

# Fresh Flavors

## for your Family

**Polk County  
Extension**

**UW  
Extension**  
University of Wisconsin-Extension



A homemade  
guide to well-fed  
on a budget

The 2014 Fresh Flavors for your Family Cookbook contains simple recipes with nutritional information approved by the USDA. This cookbook is accessible from the Polk County UW Extension website, available to everyone for reference. The idea behind this recipe book was to create a budget-friendly resource for residents of Polk County.

for more information, please visit:

<http://recipefinder.nal.usda.gov/>  
<http://polk.uwex.edu/>

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## **UW Extension**

UW Extension Polk County is committed to teaching, learning, leading and serving the residents of Polk County with the goal of transforming lives and communities.



## **AmeriCorps VISTA**

AmeriCorps VISTA's mission is to improve lives, strengthen communities and foster civic engagement through service and volunteering.



# BREAKFAST

## Good Morning

Rise & shine z

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# Apple Slice Pancakes

Yield: 6 servings  
Serving Size: 2 pancakes  
Calories: 160 per serving



## ingredients

- |   |                        |
|---|------------------------|
| 1 Granny Smith apple                    | 1 egg                  |
| 1 and 1/4 cup pancake mix<br>(any type) | 2 teaspoons canola oil |
| 1/2 teaspoon cinnamon                   | 1 cup low fat milk     |

## steps

1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat
2. Peel, core and thinly slice apple into rings
3. In a large mixing bowl, combine ingredients for pancake batter; Stir until ingredients are evenly moist. (Small lumps are okay! Over-mixing makes pancakes tough.)
4. For each pancake, place an apple ring on the griddle and pour 1/4 cup batter over apple ring, starting in the center and covering the apple
5. Cook until bubbles appear; Turn and cook other side until lightly brown

# Awe some Coconut Granola

Yield: 10 Servings  
Serving Size: 1/2 cup  
Calories: 250 per serving

## ingredients

- |  |                              |
|--|------------------------------|
| 3 cups oatmeal (uncooked)                  | 1/4 cup honey                |
| 1/2 cup coconut (shredded or flaked)       | 1/4 cup margarine (liquid)   |
| 1 cup pecans (chopped, walnuts or peanuts) | 1 and 1/2 teaspoons cinnamon |
|  | 2/3 cups raisins             |

## steps

1. Heat oven to 350° F. Combine all ingredients in a large bowl, except raisins, mix well
2. Bake in 13 x 9 inch baking pan at 350° F for 25 - 30 minutes or until golden brown; Stir every 5 minutes
3. Stir in raisins; Cool thoroughly; Store in tightly covered container

# Banana Bread

Yield: 12 Servings  
Serving size: 1 slice  
Calories: 140 per serving

## ingredients

3 bananas (large, well ripened)	1/3 cup sugar
1 egg	1 teaspoon salt
2 Tablespoons vegetable oil	1 teaspoon baking soda
1/3 cup milk	1/2 teaspoon baking powder
	1 and 1/2 cups flour

## steps

1. Preheat the oven to 350° F
2. Peel the bananas; Put them in a mixing bowl; Mash the bananas with a fork
3. Add the egg, oil, milk, sugar, salt, baking soda, and baking powder; Mix well with the fork
4. Slowly stir the flour into the banana mixture; Stir for 20 seconds until the flour is moistened
5. Lightly grease the bread pan with a little oil -OR- cooking spray -OR- line it with wax paper
6. Pour the batter into the bread pan
7. Bake for 45 minutes until a toothpick or butter knife inserted near the middle comes out clean
8. Let the bread cool for 5 minutes before removing it from the pan

Yield: 1 serving  
Calories: 150 per serving

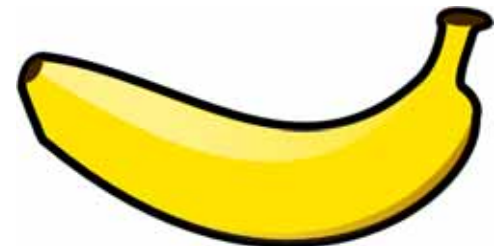
# banana Split Oatmeal

## ingredients

3 1/3 cups oatmeal, quick-cooking (dry)	3/4 cup water (very hot)
1/8 teaspoon salt	1/2 banana (sliced)
	1/2 cup frozen yogurt, non-fat

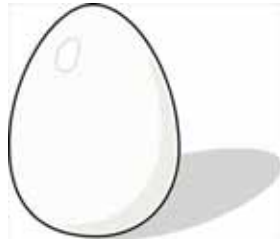
## steps

1. In a microwave safe cereal bowl, mix together the oatmeal and salt; stir in water.
2. Microwave on high power for 1 minute; Stir; Microwave on high power for another minute; Stir again
3. Microwave an additional 30 to 60 seconds on high power until the cereal reaches the desired thickness; Stir again
4. Top with banana slices and/or frozen yogurt.



# Basic Quiche

Yield: 6 servings  
Serving size: 1/6 of recipe  
Calories: 210 per serving



## ingredients

- |   |                            |
|---|----------------------------|
| 1 baked pie shell (9-inch)  | 1 cup skim milk            |
| 1 cup vegetables, cooked and drained (chopped broccoli, zucchini, or mushrooms) | 1/2 teaspoon salt          |
| 1/2 cup shredded cheese   | 1/2 teaspoon pepper        |
| 3 eggs (beaten)   | 1/2 teaspoon garlic powder |

## steps

1. Preheat the oven to 375°
2. Shred the cheese with a grater; Put it in a small bowl for now
3. Chop the vegetables until you have 1 cup of chopped vegetables
4. Cook the vegetables until they are cooked (but still crisp)
5. Put the cooked vegetables and shredded cheese into a pie shell
6. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl
7. Pour the egg mix over the cheese and vegetables
8. Bake for 30-40 minutes, or until a knife inserted near the center comes out clean
9. Let the quiche cool for 5 minutes before serving

Yield: 30 servings  
Serving size: 2 muffins  
Calories: 290 per serving

# Bran Muffins

## ingredients

- |                               |                        |
|-------------------------------|------------------------|
| 5 cups flour                  | 4 cups buttermilk      |
| 2 teaspoons salt              | 1 cup oil              |
| 2 teaspoons baking soda       | Vegetable spray or oil |
| 3 cups sugar                  |                        |
| 1 carton raisin bran (8 cups) |                        |
| 4 eggs (beaten)               |                        |

## steps

1. Measure flour into 1 gallon container
2. Add salt, soda, sugar and raisin bran to the flour and mix well with spoon
3. With a spoon make a "well" in the center of the dry ingredients
4. In the medium size bowl, beat the eggs with a fork until whites and yolk are evenly blended
5. Add milk and oil to eggs; Beat with fork
6. Add liquid to dry ingredients; Stir until dry ingredients are moistened (mixture will be lumpy)
7. Lightly oil the bottoms of the paper cups in the muffin pan (or use muffin cups) Fill the muffin cups to 3/4 full
8. Bake at 425° F for 15-20 minutes; After baking the muffins can be frozen for future use

# Breakfast Burrito

## ingredients

1 and 1/3 cups black beans  
(cooked, mashed with one tsp  
canola oil)  
4 tortillas, corn  
2 tablespoons red onion  
(chopped)

Yield: 4 servings  
Serving size: 1 burrito  
Calories: 170 per serving

1/2 cup tomatoes (chopped)  
1/2 cup salsa, low sodium  
2 tablespoons cilantro  
(chopped)  
1/2 cup yogurt, non-fat

## steps

1. Mix beans with onion and tomatoes
2. Microwave tortillas between two sheets of slightly damp white paper towels on high for 15 seconds
3. Divide bean mixture between the tortillas
4. Fold each tortilla to enclose filling
5. Place on microwave-safe dish and spoon salsa over each burrito
6. Microwave on high for 15 seconds
7. Serve topped with yogurt and cilantro

Yield: 6 servings  
Serving size: 1 slice  
Calories: 100 per serving

# Fabulous French Toast

## ingredients

2 eggs  
1/2 cup nonfat milk  
1/2 teaspoon cinnamon (optional)  
1/2 teaspoon vanilla extract  
6 slices whole wheat bread



## steps

1. Preheat the griddle over medium heat, or set an electric frying pan at 375 degrees
2. Put eggs, milk, and vanilla in a pie pan or shallow bowl and beat with a fork until well mixed
3. Grease the griddle or pan with a thin layer of oil or use nonstick spray
4. Dip both sides of bread,

one slice at a time, in the egg mixture and cook on the hot griddle or frying pan

5. Cook on one side until golden brown; Turn the bread over to cook the other side; It will take about 4 minutes on each side
6. Serve with syrup, applesauce, fruit slices, or

# Fantastic Fruit Muffins

Yield: 9 servings  
Serving size: 1 muffin  
Calories: 130 per serving

## ingredients

1 and 1/4 cups flour  
1/4 cup sugar  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
3/4 cup buttermilk, low-fat  
2 tablespoons margarine  
(melted)

1 egg (slightly beaten)  
1/2 teaspoon vanilla extract  
1 cup frozen strawberries  
(coarsely chopped, or other  
fruit fresh or frozen)

