

Mixed Berry Cobbler

Serves: 9

Ingredients

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| 2 packages (16 oz. each) frozen, unsweetened mixed berries, thawed | 1 tsp. light brown sugar |
| 1/3 cup sugar | Generous pinch of salt |
| 2 Tbsp. cornstarch | 2 Tbsp. softened butter |
| Pinch of salt | 1 Tbsp. canola oil |
| 2/3 cup unbleached all-purpose flour | 1/2 cup fat-free or low-fat milk |
| 1/3 cup whole wheat flour | Cinnamon and brown sugar to sprinkle over top |
| 1 Tbsp. light brown sugar | |

Preheat oven to 375 degrees. In a medium bowl, combine thawed fruit with sugar. Mix in cornstarch and salt, stirring well. Bake fruit mixture in an 8X8-inch or 9X9-inch square baking dish for 45 minutes, stirring once halfway through.

While the berries are baking, prepare the biscuit topping. Mix together the white and wheat flours, brown sugar, baking powder, and salt. Add butter and canola oil, and mix until ingredients are the consistency of cornmeal. Stir in milk until just combined, forming a soft biscuit dough. Set the dough aside. When the fruit is done baking, remove it from oven.

Turn oven up to 425 degrees. Carefully drop biscuit dough in small mounds over fruit. Lightly sprinkle the top with cinnamon and brown sugar. Return cobbler immediately to oven and bake 10-12 minutes or until biscuits are lightly browned and fruit is bubbly.

Per serving: 181 calories, 4 g total fat (2 g saturated fat), 33 g carbohydrates, 3 g protein, 4 g dietary fiber, 116 mg sodium.