

Gradually add dry ingredients to banana mixture, alternating with the milk, adding dry ingredients last. Stir in the nuts.

Measure out batter evenly into lined muffin cups, filling cups 7/8 full.  
Bake 25 min until muffins are puffed and golden brown.

Check with toothpick for doneness.  
Serve warm, or cool muffins on racks.  
Freeze for longer storage.

Makes 2 doz.

Note: Muffins are about 15 percent fat; to make them even lower in fat, omit the pecans

#### RAINY SEASON CHICKEN SOUP

2 dried porcini mushrooms  
2 T butter  
2 leeks, white part only, split, rinsed, and diced  
1 med. size carrot, diced  
1 med. size onion diced  
1 lg celery rib, diced  
2 boneless, skinless chicken breast halves  
2 T all-purpose flour  
2 T dry white wine  
4 C. chicken stock, divided (preferably the homemade lowfat chicken stock made from the recipe in killer pancakes)  
1 c. fat-free sour cream  
1 c. fideo (fine-cut egg noodles)  
salt and pepper

Using a small pan, bring a cup of water to boiling and drop in the porcini mushrooms.

Cook uncovered over med high heat for 10 min. then drain the mushrooms, pat dry and slice thinly.

Set aside.

In a large saute' pan, melt the butter over low heat.

Put in the leeks, carrot, onion, celery, and chicken, stir gently and cover to cook over low heat for 5 min.

Take off the cover, stir the vegetables, turn the chicken and check for doneness.

(The chicken should be about half done.)

Cover and cook another 5 min or until chicken is just done--not overdone.

Remove the chicken from the pan and set aside to cool.

Sprinkle the flour over the melted butter, vegetables and pan juices, and stir to cook over low heat for 2 min.

Slowly add the white wine and 2 c of the chicken broth.

Stir and cook until bubbly and thickened.

Add the sour cream very slowly, and allow to cook gently while you slice the chicken into thin, bite-size pieces.

In a large frying pan, bring the remaining 2 cups of stock to boiling, and add fideo.

Cook 4 min or until almost done.

Do not drain.

Slowly add the noodle mixture to the hot vegetables and sour cream mixture.

Add the chicken and the mushrooms and bring back to boiling.

Serve immediately.

Serves 4

NOTE: Try hashbrowns instead of the egg noodles.

#### CINNAMON GRIDDLE SCONES

1 c. all-purpose flour  
1/2 tsp cream of tartar  
1/4 tsp salt  
1 tsp sugar  
1/2 tsp baking soda  
1/2 tsp cinnamon

2 T dry buttermilk solids

1/2 cup water

2 T solid vegetable shortening such as Crisco

Preheat griddle over med high heat.

Stir together flour, cream of tartar, salt, sugar, baking soda, cinnamon, and buttermilk solids.

Add water and stir until well combined.

Turn the batter out on a well floured surface, knead a few turns, and pat into a circle about 6 1/2 inches in diameter.

With a sharp knife, cut the dough into 8 wedges.

Melt the shortening on the griddle.

When the shortening is HOT, lower the heat to med and place the scones on the griddle.

Cook until the first side is golden brown, then turn and cook the other side.

Test for doneness by splitting one scone.

It should not be doughy, but should look like a biscuit.

Remove the scones from the griddle and serve with butter and apple butter

Makes 8 small scones.

NOTE: to cut fat, scones can be cooked on non stick griddle with light spray of cooking spray.

**MARINADE FOR CHICKEN** for stirfry or otherwise

4 chicken breast halves (approx 1 1/2 pounds) cut into 1/2 inch thick, bite size pieces

1 egg white

1 T cornstarch

1 T dry sherry

1 T soy sauce

1 small (6 oz.) onion halved and thinly sliced

1 garlic clove, pressed

In glass pie pan, thoroughly mix the egg white, cornstarch, sherry, soy sauce, onion and garlic. Marinate the chicken pieces in this mixture for 30 min to no more than an hour.