## steps

1. Heat oven to 400° F;  
Spray muffin tin with  
nonstick cooking spray
2. In a large bowl, combine  
the flour, sugar, baking  
powder, and baking soda;  
Stir well until all  
ingredients are blended
3. In another bowl, combine  
buttermilk, margarine, egg,  
and vanilla; Pour this  
mixture into the dry  
ingredients Using a large
4. Spoon batter evenly into 9  
muffin cups
5. Bake 20 to 25 minutes or  
until golden brown
6. Serve hot or cold; Muffins  
may be frozen for later

spoon, gently stir  
ingredients just until moist  
(do not over-mix); Add  
fruit and stir gently (do  
not over-mix)

Yield: 2 servings  
Serving size: 1/2 recipe  
Calories: 160 per serving

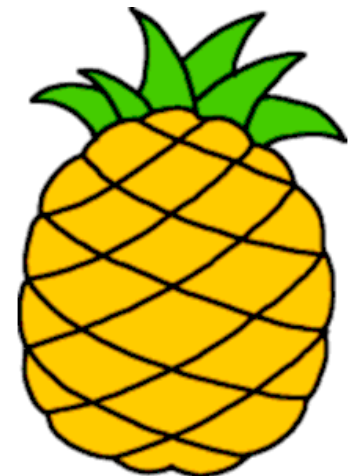
# Fruit and Yogurt Breakfast Smoothie

## ingredients

1 banana (medium, very ripe, peeled)  
3/4 cup pineapple juice  
1/2 cup yogurt, low fat vanilla  
1/2 cup strawberries (remove stems and rinse)

## steps

1. Blend banana with pineapple  
juice, yogurt and  
strawberries in a blender
2. Blend until smooth
3. Divide shake between 2  
glasses and serve  
immediately



# Fruit Yogurt Parfait

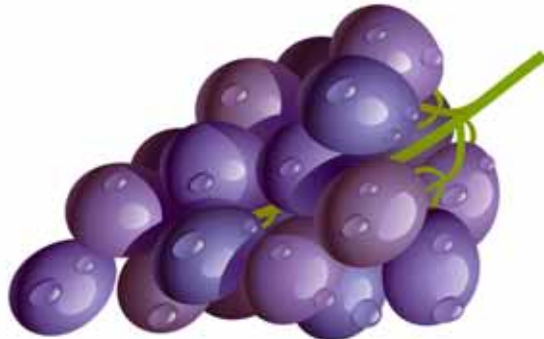
Yield: 1 serving  
Serving size: 1 parfait  
Calories: 340 per serving

## ingredients

1/2 cup yogurt, fruit-flavored  
1/2 banana  
1/2 cup grapes  
1/4 cup dry crunchy cereal (Grape Nuts or granola cereals are good)

## steps

1. Peel and slice the banana
2. Spoon the grapes into a tall plastic cup
3. Put 3 spoonfuls of yogurt on top of the grapes
4. Spoon sliced bananas on top of the yogurt
5. Add the rest of the yogurt.
6. Sprinkle the cereal on top.



# Fun Fruit Smoothie

Yield: 2 servings  
Serving Size: 1/2 of recipe  
Calories: 201 per serving

## ingredients

1 banana (large)  
1 cup fresh peaches or strawberries  
1 carton vanilla yogurt (8 ounces)  
1/2 cup fruit juice

## steps

1. Put all ingredients in a blender
2. Blend on high until smooth
3. Pour into two glasses; Serve right away



# ginger Orange Muffins

Yield: 12 servings  
Serving size: 1 muffin  
Calories: 180 per serving



## ingredients

2 cups Gingerbread Mix  
1 cup bran cereal  
1 egg (slightly beaten)  
1/2 cup low-fat (1%) milk  
1/4 cup orange juice  
concentrate

1/4 cup molasses  
1/4 cup vegetable oil  
1 teaspoon orange peel  
(grated)  
1/4 cup raisins (optional)

## steps

1. Preheat oven to 350° F
2. Combine the ginger bread mix and bran cereal in a bowl
3. Beat the egg slightly in another bowl
4. Add the egg and other ingredients to the gingerbread and cereal mixture
5. Stir only until combined; Let stand for 15 minutes
6. Fill 12 muffin cups (well-greased pans or paper liners) 2/3 full
7. Bake for 15 to 20 minutes or until a toothpick stuck in the center of the muffin comes out clean

Yield: 4 servings  
Serving size: 1 tortilla  
Calories: 230 per serving

# Huevos Rancheros

## ingredients

4 corn tortillas  
1/2 tablespoon vegetable oil  
Non stick cooking spray  
4 egg whites  
4 eggs

1/8 teaspoon black pepper  
4 tablespoons cheese,  
shredded cheddar or  
Monterey Jack  
2 cups fresh salsa

## steps

1. Preheat oven to 450° F
2. Lightly brush tortillas with oil on both sides and place on a baking sheet
3. Bake for 5 to 10 minutes or until tortillas are crisp on the edges and starting to brown
4. Remove from oven and set aside
5. Spray a large skillet with nonstick cooking spray over medium heat
6. Drop 4 egg whites into skillet, then, break whole eggs over whites to make 4 separate servings
7. Cook for 2-3 minutes per side until eggs are cooked
8. Place one egg on each tortilla shell and top each with 1 tablespoon cheese
9. Place under the broiler for about 2 minutes until cheese is melted
10. Spoon 1/2 cup fresh or prepared salsa around the edge of each shell



# m a n g o Breakfast Smoothie

Yield: 4 servings  
Serving size: 3/4 cup  
Calories: 80 per serving

## ingredients

2 cups milk (low-fat 1%)  
4 tablespoons mango juice (or 1 fresh pitted mango)  
(frozen)  
1 banana (small)  
2 ice cubes

## steps

1. Put all ingredients into a blender; Blend until foamy; Serve immediately



Yield: 12 servings  
Serving size: 1 muffin  
Calories: 120 per serving

# Oa t Bran Muffins

## ingredients

2 and 1/4 cups oat bran  
1/4 cup brown sugar (firmly packed)  
1 and 1/2 teaspoons cinnamon  
1 tablespoon baking powder  
1 banana (mashed)  
3/4 cup applesauce  
2 tablespoons raisins or dates  
1 egg  
1/2 cup orange juice  
3/4 cup nonfat milk  
2 tablespoons canola oil

## steps

1. Preheat oven to 425° F
2. Mix the first four dry ingredients; Set aside
3. Mix the egg with orange juice, milk and oil; Mix fruit and blend with dry ingredients
4. Add the liquid ingredients to the dry until it is moist
5. Spray muffin tin with a non-stick coating; Pour batter into muffin tins (2/3 full)
6. Bake for 15-17 minutes; Remove muffins from pan after 10 minutes; Cool on a rack; Freeze muffins for later use

# oatmeal Raisin Muffins

Yield: 12 servings  
Serving size: 1 muffin  
Calories: 180 per serving

## ingredients

- 1 egg
- 1 cup milk
- 1/3 cup oil
- 1 and 1/4 cups flour
- 1 cup oatmeal
- 1/3 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 cup raisins
- Margarine or butter to grease muffin cups

## steps

1. Preheat the oven to 400° F
2. Put the egg, milk, and oil in a small mixing bowl; Slowly stir them together
3. In a large mixing bowl, add the flour, oatmeal, sugar, baking powder, salt and raisins; Stir until they are mixed
4. Pour the egg-milk-oil mix into the medium bowl with the dry ingredients
5. Stir until the dry ingredients are barely moistened; Do not over-mix (the batter should be lumpy)
6. Grease each cup in the muffin pans with some margarine or butter
7. Spoon the batter into the cups in each muffin pan, until each cup is half-full with batter
8. Bake for 20 to 25 minutes, or until the muffins are golden brown

Yield: 12 servings  
Serving size: 1 muffin  
Calories: 220 per serving

# Peanut Butter Muffins

## ingredients

- 3/4 cup peanut butter (chunky)
- 2 tablespoons honey
- 2 eggs
- 1 cup milk
- 1 1/2 cups flour
- 1/2 cup cornmeal
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt

## steps

1. Preheat the oven to 375° F
2. Line 12 muffin cups with paper baking cups (or grease the bottom of each cup with butter or margarine)
3. Put the peanut butter and honey in a mixing bowl; Beat until well blended
4. Add the eggs 1 at a time, beating well after each egg
5. Add the milk, and mix well
6. Add the flour, cornmeal, sugar, baking powder, and salt; Stir just until they are moistened (Don't stir them too much)
7. Fill each muffin cup 2/3 full
8. Bake for 20 to 25 minutes until golden brown
9. Put on a wire rack
10. Cool for at least 10 minutes before serving

