

September

BLUEBERRY COBLER

OTHER FRUITS LIKE STRAWBERRIES, PEACHES, BLACKBERRIES AND RHUBARB CAN BE SUBSTITUTED FOR THE BLUEBERRIES

1/2 cup of sugar(or sugar substitute)
1 TBSP of cornstarch
4 cups of blueberries or other fruit
1 tsp. of lemon juice

Preheat oven to 400 degrees F. Mix 1/2 cup of sugar and cornstarch in a 2 quart saucepan. Stir in blueberries and lemon juice. Cook, stirring constantly until thickened. Boil and stir for 1 minute. Pour into non greased 2 quart casserole dish..

Topping

1 cup of flour
1 TBSP of sugar
1 1/2 tsp. of baking powder
1/2 tsp of salt
1/2 cup of skim or 1% milk

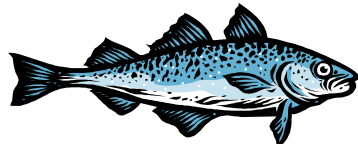
Combine dry ingredients. Cut shortening into dry mixture. Stir in milk-do not over mix because dough will become tough.. Drop dough by 6 spoonfuls onto hot fruit mixture.
Bake 25-30 minutes or until topping is a golden brown. Makes 6 servings.



COD AU GRATIN

Ingredients:

1 kg cod fillets
1 Onion, chopped
250 ml milk
60 ml margarine or butter
125 ml grated low fat cheese
5 ml salt
125 ml cracker crumbs
1 ml pepper
60 ml flour



Directions:

1. Melt butter in saucepan.
2. Stir in flour until smooth.
3. Add milk, onion, and seasonings.
4. Stir until thickened and smooth.
5. Place fillets in a greased casserole dish. Pour sauce over fish and sprinkle with crumbs.
6. Bake at 180 degrees for 30 minutes.
7. Sprinkle cheese over top.
8. Return to the oven for 20 minutes longer.

Serve with rice or baked potato and vegetables

