
POPOVERS

PREP: 10 MINUTES BAKE: 40 MINUTES

Oven 400°

- 1 **tablespoon shortening or nonstick spray coating**
- 2 **beaten eggs**
- 1 **cup milk**
- 1 **tablespoon cooking oil**
- 1 **cup all-purpose flour**

1. Using ½ teaspoon shortening for each cup, grease the bottoms and sides of six 6-ounce custard cups or cups of a popover pan. Or, spray cups with nonstick coating. Place the custard cups on a 15x10x1-inch baking pan; set aside.
2. In a mixing bowl use a wire whisk or rotary beater to beat eggs, milk, and oil till combined. Add flour and ¼ teaspoon salt; beat till smooth.
3. Fill the prepared cups ½ full with batter. Bake in a 400° oven about 40 minutes or till very firm.
4. Immediately after removing from oven, prick each popover to let steam escape (see photo, below). Turn off the oven. For crisper popovers, return the popovers to oven for 5 to 10 minutes or till desired crispness is reached. Remove popovers from cups; serve immediately. Makes 6 popovers.

Nutrition Facts per popover: 154 cal., 7 g total fat (2 g sat. fat), 74 mg chol., 130 mg sodium, 17 g carbo., 1 g fiber, 5 g pro.

Daily Values: 5% vit. A, 0% vit. C, 5% calcium, 7% iron

- **Cinnamon Popovers:** Prepare as above, except add ½ teaspoon *ground cinnamon* with the flour. Continue as directed. If desired, serve with *honey and margarine or butter*.

Nutrition Facts per popover: 154 cal., 7 g total fat (2 g sat. fat)



Pierce each popover with a fork to allow the steam to escape. Steam helps popovers rise during baking, but it will make them soggy if allowed to remain inside.

CREPES

PREP: 5 MINUTES COOK: 30 MINUTES

Low Fat

- 2 **beaten eggs**
- 1½ **cups milk**
- 1 **cup all-purpose flour**
- 1 **tablespoon cooking oil**

1. Combine eggs, milk, flour, oil, and ¼ teaspoon salt; beat till well mixed. Heat a lightly greased 6-inch skillet; remove from heat. Spoon in 2 tablespoons batter; lift and tilt skillet to spread batter. Return to heat; brown on 1 side only. (Or, cook on a crepe maker according to manufacturer's directions.) Invert over paper towels; remove crepe. Repeat with remaining batter, greasing skillet occasionally. Makes 18 crepes.

Nutrition Facts per crepe: 48 cal., 2 g total fat (1 g sat. fat), 25 mg chol., 47 mg sodium, 6 g carbo., 0 g fiber, 2 g pro.

Daily Values: 2% vit. A, 0% vit. C, 2% calcium, 2% iron

- **Dessert Crepes:** Prepare as above, except omit salt; add 2 tablespoons *sugar*.

Nutrition Facts per crepe: 54 cal., 2 g total fat (1 g sat. fat)

HUSH PUPPIES

PREP: 10 MINUTES FRY: 3 MINUTES PER BATCH

Fast

For best results, fry just 5 or 6 at a time and allow the oil temperature to return to 375° before frying more.

- 1 **cup cornmeal**
- ¼ **cup all-purpose flour**
- 2 **teaspoons sugar**
- ¾ **teaspoon baking powder**
- ¼ **teaspoon baking soda**
- ¼ **teaspoon salt**
- 1 **beaten egg**
- ½ **cup buttermilk or sour milk**
(see tip, page 133)
- ¼ **cup sliced green onion**
- Shortening or cooking oil for deep-fat frying**

1. Combine cornmeal, flour, sugar, baking powder, baking soda, and salt; make a well in the center of the dry mixture; set aside.
2. In another bowl, combine egg, buttermilk or sour milk, and green onion. Add egg mixture all at once to dry mixture. Stir mixture just till moistened (batter should be lumpy).
3. Drop batter by tablespoons into deep hot fat (375°). Fry about 3 minutes or till golden, turning once. Drain on paper towels. Serve warm. Makes 14 to 18 hush puppies.

Nutrition Facts per hush puppy: 89 cal., 5 g total fat (1 g sat. fat), 16 mg chol., 94 mg sodium, 10 g carbo., 1 g fiber, 2 g pro.

Daily Values: 1% vit. A, 0% vit. C, 2% calcium, 4% iron