# Quesadilla Con Huevos

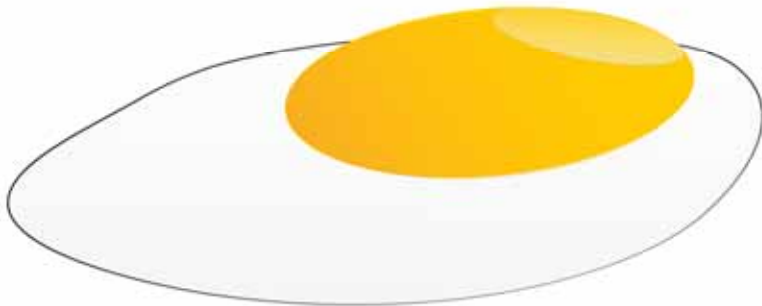
Yield: 4 servings  
Serving size: 1 quesadilla  
Calories: 200 per serving

## ingredients

- 1/2 cup cheddar or co-jack cheese (grated)
- 2 eggs (scrambled)
- 4 flour tortillas (6 to 8 inch)
- 4 tablespoons salsa (optional)

## steps

1. Put 2 Tablespoons cheese and 1/4 of the scrambled eggs on each tortilla
2. Heat 2 quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts
3. Top with salsa and fold tortilla in half to serve



Yield: 5 servings  
Serving size: 1/5 of omelet  
Calories: 250 per serving

# Spanish Omelet Bake

## ingredients

- 5 potatoes (small, washed, peeled and sliced)
- 1 tablespoon olive oil (or vegetable cooking spray)
- 1/2 onion (medium, minced)
- 1 zucchini (small, sliced)
- 1 and 1/2 cups green/ red peppers (sliced thin)
- 5 mushrooms (medium, sliced)
- 3 eggs (whole, beaten)
- 3 egg whites (beaten)
- Pepper and garlic salt with herbs (to taste)
- 3 ounces part skim mozzarella cheese (shredded)
- 1 tablespoon parmesan cheese

## steps

1. Preheat oven to 375°F
2. Cook potatoes in boiling water until tender
3. In a nonstick pan, add oil or vegetable spray and warm at medium heat
4. Add the onion and sauté until brown; Add vegetables and sauté until tender but not brown
5. In a medium mixing bowl, slightly beat the eggs and egg whites, pepper, garlic salt, and mozzarella cheese; Stir egg cheese mixture into the cooked vegetables
6. Oil or spray a 10-inch pie pan or ovenproof skillet; Transfer potatoes and eggs mixture to pan; Spread with parmesan cheese and bake omelet until firm and brown on top, about 20-30 minutes

# summer breeze Smoothie

Yield: 3 servings  
Serving size: 1 cup  
Calories: 130 per serving

## ingredients

- 1 cup yogurt (nonfat, plain)
- 2 strawberries (medium)
- 1 cup pineapple (crushed, canned in juice)
- 1 banana (medium)
- 1 teaspoon vanilla extract
- 4 ice cubes

## steps

1. Place all ingredients into a blender and puree until smooth



# Tropical Morning Treat

Yield: 4 servings  
Serving size: 1/2 cup  
Calories: 70 per serving

## ingredients

- ✓ 4 cup orange juice
- 1 apple
- 1 orange
- 1 banana

## steps

1. Place orange juice in bowl.
2. Wash apple and dry. Remove the seeds and dice. Coat apple surfaces with orange juice to prevent browning.
3. Peel orange and break into sections. Cut sections into small pieces.
4. Peel and slice banana into 1/4 inch circles.
5. Combine all fruit and orange juice lightly in a bowl and mix together. Chill or serve immediately.

# Whole wheat Muffins

## ingredients

1 cup flour (all purpose)  
1 cup whole wheat flour  
1/2 teaspoon salt  
2 teaspoons baking powder  
1/4 cup brown sugar (firmly  
packed, or white sugar)  
1 cup milk

2 eggs  
1 teaspoon vanilla (optional)  
1/4 cup margarine or butter  
(melted, or 1/4 cup vegetable  
oil)  
1 tablespoon sugar  
1/2 teaspoon cinnamon (ground)

## steps

1. Preheat oven to 400° F; oil or coat with non-stick spray the cups of a 12 cup muffin pan, or use paper muffin cups
2. Mix together sugar and cinnamon for topping and set aside
3. In a large bowl, stir together flour, salt, baking powder and sugar; In a liquid measuring cup, measure milk, then add eggs, vanilla (if using), and melted shortening or oil; Mix with a fork until egg is well combined
4. Pour milk mixture over flour mixture and stir with a spoon; about 20 strokes, until flour is just moistened; Batter will be lumpy and thick.
5. Fill prepared muffin cups about 2/3 full with batter; Sprinkle about 1/4 teaspoon of cinnamon/sugar topping over each muffin
6. Bake in oven for 20 to 25 minutes until golden brown

Yield: 12 servings  
Serving size: 1 muffin  
Calories: 150 per serving

Yield: 4 servings  
Serving Size: 1 parfait  
Calories: 220 per serving

# Yogurt Berry Parfait

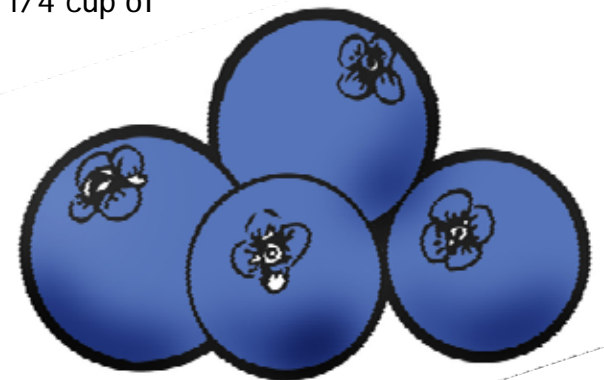
## ingredients

2 cups yogurt (low-fat or fat  
-free, vanilla)  
1 cup banana (sliced)  
1/2 cup strawberries  
1/2 cup blueberries (fresh)

Other fruit (raspberries,  
peaches, pineapple or mango)  
1 cup granola

## steps

1. Line up 4 parfait or other tall glasses
2. Spoon about 1/4 cup of yogurt into each glass
3. Top with about 1/4 cup of fruit
4. Next sprinkle with 2 tablespoon of granola
5. Repeat the process







# LUNCH

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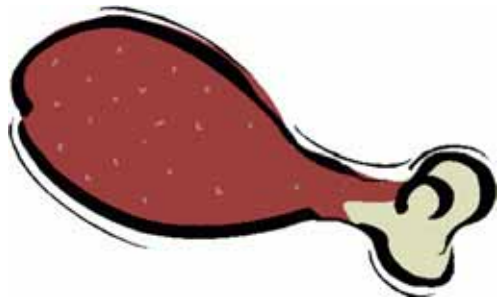
# { Any Day Chicken Salad }

## INGREDIENTS

- |  |                             |
|--|-----------------------------|
| 2 1/2 cups chicken breast<br>(cooked, diced) | 1/4 cup onion (chopped)     |
| 1/2 cup celery (chopped)                     | 2 tablespoons pickle relish |
|  | 1/2 cup mayonnaise (light)  |

## STEPS

- |   |  |
|---|--|
| 1. Combine all ingredients.                                 | How to use:  |
| 2. Refrigerate until ready to serve.                        | 1. Make chicken salad sandwiches.                                  |
| 3. Use within 1-2 days. Chicken salad does not freeze well. | 2. Make a pasta salad by mixing with 2 cups cooked pasta.          |
|   | 3. Kids will love this salad served in a tomato or a cucumber boat |



# { Anytime Pizza }

**Yield:** 2 servings

**Serving size:** One slice bread

**Calories:** 180 per serving

## INGREDIENTS

- |  |   |
|--|---|
| 1/2 loaf Italian or French bread (split lengthwise or 2 split English muffins) | 3 tablespoons green pepper (chopped)              |
| 1/2 cup pizza sauce  | 3 tablespoons mushrooms, fresh or canned (sliced) |
| 1/2 cup cheese, low-fat shredded mozzarella or cheddar                         | Vegetable toppings (other, as desired optional)   |
|  | Italian seasoning (optional)                      |

## STEPS

- |  |   |
|--|---|
| 1. Toast the bread or English muffin until slightly brown              | 4. Return bread to toaster oven (or regular oven preheated to 350°) |
| 2. Top bread or muffin with pizza sauce, vegetables and low-fat cheese | 5. Heat until cheese melts  |
| 3. Sprinkle with Italian seasonings as desired                         |   |

# Apple Tuna Sandwiches



Yield: 3 servings

Serving size: 1 sandwich

Calories: 250 per serving

## INGREDIENTS

- |  |                            |
|--|----------------------------|
| 1 can tuna, packed in water<br>(6.5 ounces, drained) | 1 teaspoon mustard         |
| 1 apple  | 1 teaspoon honey           |
| 1/4 cup yogurt, low-fat                              | 6 slices whole wheat bread |
| vanilla  | 3 lettuce leaves           |

## STEPS

1. Wash and peel the apple; Chop it into small pieces
2. Drain the water from the can of tuna
3. Put the tuna, apple, yogurt, mustard, and honey in a medium bowl; Stir well
4. Spread 1/2 cup of the tuna mix onto each 3 slices of bread
5. Top each sandwich with a washed lettuce leaf and a slice of bread

# Baked Chicken Nuggets

Yield: 4 servings

Serving size: 3 ounces

Calories: 230 per serving

## INGREDIENTS

- |   |                            |
|---|----------------------------|
| 1 and 1/2 pound chicken<br>thighs, boneless, skinless | 1/4 teaspoon garlic powder |
| 1 cup cereal crumbs,<br>cornflake type                | 1/4 teaspoon onion powder  |
| 1/2 teaspoon Italian herb<br>seasoning                | 1 teaspoon paprika         |

## STEPS

Convection oven:

1. Preheat oven to 400 degrees. Lightly grease a cooking sheet.
2. Place chicken pieces on cooking sheet so they are not touching.
3. Bake until golden brown, about 12-14 minutes.

