

123/011
Peach Cobbler

Cooking spray

$\frac{1}{4}$ cup reduced-calorie stick margarine, melted
2 (16-ounce) cans sliced peaches in light syrup, undrained
 $\frac{3}{4}$ cup all-purpose flour
 $\frac{2}{3}$ cup sugar
1 teaspoon baking powder
 $\frac{1}{4}$ cup skim milk

1. Preheat oven to 375°.
2. Coat a 9-inch square baking dish with cooking spray; add melted margarine, and set aside. Drain peaches, reserving $\frac{1}{2}$ cup syrup, and set aside.
3. Combine flour, sugar, and baking powder in a medium bowl. Add the reserved syrup and skim milk to dry ingredients, stirring just until moist.
4. Pour batter into prepared dish, and top with peaches (do not stir). Bake at 375° for 35 minutes or until golden.
Yield: 6 servings.

Selections: 1 FA, 1 FR/V, 1 B, 70 C;
Points: 5

Per serving:

CAL 244 (19% from fat);
PRO 2.5g;
FAT 5.2g (sat 0.7g);
CARB 50g;
FIB 0.8g;
CHOL 0mg;
IRON 1.2mg;
SOD 85mg;
CALC 64mg

Recipe excerpted from SIMPLE GOODNESS