

## Dinner Tonight What's for Dinner?

Have you ever wondered what is for dinner after a long day of work, errands, or afterschool activities? We know we could drive through another fast-food restaurant to save time, but is that meal meeting the nutritional needs of your family?

The Dinner Tonight program was developed to provide busy families with quick, healthy, cost effective recipes that taste great. Not only does the Dinner Tonight program provide recipes, it also gives you weekly video demonstrations on cooking tips and techniques, nutrition topics, menu planning basics and information on healthy living.

Our goal for the Dinner Tonight program is to improve the health and wellness of Texans through nutrition education. We are so excited to help you get you started on preparing your dinner tonight. Dinner Tonight is a program associated with Texas A&M AgriLife Extension Service.

It is so simple to get the email updates to let you know that new items have been added to the Dinner Tonight website. Go to <http://dinnertonight.tamu.edu> and sign up. You won't be disappointed!

Today I have enclosed a recipe that was recently posted on the website. Carrot cake is a traditional dessert that many people enjoy. However, one slice (1/12) of a traditional carrot cake is usually 610 calories and 28g of fat. Try this lightened version that is 121 calories and 7g of fat per bar.

### **Lightened Carrot Cake Bars**

Ingredients:

- ¾ cup all-purpose flour
- ¼ cup whole wheat flour
- ½ cup sugar
- 1 ½ teaspoons pumpkin pie spice
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 1 cup carrots, shredded
- ¾ cup walnuts, chopped
- 1/3 cup refrigerated egg product (or 3 egg whites)
- 1/4 cup canola oil
- 1/4 cup fat-free milk
- 1 recipe Fluffy Cream Cheese, See below

Fluffy Cream Cheese Frosting

- ½ cup frozen light whipped topping thawed
- 4 oz. reduced-fat cream cheese softened
- ½ cup low fat vanilla yogurt

#### Instructions:

1. Preheat oven to 350 degrees F. Line a 9x9x2-inch baking pan with foil, extending foil over the edges of the pan. Lightly coat foil with nonstick cooking spray. Set aside.
2. In a medium bowl, combine all-purpose flour, whole wheat flour, sugar, pumpkin pie spice, baking powder, and salt.
3. Add shredded carrot, 1/2 cup of the nuts, the eggs, oil, and milk
4. Stir just until combined. Spread mixture evenly in the prepared pan.
5. Bake for 15 to 18 minutes or until a toothpick inserted near center comes out clean. Cool bars in pan on a wire rack.
6. Using the edges of the foil, lift the uncut bars out of the pan.
7. Spread top evenly with Fluffy Cream Cheese Frosting. Sprinkle with the remaining 1/4 cup nuts. Cut into 20 bars.

#### Fluffy Cream Cheese Frosting

1. In a medium bowl, beat cream cheese with an electric mixer on medium speed until smooth.
2. Beat in yogurt until smooth. Fold thawed whipped topping into cream cheese mixture.

#### Recipe Notes

##### Nutrition Facts Per Serving (20 servings)

Calories 121, Total Fat 7g, Cholesterol 5mg, Sodium 64g, Carbohydrates 12g, Protein 3g

*Source: Better Homes and Gardens Diabetic Living Online*

For more information contact the AgriLife Extension Office at 903-473-4580 or visit us at [rains.agrilife.org](http://rains.agrilife.org). We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and “Like” our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.

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