salt, and celery seed into a large pot. Bring the mixture to a boil for 5 minutes, stirring occasionally.

Add the mustard and turmeric and simmer for another 5 minutes. Now add the corn to the hot mixture, stir to mix. Allow to simmer another 5 minutes.

Ladle immediately into prepared jars, filling to within 1/2 inch of tops. After you have packed the corn mixture into the jar, add a ladle of the liquid part of the mixture over the top {careful to still leave a 1/2" head space}. \Process 1/2 pints and pints for 15 min. Remove jars and place upright on towel to cool completely.

Nutrition Information: 1/4 cup serving. Calories 40. Fat 0g, Sodium 230 mg., Total Carbs 9g (Fiber 1g., Sugars 6g) Protein 1g.

Recipe submitted by Bob Burns, MFV

Mexican Caviar

2 small cans chopped black olives	2 Tablespoons olive oil
2 cans chopped green chilies	2 Tablespoons red wine vinegar
2 medium tomatoes, chopped	2 cloves garlic, crushed (can use 3)
(You can use 2 cans diced tomatoes with or without green chilies)	2 teaspoons black pepper
2 green onions, chopped	Season with salt to taste

If you prefer spicy add several dashes of hot sauce!

Blend all ingredients. Cover and refrigerate overnight.

Serve with chips.

Nutrition Information: 1/4 cup serving. Calories 20, Total fat 2g., Sodium 20mg., Total Carbs. 1g (Sugars 1g), Protein 0g.

Recipe submitted by Cheryl Sigel, MFV

Yellow Squash Casserole

4 cups sliced yellow squash	¾ cup milk
1/2 cup chopped onion	¼ cup butter, melted
35 buttery round crackers, crushed	1 teaspoon salt
1 cup shredded Cheddar cheese	ground black pepper to taste
2 eggs, beaten	2 Tablespoons butter

1. Preheat oven to 400 degrees F (200 degrees C).
2. Place squash and onion in a large skillet over medium heat. Pour in a small amount of water. Cover, and cook until squash is tender, about 5 minutes. Drain well, and place in a large bowl.
3. In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions.
4. In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in 1/4 cup melted butter, and season with salt and pepper.
5. Spread into a 9x13 inch baking dish. Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter.
6. Bake in preheated oven for 25 minutes, or until lightly browned.

Nutrition Facts: Per Serving: 196 calories; 14.8 g fat; 10.3 g carbohydrates; 6.1 g protein; 69 mg cholesterol; 463mg sodium. *Recipe from Allrecipes.com 7/4/2017*

Chef John's Blueberry Muffins

1 cup white sugar	1 tablespoon grated lemon zest
1/2 cup butter, softened	3 cups all-purpose flour
2 large eggs	1 tablespoon baking powder
2 tablespoons vegetable oil	½ teaspoon baking soda
1 cup sour cream	¾ teaspoon salt
1/2 cup milk	2 cups fresh blueberries

1. Preheat the oven to 375 degrees F (190 degrees C). Grease 16 muffin cups, or line with paper muffin liners.
2. Beat butter and sugar in a large bowl until light and fluffy, about 3 minutes. Stir in eggs until well mixed. Add vegetable oil, stir to combine. Whisk sour cream, milk, and lemon zest into butter mixture until smooth.
3. Whisk flour, baking powder, baking soda, and salt in a small bowl.
4. Stir half the flour mixture into the butter mixture until combined. Add remaining half of flour mixture and blueberries into the batter, folding together until just combined.
5. Spoon batter into prepared muffin cups.
6. Place muffin cups on center rack of the preheated oven and bake until tops are golden and a toothpick inserted into the center of a muffin comes out clean, about 30 minutes.

Nutrition Facts Per Serving: 254 calories; 11.5 g fat; 34.3 g carbohydrates; 4.1 g protein; 45 mg cholesterol; 272mg sodium.

Recipe From Allrecipes.com 2/9/2018

Strawberry Pie

Crust:

1 1/2 cup flour, 1 Tablespoon sugar
1/2 cup oil, 2 Tablespoons milk
1/2 teaspoon salt,

Mix together and press into a deep pie plate or 9" square pan.
Bake at 400 until brown about 15 minutes. Cool 10 minutes.

Filling:

3/4 cup sugar
2 Tablespoons cornstarch,
1 cup water

Cook until clear and thick. Remove from heat and add 2 or 3 Tablespoons strawberry jello (dry).
Fold in 1 quart strawberries, sliced. Pour into crust.
Chill thoroughly. Top with whipped cream. Serves 8

Nutrition Information: Calories 290. Total Fat 15g (Sat.Fat 1.5g), Sodium 160 mg., Total Carbs.
42g.,(Fiber 2g., Sugars 20g) Protein 3g.

Recipe submitted by Barbara Wilson, MFV

Blackberry Cobbler {prep 15 min) (total time 1 hr. 15 min) (yield 4 serving)

Ingredients:

1/2 stick butter, melted, plus more for greasing pan
1 1/4 cups plus 2 tablespoons sugar
1 cup self-rising flour
1 cup whole milk
2 cups fresh (or frozen) Blackberries
Whipped cream and/or ice cream, for serving

Directions:

Preheat oven to 350 degrees F. Grease a 3-quart baking dish with butter.
In medium bowl, whisk 1 Cup sugar with flour and milk. Whisk in melted butter.

Rinse blackberries and pat dry. Pour batter into baking dish. Sprinkle
blackberries evenly over top of batter. Sprinkle 1/4 cup sugar over blackberries.
Bake until golden brown and bubbly, about 1 hour. When 10 minutes of cooking time remains,
sprinkle remaining 2 Tablespoons sugar over top. Top with whipped cream or ice cream...or both!

Nutrition Information: Per serving: Calories. 415; Fat. 19g; Chol. Omg; Sodium. 270mg; Carbs. 57g.
Fiber. 4g; Protein. 4g;