Microwave:

1. Lightly grease an 8x12 inch microwave safe baking dish.
2. Place chicken pieces on baking dish so they are not touching. Cover with waxed paper and cook on high.

- 20
4. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

# { Bean and Rice } Burrito

**Yield:** 8 servings

**Serving size:** 1 burrito

**Calories:** 370 per serving

## INGREDIENTS

2 cups rice (cooked)	can, drained and rinsed)
1 onion (small, chopped)	8 flour tortillas (10 inch)
2 cups Kidney beans	1/2 cup salsa
(cooked, or one 15 ounce	1/2 cup grated cheese

## STEPS

1. Preheat the oven to 300°
2. Peel the onion, and chop it into small pieces
3. Drain the liquid from the cooked (or canned) kidney beans and rinse in a strainer until the bubbles are gone
4. Mix the rice, chopped onion, and beans in a bowl
5. Put each tortilla on a flat surface
6. Put 1/2 cup of the rice and bean mix in the middle of each tortilla
7. Fold the sides of the tortilla to hold the rice and beans
8. Put each filled tortilla (burrito) in the baking pan
9. Bake for 15 minutes
10. While the burritos are baking, grate 1/2 cup cheese
11. Pour the salsa over the baked burritos; Add cheese
12. Serve the burritos warm

# { Broccoli } Salad

**Yield:** 8 servings

**Serving size:** 1/8 of recipe

**Calories:** 170 per serving

## INGREDIENTS

6 cups broccoli (chopped)	8 bacon slices (cooked and crumbled, optional)
1 cup raisins	2 tablespoons lemon juice
1 red onion (medium, peeled and diced)	3/4 cup mayonnaise, low-fat
2 tablespoons sugar	

## STEPS

1. Combine all ingredients in a medium bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.



# Chicken Club Salad

**Yield:** 4 servings

**Serving size:** 3 cups

**Calories:** 270 per serving

## INGREDIENTS

1 cup pasta (uncooked whole wheat, small, such as macaroni or rotelle)

6 cups Romaine lettuce (well washed and torn, or spinach)

2 cups chopped vegetables (fresh, green pepper, celery, cauliflower florets, cucumber, carrots)

2 cups tomatoes (chopped)

1/2 cup Italian dressing (low-fat)

1 egg (hard cooked, optional)

1/4 cup cheese (shredded or cheese crumbles)

1 1/2 cups cubed cooked skinless chicken

## STEPS

1. Cook pasta according to package directions; drain and cool
2. Place 1 1/2 cups of the romaine in each of 4 large bowls or plates
3. Combine chopped vegetables, chicken and pasta

4. Add dressing; toss lightly to coat; Divide evenly among the 4 bowls
5. Top each serving with a few egg slices, if desired, and 1 Tablespoon of the shredded cheese

# Classic Macaroni And Cheese

**Yield:** 8 servings

**Serving size:** 1/2 cup

**Calories:** 110 per serving

## INGREDIENTS

2 cups macaroni

1/2 cup onion (chopped)

1/2 cup evaporated milk, nonfat

1 egg (medium, beaten)

1/4 teaspoon black pepper

1 and 1/4 cups cheese, finely shredded sharp cheddar, low-fat

Cooking oil spray

## STEPS

1. Cook macaroni according to directions (Do not add salt to the cooking water); Drain and set aside
2. Spray a casserole dish with nonstick cooking oil spray
3. Preheat oven to 350°F
4. Lightly spray saucepan with nonstick cooking oil spray
5. Add onions to saucepan and sauté for about 3 minutes
6. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly
7. Transfer mixture into casserole dish
8. Bake for 25 minutes or until bubbly; Let stand for 10 minutes before serving

# Colorful Quesadillas

**Yield:** 8 servings

**Serving size:** 4 wedges or one quesadilla

**Calories:** 160 per serving

## INGREDIENTS

8 ounces cream cheese, fat-free

1/4 teaspoon garlic powder

8 flour tortillas (small)

1 cup sweet red pepper (chopped)

1 cup low-fat cheese (shredded)

2 cups spinach leaves (fresh, or 9 ounces frozen, thawed and squeezed dry)

## STEPS

1. In a small bowl, mix the cream cheese and garlic powder
2. Spread about 2 tablespoons of the cheese mixture on each tortilla
3. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla
4. Add spinach: 1/4 cup if using fresh leaves OR 2 tablespoons if using frozen; Fold tortillas in half
5. Heat a large skillet over medium heat until hot; Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown
6. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder
7. Cut each quesadilla into 4 wedges; Serve warm

# Cucumber Salad

**Yield:** 2 servings

**Serving size:** 1 cup

**Calories:** 90 per serving

## INGREDIENTS

1 cucumber (large, peeled and thinly sliced)

1 tablespoons yogurt, low-fat

1 tablespoon vinegar

1 tablespoon vegetable oil

1 tablespoon water

1 teaspoon dill weed (optional)

1 dash of pepper

## STEPS

1. Peel and thinly slice cucumber
2. Mix all other ingredients in the mixing bowl
3. Add cucumber slices and stir until coated
4. Chill until serving



# { Easy Fruit Salad }

**Yield:** 14 servings

**Serving size:** 1/2 cup

**Calories:** 70 per serving

**Cost:**

**Per recipe:** \$3.54

**Per serving:** \$0.25

## INGREDIENTS

1 can fruit cocktail (16 ounce, drained)

2 bananas (sliced)

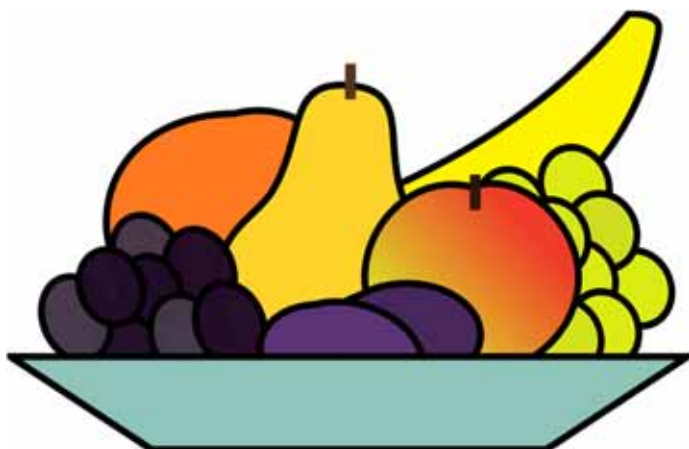
2 oranges (cut into bite-size pieces)

2 apples (cut into bite-size pieces)

8 ounces yogurt, low-fat pina colada

## STEPS

1. Mix fruit in a large bowl
2. Add yogurt and mix well
3. Chill in refrigerator before serving



# { Egg Salad }

**Yield:** 14 servings

**Serving size:** 1/2 cup

**Calories:** 70 per serving

**Cost:**

**Per recipe:** \$3.54

**Per serving:** \$0.25

## INGREDIENTS

4 hard boiled eggs (finely chopped)

2 teaspoons pickle relish

1/2 teaspoon salt

1 teaspoon mustard (wet)

1/4 cup mayonnaise

## STEPS

1. Put the eggs in a pan of cold water; Simmer for 20 minutes
2. Cool promptly in cold water, then in refrigerator, so the eggs will be easy to shell
3. Remove the shells from eggs, and chop the eggs finely
4. Mix all the ingredients together



# {Peachy Peanut Butter Pita Pockets}

Yield: 4 servings

Serving size: 1/4 of recipe

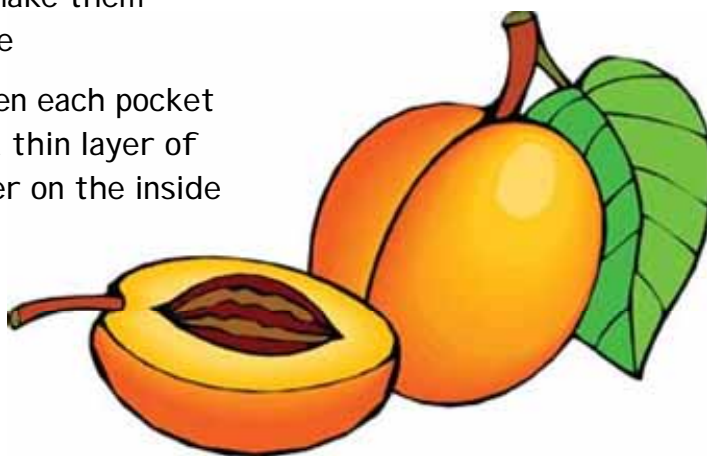
Calories: 210 per serving

## INGREDIENTS

- |   |                                     |
|---|-------------------------------------|
| 2 pita pockets (medium, whole wheat)        | 1/2 apple (cored and thinly sliced) |
| 1/4 cup peanut butter (reduced fat, chunky) | 1/2 banana (thinly sliced)          |
|   | 1/2 peach (fresh, thinly sliced)    |

