



## ***Banana-Nut Oatmeal***

2 cups fat-free or 1% milk	2 ripe bananas, peeled and mashed
dash of salt	1/4 teaspoon cinnamon
1 1/2 cups water	2 Tablespoons molasses <b>or</b> honey <b>or</b> brown sugar
2 cups quick oats	2 Tablespoons chopped nuts

Combine milk, salt and water in a small saucepan. Heat saucepan over medium heat until steaming hot, but not boiling. Add oats and cook, stirring until creamy, about 1 – 2 minutes. Remove saucepan from heat and stir in mashed banana, cinnamon and molasses (or honey or brown sugar). Divide cooked oatmeal between 4 bowls; sprinkle each bowl with 1/2 tablespoon chopped nuts.



## ***Spinach Cheese Bake***

20 oz frozen, chopped spinach, thawed	1/2 teaspoon black pepper
1 1/2 cups part-skim ricotta cheese	1/8 teaspoon garlic powder
2 eggs	1/4 cup chopped onion
1/4 cup (1 ounce) shredded Parmesan cheese	1/8 teaspoon ground nutmeg, if desired
Vegetable-cooking spray	

Drain spinach well, squeezing out excess water in colander and pressing with paper towels. Set aside. Preheat oven to 350°F. Spray a 2-quart casserole dish with vegetable cooking spray. Set aside. Combine ricotta cheese, Parmesan cheese, eggs, seasonings and chopped onion in a medium mixing bowl, mixing well. Stir in drained spinach. Pour in casserole dish. Bake uncovered in oven until thickened and set, about 30 minutes. Let sit 10 minutes before serving.



**Nutrition Facts** (based on 1% milk)\*\*

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Servings per recipe: 4 (1 cup each)

Amount per serving:

304 calories	7 g total fat (1.5 g saturated fat)
54 g carbohydrate	102 mg sodium
10 g protein	300 IU vitamin A (6% Daily Value)
195 mg calcium	2.6 mg iron
7 mg vitamin C	

\*\*Use fat-free milk for 296 calories and 6 g total fat per serving.

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Reviewed by Connie Crawley MS, RD, LD 2013

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**Nutrition Facts**

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Servings per recipe: 6 (3/4 cup each)\*\*

Amount per serving:

155 calories	7.5 g total fat (4 g saturated fat)
7 g carbohydrate	285 mg sodium
13 g protein	14,084 IU vitamin A (282% Daily Value)
220 mg calcium	1 mg iron
7 mg vitamin C	

Serve this side dish with roasted or baked chicken, steamed carrots, rice and fruit cup for a balanced meal. Spoon leftover Spinach Cheese Bake in tortillas and heat in skillet for quick, easy quesadillas.

\*\*Use fat-free ricotta cheese for 117 calories and 3 g total fat per serving.

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