



United States Department of Agriculture

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# **MyPlate** **KITCHEN**

## **New Year's Day**

# Baked Lentils Casserole

Make: 5 servings

## Ingredients:

1 cup lentils (rinsed)  
3/4 cup water  
1/2 teaspoon salt  
1/4 ground black pepper (1/4 teaspoon, optional)  
1/2 cup onion (chopped)  
1/4 garlic powder (1/4 teaspoon, optional)  
1 can tomatoes  
2 carrots (thinly sliced)  
1/2 cup cheddar cheese (shredded)

## Directions:

1. Wash hands with soap and water.
2. Combine lentils, water, seasonings, onion, and tomatoes.
3. Place in 2 quart casserole dish.
4. Cover tightly with lid or foil.
5. Bake at 350 degrees for 30 minutes.
6. Remove from oven and add carrots. Stir.
7. Cover and bake 30 minutes longer.
8. Remove cover and sprinkle cheese on top.
9. Bake, uncovered 5 minutes, until cheese melts.

# Broiled Tomatoes and Cheese

Make: 3 servings

## Ingredients:

3 tomatoes (large, firm)  
8 ounces cottage cheese, low-fat  
1/2 teaspoon basil (dried)  
1/8 teaspoon black pepper  
1/4 cup bread crumbs (plain)  
cooking spray (or vegetable oil)

## Directions:

1. Wash tomatoes and cut in half.
2. Mix cottage cheese, basil and pepper.
3. Spread cheese on tomato halves.
4. Sprinkle with bread crumbs and spray with cooking spray.
5. Spray broiler pan with cooking spray. Place prepared tomatoes on a pan and broil about 10 minutes.

# Corn Bread

Make: 12 servings

## Ingredients:

- 1 cup cornmeal
- 1 cup flour (all purpose)
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 egg
- 1/4 cup vegetable oil
- 1 cup milk, non-fat

## Directions:

1. Wash hands with soap and water.
2. Heat oven to 425 degrees. Grease 8- or 9-inch square pan.
3. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
4. Crack egg into a small bowl and beat with a fork to combine white and yolk.
5. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
6. Pour batter into prepared pan.
7. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

# Delicious Greens

Make: 4 servings

## Ingredients:

3 1/2 cups mustard or collard greens (about 1/2 pound, rinsed, stems removed and coarsely shredded)  
2 cups cabbage (shredded)  
1 tablespoon olive oil  
2 tablespoons garlic (minced)  
1 onion (chopped)  
1 tablespoon vinegar

## Directions:

1. Wash hands with soap and water.
2. Rinse greens, remove stems, and tear in small pieces.
3. In a large saucepan, boil 3 quarts of water.
4. Add mustard greens, return to a boil and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
5. Heat a large non-stick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
6. Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.

# Fat-Free Apple Crumb Dessert

Make: 4 servings

## Ingredients:

4 apples (medium, baking)  
1/2 cup oatmeal, quick cooking (uncooked)  
1/4 cup brown sugar (light or dark)  
2 teaspoons cinnamon (ground)  
1/3 cup apple juice  
non-stick cooking spray

## Directions:

1. Wash hands with soap and water.
2. Move the oven rack to the center of the oven. Then preheat the oven to 350 degrees.
3. Spray the bottom and sides of a 9" square baking dish with nonstick cooking spray.
4. Wash and peel the apples. Cut them into thin slices.
5. Spread the apple slices evenly over the bottom of the baking dish.
6. In a small bowl, use a fork to mix the oatmeal, brown sugar and cinnamon.
7. Spread the oatmeal mix evenly over the apples in the baking dish.
8. Lightly pour the apple juice over the oatmeal mixture.
9. Cover the dish and bake for 20 to 30 minutes until apples are just starting to soften.
10. Uncover and bake for another 15 to 20 minutes until apples are soft.

# Quick and Healthy Black-Eyed Peas

Make: 6 servings

## Ingredients:

4 slices turkey bacon (chopped)  
2 cups black-eyed peas, frozen (about 2 pounds)  
2 cups water  
1/4 teaspoon black pepper  
1 tablespoon sugar

## Directions:

1. Wash hands with soap and water.
2. Over medium high heat cook bacon for 3-4 minutes.
3. Add the rest of the ingredients and bring to a boil.
4. Reduce heat to simmer and allow to cook until the peas are tender, about 30 minutes.
5. Serve hot.