

Grilled Vegetables

1 zucchini, sliced
1 eggplant, sliced
1 pkg mushrooms
1 red pepper, quartered
1 red onion, thickly sliced
3 tbsp low fat Italian dressing
freshly ground pepper

- Combine zucchini, eggplant, mushrooms, pepper and onion in a large bowl. Add Italian dressing; toss to coat.
- Barbecue/grill vegetables on medium-high heat, turning occasionally, for 15-20 minutes or until tender.

OR

- Place vegetables in a single layer on greased, large rimmed baking sheet; roast in preheated 425°F oven, stirring occasionally, for 30-40 minutes or until vegetables are golden and slightly softened.
- Season with pepper. Makes 4 servings.

Cornbread

2 cups	cornmeal
4 tbsp	oatmeal (optional)
4 tbsp	canned kidney beans, drained
4-6 cups	boiling water
	pinch of salt & pepper

- Put a large pot of water on to boil.
- In a large bowl, mix cornmeal and oatmeal. Drain kidney beans, add to mixture. Add salt & pepper, mix well.
- With a spoon, make a hole in the middle of the mixture, slowly, pour boiling water into the hole. Add more water while mixing until the dough sticks together.
- Dip hands into cold water and form dough into small breads. Put cornbread into boiling water, it is ready when it rises to the top.
- Makes 4 servings.

Note: If the dough is too sticky, add a little more cornmeal. If the dough is too dry add a little more water.

Steak & Gravy

4 x 4 oz	filet mignon steaks
1 tsp	oil

Gravy:

1 cup	brewed tea or water
1 cup	beef broth, low sodium
1 tbsp	cornstarch
3 tbsp	water
	freshly ground pepper

- In non-stick fry pan, heat oil on medium heat and cook steaks to desired doneness. Remove steak and keep warm.
- Prepare gravy; in fry pan, bring tea and broth to a boil.
- Make paste with cornstarch and water. Stir into broth.
- Cook, stirring frequently, until slightly thickened. Add pepper to taste. Pour gravy over steak and cornbread.
- Makes 4 servings.