

Broccoli Corn Bread

3 tbsp light soft serve margarine (melted)
10 oz. Pkg chopped broccoli, cooked and drained
1 medium onion, chopped
8 1/2 oz box corn bread mix
1 egg well beaten
3 egg whites
8 ozs 1% fat cottage cheese
1/8 tsp salt

1. Combine all ingredients. Mix Well.
2. Pour into greased slow cooker. Cook on LOW 6 hours, or until tooth pick inserted comes out clean.
3. Serve like spoon bread, or invert the pot, remove the bread and cut into wedges.

Nutritional Information: Cal: 119 Carb: 20g, Chol: 22mg Pro: 7g
 sod:370mg Total Fat:4gm Fiber:2 gm

Exchanges: 1 Starch, 0.5 Fat, 1 Vegetable