## STEPS

1. Cut pitas in half to make four pockets and warm in the microwave for about 10 seconds to make them more flexible
2. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls
3. Fill with a combination of apple, banana, and peach slices. Serve at room temperature



# {Potato Salad}

Yield: 6 servings

Serving size: 1 cup

Calories: 170 per serving

## INGREDIENTS

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1 pound potatoes (4 medium potatoes) | 1/2 cup celery (chopped)    |
| 1 cup onion (diced)                  | 1/2 cup mayonnaise, low-fat |
|                                      | 1/4 cup sweet pickle relish |

## STEPS

1. Scrub the potatoes, and peel them
2. Cut the potatoes into 1-inch cubes
3. Put the potatoes into a saucepan; Cover with water
4. Bring the potatoes to a boil on medium heat
5. Let the potatoes simmer for 15 minutes until they're soft
6. Drain the hot water, and let the potatoes cool
7. While the potatoes are cooling, peel and chop some onions until you have 1 cup of chopped onions
8. Chop the celery until you have 1/2 cup of chopped celery
9. Put the chopped onion and celery in a medium mixing bowl
10. Add the mayonnaise and pickle relish; Stir together
11. Add the cooled potatoes; Stir again
12. Cover the bowl; Put in the fridge for at least 2 hours before serving



## Quick N' Cool Summer Salad

**Yield:** 8 servings

**Serving Size:** 1/8 of recipe

**Calories:** 360 per serving

### INGREDIENTS

- |  |                                   |
|--|-----------------------------------|
| 1 package elbow macaroni (14 ounces)                       | 1/2 cup onion (diced)             |
| 1 can green beans (16 ounces, or other vegetables)         | 1 cup yogurt, plain               |
| 1 can tuna packed in water (7 ounces, -drained and flaked) | 1/2 cup mayonnaise                |
| 1 cup cheese (cubed)                                       | 1 and 1/2 tablespoons lemon juice |
| 1/2 cup sweet pickles (diced)                              | 1/4 teaspoon salt                 |
|  | 1/4 teaspoon seasoned pepper      |

### STEPS

- |  |                                   |
|--|-----------------------------------|
| 1. Prepare elbow macaroni according to package directions and drain  | 4. Toss with macaroni mixture     |
| 2. Add vegetables, tuna, onions, cheese, and pickles                 | 5. Chill before serving           |
| 3. Mix yogurt, salad dressing, lemon juice, salt and seasoned pepper | 6. Refrigerate leftovers promptly |

## Quick Tuna Casserole

**Yield:** 6 servings

**Serving size:** 1/6 of recipe

**Calories:** 240 per serving

### INGREDIENTS

- |   |   |
|---|---|
| 4 cups water                                  | 1/3 cup skim milk                                 |
| 5 ounces egg noodles (wide)                   | 1 can tuna (6.5 ounces, packed in water, drained) |
| 10 ounces cream of mushroom soup (low-sodium) | 1 cup green peas (frozen)                         |
|   | 1 cup bread crumbs (fresh)                        |

### STEPS

- |  |  |
|--|--|
| 1. Preheat oven to 350°  | 5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish |
| 2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes | 6. Drain the noodles well and combine with the tuna mixture                      |
| 3. Then, cover the pot, remove from heat and let stand for 10 minutes                                  | 7. Sprinkle the top with bread crumbs  |
| 4. In the meantime, mix the soup and milk together in a bowl   | 8. Bake for 30 minutes   |

# Taco Salad

Yield: 6 servings

Serving size: 2 cups

Calories: 200 per serving

## INGREDIENTS

- |   |  |
|---|--|
| 1 butter lettuce (head, or any other small lettuce, torn into small pieces) | 1 onion (small, chopped)                   |
| 2 tomatoes (chopped, fresh)   | 1 can pinto beans (15 1/2 ounce, -drained) |
| 1/2 cup green pepper (chopped)  | 3/4 cups salsa or taco sauce               |
| 1 pound ground turkey or ground beef  |  |

## STEPS

- |  |   |
|--|---|
| 1. Put lettuce in large bowl; Add tomatoes and green pepper  | 3. Mix meat, beans and salsa; Add to salad mixture    |
| 2. Brown meat and onion in fry pan; Drain off fat and liquid | 4. Serve with additional salsa; Refrigerate leftovers |

# Tomato and Carrot Macaroni

Yield: 4 servings

Serving size: 1/4 recipe

Calories: 170 per serving



## INGREDIENTS

- |                                       |  |
|---------------------------------------|--|
| 1 tablespoon olive oil                | 1/4 teaspoon salt  |
| 1 onion (small, chopped)              | 1/4 teaspoon black pepper                                  |
| 4 plum tomatoes (chopped, from a can) | 1/4 teaspoon sugar   |
| 1/2 cup tomato juice (from a can)     | 2 tablespoons fresh parsley (chopped, or 1 teaspoon dried) |
| 6 carrots (large, peeled and sliced)  | 1 teaspoon butter  |
|                                       | 1 cup elbow macaroni, cooked                               |

## STEPS

- |   |  |
|---|--|
| 1. In a saucepan, cook the onion in the oil until soft but not brown; Add the tomatoes, carrots, salt, pepper and sugar                     | carrots are tender and the tomatoes are cooked down to a sauce |
| 2. Cover and cook over low heat for 5 minutes; Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the |  |
| 3. Stir in the parsley; Mix the butter with the cooked elbows; Stir in the carrot mixture and serve   |  |

# Tuna Quesadilla

Yield: 4 servings

Serving size: 1/4 of recipe

Calories: 180 per serving

## INGREDIENTS

1 can tuna fish, packed in water (drained)

1 tablespoon mayonnaise, light

4 flour tortillas

1/2 cup cheddar cheese, low-fat (grated)



## STEPS

Mix tuna with mayonnaise

Microwave:

1. Spoon filling onto half of each tortilla. Top filling with cheese and fold tortilla in half. Microwave on high for 60 seconds. Turn the plate halfway through cooking time.

Stove:

1. Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas. Spray a skillet with non-stick cooking spray. Brown quesadillas on both sides.
2. Cut in half before serving

Happy  
eating



# Snacks



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# Asian Peanut Butter & Celery

Yield: 5 servings  
Serving size: 1/5 of recipe  
Calories: 90 per serving

## Ingredients

3 tablespoons peanut butter (creamy)	1 tablespoon soy sauce (reduced sodium)
2 tablespoons apple butter	1 and 1/2 teaspoons lime juice
2 tablespoons milk (skim)	10 celery ribs (cut into fourths)

## Steps

1. Combine peanut butter, apple butter, milk and soy sauce in a small bowl
2. Wisk together until very smooth
3. Store tightly, sealed in refrigerator
4. Serve with celery or other crunchy fruits and vegetables

# Bugs On a log

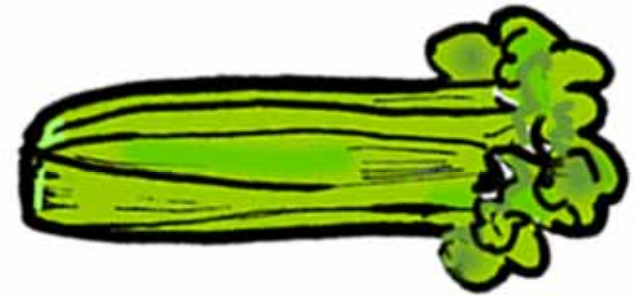
Yield: 1 3" celery log  
Calories: 30 per serving

## Ingredients

<b>Bug Options:</b>	<b>Log Options:</b>	<b>Spread Options:</b>
raisins (regular or golden)	celery	cream cheese (low-fat with pineapple)
whole grain cereal	apples (quartered)	cheese (low-fat with pimienta)
peanuts (chopped)	carrot sticks	

## Steps

1. Choose one "log" option, top with a spread and sprinkle with a "bug."





# Chick

## Pea Dip

Yield: 4 servings  
Serving size: 1/4 of recipe  
Calories: 160 per serving

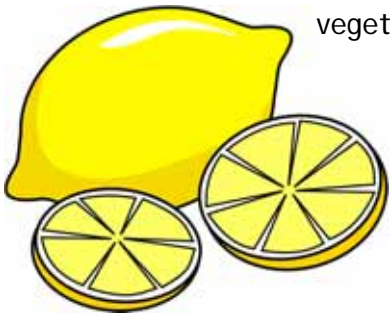
3 garlic cloves  
1/4 cup yogurt (plain,  
low-fat)  
1 tablespoon lemon  
juice (fresh)  
1 teaspoon olive oil

1/4 teaspoon salt  
1/4 teaspoon paprika  
1/4 teaspoon pepper  
1 can chickpeas (15 oz,  
drained garbanzo beans)

## Ingredients

## Steps

1. Put all ingredients into a food processor and blend until smooth.
2. Serve at room temperature with pita chips, crackers, carrots or other dipping vegetables



# chunky Garbanzo Bean Dip

Yield: 8 servings  
Serving Size: 1/8 of recipe  
Calories: 60 per serving

1 can garbanzo beans  
(15 ounces)  
2 tablespoons vegetable  
oil

2 tablespoons chopped  
onion  
lemon pepper (to taste)  
salt (to taste)

## Ingredients

## Steps

1. Drain and rinse the beans and mash in a small bowl with a fork or potato masher until most of the beans have been crushed. If you have a food processor, you can use it for this step.
2. Stir in oil and onion along with lemon pepper and salt to taste. The mixture will be chunky, not smooth.

