Dinner Tonight!

Fresh Blueberry Cobbler

1/2 cup sugar  
2 Tablespoons cornstarch  
3 cups fresh blueberries  
1 teaspoon lemon juice  
1 cup flour

1 Tablespoon sugar  
1½ teaspoons baking powder  
3 Tablespoons vegetable oil  
1/2 cup low-fat milk

Coat a 9x9 glass baking dish with non-stick cooking spray. In a medium saucepan combine 1/2 cup sugar, cornstarch, blueberries, and lemon juice. Bring mixture to a boil, stirring continuously for one minute. Pour blueberry mixture into the greased 9x9 baking dish, cover with foil to keep warm and set aside. Combine flour, remaining 1 Tablespoon of sugar and baking powder in a medium mixing bowl. Add oil and milk and blend together until a dough forms. Evenly drop 9 spoonfuls of dough onto the fruit mixture. Bake at 400°F for 25 to 35 minutes or until biscuit topping is golden brown. Serve warm.

Preparation Time: 20 minutes  
Cook Time: 30 minutes  
Serves: 9 portions (3x3 piece each)

Nutrition facts per serving:
Calories: 176  
Total Fat: 5 g  
Cholesterol: 1 mg  
Sodium: 9 mg  
Total Carbohydrate: 31 g  
Protein: 2 g

Serve with: 1/2 cup low-fat vanilla frozen yogurt