

BLUEBERRY/PEACH COBLER

1/2 cup sugar
1 tablespoon cornstarch
1/2 teaspoon grated lemon rind
1/4 teaspoon ground cinnamon
3 cups coarsely chopped peeled peaches
2 cups blueberries
1 tablespoon lemon juice
1/2 teaspoon vanilla extract
1 cup all-purpose flour
3 tablespoons sugar
3/4 teaspoon baking powder
1/8 teaspoon baking soda
1/4 teaspoon salt
2 tablespoons chilled stick margarine or butter, cut into small pieces
6 tablespoons low-fat buttermilk
Mint sprigs (optional)

Preheat oven to 400°. Combine first 4 ingredients in a large bowl. Add peaches, blueberries, lemon juice, and vanilla, and toss gently. Spoon mixture into an 8-inch square baking dish coated with cooking spray. Bake mixture at 400° for 15 minutes. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 4 ingredients (flour through salt) in a medium bowl; cut in margarine with a pastry blender or 2 knives until mixture resembles coarse meal. Add buttermilk; stir just until flour mixture is moist. Turn dough out onto a lightly floured surface; knead lightly 3 times. Roll dough to about a 1/4 -inch thickness; cut into 16 biscuits using a 2-inch biscuit cutter. Remove dish from oven; arrange biscuits on top of hot fruit mixture. Bake an additional 20 minutes or until biscuits are golden. Garnish with mint sprigs, if desired.

8 servings Calories 212 (15% from fat); Fat 3.5g (sat 0.6g, mono 1.3g, poly 1.1g); Protein 2.8g; Carb 43.8g; Fiber 3.2g; Chol 0mg; Iron 1mg; Sodium 135mg; Calc 50mg