# Cottage

Cheese and Pineapple rollups

Yield: 1 serving  
Calories: 270 per serving

## Ingredients

2 slices of white bread.	Pineapple (fresh, canned, or crushed)
2 teaspoons low fat spread	1/4 oz almonds or unsalted peanuts finely chopped
2 oz low fat cottage Cheese	

## Steps

1. Cover the slices of bread evenly with the low fat spread. Reserve 2 teaspoons of the cottage cheese and divide the rest between the bread spreading to cover the surface. Roll up into sausage shapes
2. Mash the reserved cottage cheese with a teaspoon until smooth and then spread a little down the length of each rolled sandwich. Lightly toast the chopped nuts and sprinkle them along each roll. Serve at once.

# Chunky

Vegetable wraps

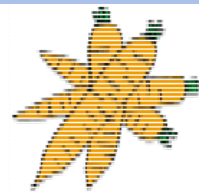
Yield: 4 servings  
Serving size: 1/2 of recipe  
Calories: 110 per serving

## Ingredients

4 tablespoons cream cheese, low-fat (whipped)	1/4 cup summer squash (yellow, washed and cut into small strips)
2 flour tortillas	1/2 tomato (diced)
1/2 teaspoon ranch seasoning mix	2 tablespoons green bell pepper (seeded and diced)
1/4 cup broccoli (washed and chopped)	2 tablespoons chives (chopped fine)
1/4 cup carrot (peeled and grated)	
1/4 cup zucchini (washed and cut into small strips)	

## Steps

1. In a small bowl, stir ranch seasoning into cream cheese, chill
2. Wash and chop vegetables
3. Steam broccoli in microwave for 1 minute with 1 tablespoon of water
4. Spread cream cheese onto flour tortilla, staying one inch from edge; Sprinkle vegetables over cream cheese; Roll tortilla tightly
5. Chill for 1-2 hours before serving (the wrap will hold its shape better); With a sharp knife slice into circles and serve



# Eagles Nest



Yield: 1 serving  
Serving Size: 2 Nests  
Calories: 120 per serving

## Ingredients

- 2 canned peach halves
- 2 tablespoons cottage cheese, low-fat (1 ounce)
- 6 raisins

## Steps

1. Place one peach half, cut side up, in center of plate for nest
2. Place 1 Tablespoon of cottage cheese in center of nest
3. Place raisins on cottage cheese to make eggs
4. Enjoy your Eagles Nest

# Fresh Fruit & Cinnamon Dip

Yield: 4 servings  
Serving size: 1/4 of recipe  
Calories: 120 per serving



## Ingredients

- 1 apple
- 1 orange
- 1/4 cup orange juice

- 1 cup vanilla yogurt
- 1/2 teaspoon cinnamon

## Steps

1. Core and slice the apple
2. Slice banana into thin circles
3. Peel the orange and break it into sections
4. Pour the orange juice into a small bowl
5. Dip the fruit pieces into the orange juice to prevent browning
6. Arrange on a plate
7. Mix the yogurt and cinnamon in a small bowl
8. Put the bowl of yogurt and cinnamon next to the fruit; Use it as a dip for the fruit

# Frozen Fruit Cups

Yield: 18 servings  
Serving Size: 1 cup  
Calories: 50 per serving

## Ingredients

3 bananas  
24 ounces yogurt, non-fat  
strawberry  
10 ounces strawberries,  
frozen (thawed and  
undrained)

8 ounces crushed  
pineapple (undrained,  
canned)

## Steps

1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon into muffin-tin cups and freeze at least 3 hours or until firm. Remove frozen cups and store in a plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

# Health wedges

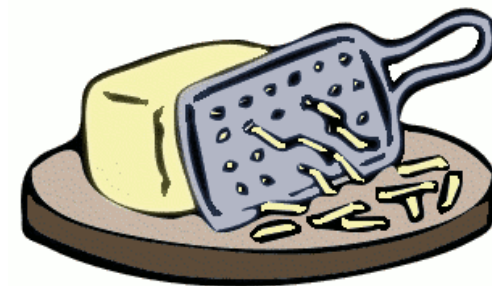
## Ingredients

1 Tablespoon crunchy  
style peanut butter  
1 Tablespoon celery,  
chopped

2 Tablespoon grated  
cheese  
2 Slices, whole wheat  
bread

## Steps

1. Place a slice of bread (buttered side down) onto a frying pan and spread bread with peanut butter
2. Sprinkle celery and cheese over peanut butter
3. Top with a slice of bread (buttered side up)
4. Toast for 2-3 minutes or until done



# Hiding Rabbits

Yield: 1 serving  
Serving Size: 2 Rabbits  
Calories: 100 per serving

2 celery stalks  
2 small cauliflower florets  
2 tablespoons peanut butter

## Ingredients

## Steps

1. Place a piece of celery in center of plate with the center facing up
2. Use butter knife to spread peanut butter on top edges
3. Place second piece of celery on top, forming a log
4. Place cauliflower florets on ends of log, securing with remaining peanut butter
5. Enjoy your Hiding Rabbits



# Mexican Pinwheels

Yield: 6 servings  
Serving size: 5 Pinwheels  
Calories: 150 per serving

2 ounces cream cheese, softened  
2 tablespoons canned corn, drained  
2 tablespoons chopped green chilies, drained  
2 teaspoons chopped onion  
2 tablespoons salsa  
3 large flour tortillas (10 inch)

## Ingredients

## Steps

1. Mix cream cheese, corn, green chilies, onions and salsa together.
2. Spread mixture on tortillas and roll up tightly, wrap in plastic wrap.
3. Store in refrigerator until ready to serve.
4. Slice in 1-inch slices and serve (should make 30 pinwheels)

# Peanut

## Butter Apple wraps

Yield: 2 serving  
Serving Size: 1/2 Wrap  
Calories: 300 per serving

### Ingredients

1 whole wheat tortilla (8 inch)  
1/4 cup peanut butter, reduced-fat  
2 tablespoons granola cereal  
1/2 apple, sliced

### Steps

1. Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides
2. Sprinkle 2 tablespoons granola over peanut butter
3. Cut apple slices into small chunks and place them on top of the granola
4. Fold over the edges of the tortilla and roll up "burrito style"
5. Eat and Enjoy

# Summer

## Fruit Rice Cakes

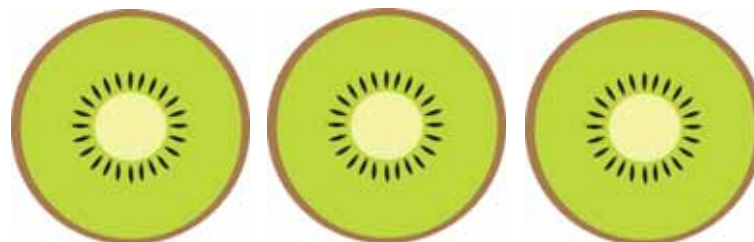
Yield: 6 servings  
Calories: 87 per serving

### Ingredients

6 rice cakes  
1/4 cup light cream cheese -- softened  
11 oz canned mandarin oranges -- drained  
1 kiwifruit; peeled & sliced  
1/2 cup fresh sliced strawberries

### Steps

1. Top rice cake with cream cheese, then with fresh fruit







# Dinner

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Season  
EVERYTHING  
with love ♥



# arroz

## Con Pollo

Yield: 6 servings

Serving size: 1/6 of recipe

Calories: 210 per serving

### INGREDIENTS

2 tablespoons vegetable oil  
1 chicken (whole, cut up, skin removed)  
1 green pepper (chopped)  
1 onion (chopped)  
3 garlic cloves (minced, optional)  
2 tomatoes (chopped)

2 1/4 cups chicken broth (low-sodium)  
1 bay leaf (optional)  
1 cup rice (uncooked)  
1 cup peas  
Salt (to taste)  
Pepper (to taste)

### STEPS

1. In a large skillet heat oil and brown chicken on both sides
2. Add green pepper, onion, and garlic and cook for about 5 minutes
3. Add tomato, chicken broth, bay leaf, salt pepper to taste
4. Cover and cook for 20 minutes
5. Add rice, stir well, cover and simmer for 20-30 minutes longer, or until all liquid has been absorbed and chicken is tender
6. Add peas, cook until hot

# Baked

## Chicken

Yield: 5 servings

Serving size: 3 ounces

Calories: 110 per serving

### INGREDIENTS

1 pound chicken, boneless, skinless  
1 teaspoon garlic powder

1 teaspoon pepper  
Salt (optional)

### STEPS

1. Preheat the oven to 350°
2. Rinse the chicken
3. Put the chicken in a baking pan or casserole dish
4. Sprinkle with garlic powder and pepper to taste
5. Bake for 1 hour



## Pork Chops

Yield: 6 servings

Serving size: 1 pork chop

Calories: 160 per serving

### INGREDIENTS

- |  |                              |
|--|------------------------------|
| 6 pork chops (lean center-cut, 1/2 inch thick) | 1/2 cup red pepper (chopped) |
| 1 onion (medium, thinly sliced)                | 1/8 teaspoon black pepper    |
| 1/2 cup green pepper (chopped)                 | 1/4 teaspoon salt            |

### STEPS

1. Preheat oven to 375°
2. Trim fat from pork chops; Place chops in a 13x9-inch baking pan
3. Spread onion and peppers on top of chops; Sprinkle with pepper and salt; Refrigerate for 1 hour
4. Cover pan and bake 30 minutes
5. Uncover, turn chops, and continue baking for an additional 15 minutes or until no pink remains; Garnish with fresh parsley



## Enchiladas

Yield: 4 servings

Serving size: 2, 6" enchiladas

Calories: 460 per serving

### INGREDIENTS

- |   |                            |
|---|----------------------------|
| 3 and 1/2 cups pinto beans (cooked or 2- 15 ounce low sodium can, drained and rinsed) | 1 tablespoon chili powder  |
| 1/2 cup cheese, reduced fat Monterey Jack   | 8 flour tortillas (6 inch) |
|   | Salsa (optional)           |

### STEPS

1. Place beans in a large bowl and mash coarsely with a fork or potato masher; stir in chili powder
2. Wrap tortillas in a damp paper towel; Microwave on high for 45 seconds, or until tortillas are soft and warm
3. Divide bean mixture among tortillas and spread down center of tortilla; Sprinkle cheese on bean mixture
4. Roll tortillas to enclose mixture
5. Spray a 9"x13" baking dish with non-stick cooking spray
6. Place enchiladas, seam side down, into baking dish
7. Cover with foil and bake at 350° for 20 minutes or until heated through
8. Serve warm with salsa

# Beef

## Pot Roast

Yield: 8 servings

Serving size: 3 ounces

Calories: 360 per serving

### INGREDIENTS

- |  |                           |
|--|---------------------------|
| 1/2 cup onion (chopped)                | 1 beef bouillon cube      |
| 2 cups water                           | 1 tablespoon orange juice |
| 2 1/2 pounds boneless beef chuck roast | 1/4 teaspoon allspice     |
| 2 cups hot water                       | 1/8 teaspoon pepper       |

### STEPS

1. In a small bowl, put the bouillon cube in 2 cups hot water. Stir it until the bouillon cube dissolves; This will make 2 cups of beef broth
2. In a medium bowl, stir together the broth, orange juice, allspice, and pepper
3. Peel and chop the onion, to make 1/2 cup chopped onion
4. Put 2 tablespoons water in the skillet; Heat on medium
5. Put the onion in the skillet; Simmer it until tender
6. Add the roast to the skillet; Brown it on all sides
7. Pour the broth mix over the meat in the skillet
8. Cover and simmer for 2 hours

# Beef

## Stroganoff

Yield: 5 servings

Serving size: 6 ounces

Calories: 440 per serving



### INGREDIENTS

- |  |                          |
|--|--------------------------|
| 1 pound top round beef                 | 1/4 teaspoon nutmeg      |
| 2 teaspoons vegetable oil              | 1/2 teaspoon dried basil |
| 3/4 tablespoons onion (finely chopped) | 1/4 cup white wine       |
| 1 pound mushrooms (sliced)             | 1 cup plain yogurt       |
|  | 6 cups cooked macaroni   |

### STEPS

1. Cut beef into 1-inch cubes; Heat 1 teaspoon oil in non-stick skillet; Sauté onion for 2 minutes
2. Add beef and sauté for additional 5 minutes; Turn from pan and keep hot
3. Add remaining oil to pan; sauté mushrooms
4. Add beef and onions to pan with seasonings
5. Add wine and yogurt; gently stir in. Heat, but do not boil
6. Serve with macaroni



## Bean Soup

Yield: 4 servings

Serving size: 1 1/4 cup

Calories: 180 per serving

### INGREDIENTS

- |  |  |
|--|--|
| 1 cup onion (chopped)                                    | 1/2 cup salsa (thick and chunky)       |
| 3/4 cup celery (chopped)                                 | 1 and 1/2 teaspoons cumin (optional)   |
| 2 teaspoons garlic (chopped)                             | 1/2 teaspoon onion powder              |
| 1 and 1/2 cups beef broth (fat removed)                  | 1/4 teaspoon oregano (dried, optional) |
| 2 cans black beans ( 15 ounces each, drained and rinsed) |  |

### STEPS

1. Combine all ingredients in a saucepan
2. Cover and simmer for 20-25 minutes or until vegetables are tender



## Potato Soup

Yield: 4 servings

Serving size: 1/4 recipe

Calories: 200 per serving

### INGREDIENTS

- |   |   |
|---|---|
| 4 cups broccoli (chopped)                     | 1 cup instant mashed potatoes (prepared in water) |
| 1 onion (small, chopped)                      | Salt and pepper (to taste)                        |
| 4 cups chicken or vegetable broth, low sodium | 1/4 cup cheese, shredded cheddar (or American)    |
| 1 cup evaporated milk, nonfat                 |   |

### STEPS

1. Combine broccoli, onion, and broth in large sauce pan.
2. Bring to a boil
3. Reduce heat; Cover and simmer about 10 minutes or until vegetables are tender
4. Add milk to soup; Slowly stir in potatoes
5. Cook, stirring constantly, until bubbly and thickened
6. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick
7. Ladle into serving bowls
8. Sprinkle about 1 tablespoon cheese over each serving

# Broccoli

## Rice Casserole

Yield: 8 servings

Serving size: 1/8 of recipe

Calories: 90 per serving

### INGREDIENTS

- |   |   |
|---|---|
| 1 and 1/2 cups rice   | 20 ounces broccoli or cauliflower or mixed vegetables (frozen, chopped) |
| 3 and 1/2 cups water  | 1/2 pound cheese (grated or sliced)                                     |
| 1 onion (medium, chopped)   | 3 tablespoons margarine or butter                                       |
| 1 can cream of mushroom, or chicken, or celery or cheese soup (10 3/4 ounce, condensed) |   |
| 1 and 1/2 cups milk (1%)  |   |

### STEPS

1. Preheat oven to 350° and grease on 12x9x2 inch baking pan
2. In a saucepan mix rice, salt, and 3 cups of water and bring to a boil
3. Cover and simmer for 15 minutes; Remove saucepan from heat and set aside for additional 15 minutes
4. Sauté onions in margarine or butter until tender
5. Mix soup, milk, 1/2 cup of water, onions, and rice; Spoon mixture into baking pan
6. Thaw and drain the vegetables and then spread over the rice mixture
7. Spread the cheese evenly over the top and bake at 350° for 25-30 minutes until cheese is melted and rice is bubbly

# Brunswick

## Stew

Yield: 8 servings

Serving size: 1 cup

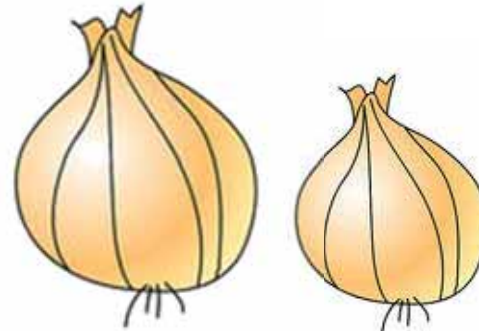
Calories: 200 per serving

### INGREDIENTS

- |  |  |
|--|--|
| 1 cup onion (chopped)                                    | 1 and 1/2 teaspoons cumin (optional)   |
| 3/4 cup celery (chopped)                                 | 1/2 teaspoon onion powder              |
| 2 teaspoons garlic (chopped)                             | 1/4 teaspoon oregano (dried, optional) |
| 1 and 1/2 cups beef broth (fat removed)                  |  |
| 2 cans black beans ( 15 ounces each, drained and rinsed) |  |
| 1/2 cup salsa (thick and chunky)                         |  |

### STEPS

1. Combine all ingredients in a saucepan
2. Cover and simmer for 20-25 minutes or until vegetables are tender



# Caribbean

## Casserole

Yield: 8 servings

Serving size: 1/8 of recipe

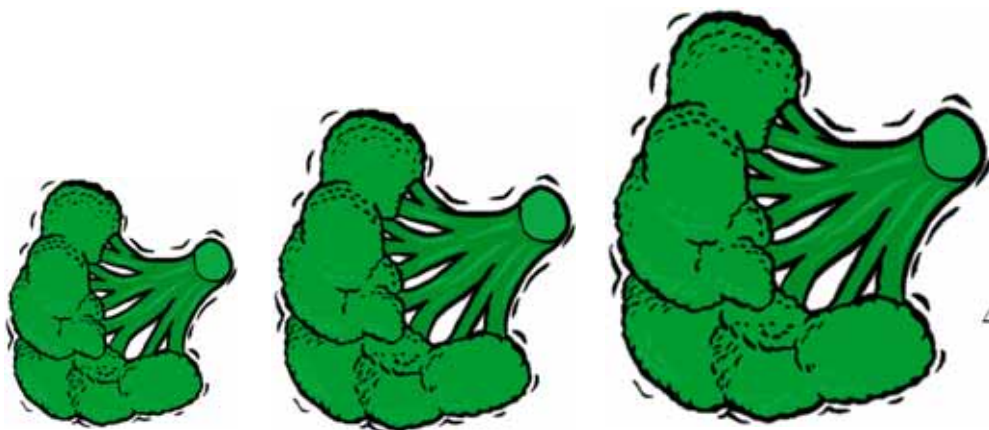
Calories: 270 per serving

### INGREDIENTS

- |                          |   |
|--------------------------|---|
| 1 pound ground beef      | 1/2 teaspoon black pepper                     |
| 1 onion (large, chopped) | 2 cups kidney beans (cooked, or 15 ounce can) |
| 1/4 cup brown sugar      | 1 can pork and beans (15 ounce can)           |
| 1/2 cup ketchup          |   |
| 2 tablespoons vinegar    |   |

### STEPS

1. Cook ground beef and onions; Drain fat
2. Add remaining ingredients and mix
3. Place in casserole dish
4. Bake in the oven at 350° for 1 hour



# Cheese

## Chicken Broccoli and Rice Bake

Yield: 12 servings

Serving size: 1 cup

Calories: 240 per serving

### INGREDIENTS

- |   |   |
|---|---|
| 5 cups water                                | condensed)                              |
| 2 and 1/2 cups rice                         | 1/4 teaspoon salt                       |
| 1/4 cup onion (chopped)                     | 1/4 teaspoon pepper                     |
| 1 garlic clove (chopped, optional)          | 3/4 cup low-fat cheddar cheese (grated) |
| 1 cup milk (skim)                           | 2 cups chicken (shredded, cooked)       |
| 1 can cream of mushroom soup (10.75 ounces, | 2 cups broccoli (pieces)                |

### STEPS

1. Preheat oven to 350° F; In large saucepan bring water to boil; Add rice, onion, and garlic; Cook for about 20 minutes or until rice is soft
2. While rice is cooking combine milk, soup, salt, and pepper, mix well; When rice is done combine with milk mixture, chicken and broccoli, mix well
3. Grease 9 x 13 pan and pour mixture into pan; Bake in the preheated oven for 18 minutes; Sprinkle with cheese; Bake for another 6 minutes or until cheese is melted; Serve immediately

# cheesy

## Corn Chowder

Yield: 6 servings

Serving size: 1/6 of recipe

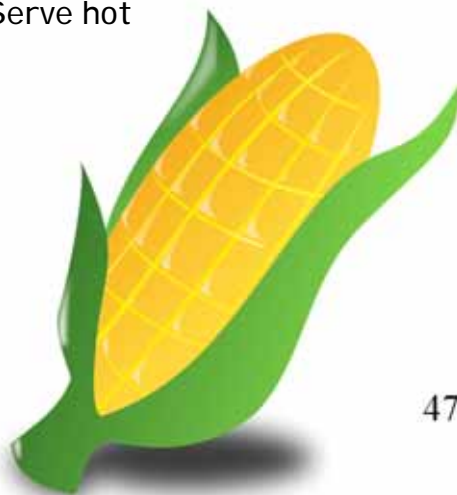
Calories: 170 per serving

### INGREDIENTS

- 2 cups potatoes (diced)
- 1 cup carrot (sliced)
- 1 cup celery (chopped)
- 1/2 cup onion (chopped)
- 1/4 teaspoon pepper
- 1 can cream style corn
- 1 and 1/2 cups nonfat milk
- 1/2 cup cheddar or American cheese (shredded)

### STEPS

1. Combine potatoes, carrots, celery, onion and seasonings in pan; Add 1 cup water; Cover and simmer 10 minutes
2. Add corn and pepper; Cook 5 more minutes or until vegetables are cooked
3. Add milk and cheese; Stir until cheese melts and chowder is heated through; Do not boil
4. Serve hot



# Chicken

## And Beans

Yield: 6 servings

Serving size: 1/6 of recipe

Calories: 310 per serving

### INGREDIENTS

- 1 can kidney beans (15 ounces)
- 1 garlic clove (optional)
- 1 onion (medium)
- 2 and 1/2 pounds chicken thighs
- 8 ounces tomato sauce
- 1/4 cup vinegar
- 1 teaspoon sugar
- Salt and pepper (to taste)

### STEPS

1. Drain and rinse beans
2. Crush garlic
3. Dice onion
4. Dice chicken thighs
5. In large, pot, cook chicken until half done
6. Add tomato sauce, vinegar, onion, garlic, sugar, salt and pepper
7. Simmer for about 30-40 minutes or until chicken is tender
8. Add kidney beans and simmer for 5-10 more minutes

# chi cken

## Ratatouille

Yield: 4 servings

Serving size: 1 1/2 cups

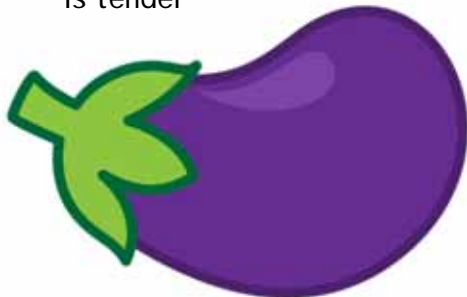
Calories: 270

### INGREDIENTS

- 1 tablespoon vegetable oil
- 4 chicken breasts halved (medium, skinned, fat removed, boned, and cut into 1 inch pieces)
- 2 zucchini (7 inches long, unpeeled and thinly sliced)
- 1 eggplant (small, peeled and cut into 1-inch cubes)
- 1 onion (medium, thinly sliced)
- 1/2 pound mushrooms (fresh, sliced)
- 1 can tomatoes (16 ounces, whole, cut up)
- 1 garlic clove (minced)
- 1 and 1/2 teaspoon basil (dried, crushed, optional)
- 1 tablespoon parsley (fresh, minced, optional)
- Black pepper (to taste)

### STEPS

1. Heat oil in large non-stick skillet; Add chicken and sauté about 3 minutes, or until lightly browned
2. Add zucchini, eggplant, onion, green pepper, and mushrooms; Cook about 15 minutes, stirring occasionally
3. Add tomatoes, garlic, basil, parsley, and pepper; stir and continue cooking about 5 minutes, or until chicken is tender



# Creamy

## Chicken Hash

Yield: 3 servings

Serving size: 1 potato

Calories: 220 per serving

### INGREDIENTS

- 3 potatoes (medium)
- 1 cup turkey, chicken, beef or pork, diced
- 1 cup broccoli
- 1/2 cup onion (chopped)
- 1/2 cup carrot
- 3/4 cup water (hot)
- 3/4 cup nonfat milk
- 1 tablespoon flour
- 1/4 teaspoon black pepper
- 1/2 cup cheese, shredded low-fat

### STEPS

1. Scrub potatoes; Remove any bad spots; Do not peel; Cut each in half
2. In a covered saucepan, boil potatoes in just enough water to cover the pieces. When they are fork-tender (about 15 to 20 minutes), remove from heat and drain. Set aside. (Note: you can also pierce whole potatoes with a knife or fork in several places and cook in microwave without water until fork tender, then cut each in half)
3. Meanwhile, in a skillet sprayed with non-stick cooking spray, combine cooked meat, broccoli, onion, carrots and water.
4. Boil until vegetables are fork tender - about 5 minutes.; Reduce heat to low
5. In a jar with a tight fitting lid, combine milk, flour and pepper; Shake well
6. Stir flour mixture into meat mixture until well blended
7. Stir in cheese; Cook over low heat about 5 minutes longer or until sauce thickens, stirring frequently
8. To serve, place 2 potato halves on each plate and mash the middle somewhat. Spoon about one third cup of the meat mixture over each potato half

# Crispy

## Healthy Chicken

Yield: 8 servings

Serving size: 1 and 1/2 pieces

Calories: 340 per serving

### INGREDIENTS

4 pounds chicken pieces, skin removed  
8 ounces plain yogurt  
1 and 1/2 cups bread crumbs (or crushed corn flakes)  
Nonstick cooking spray

### STEPS

1. Preheat oven to 325°
2. Coat chicken with yogurt; Roll in bread crumbs or crushed cereal
3. Spray baking sheets with nonstick cooking spray and place chicken pieces on them
4. Bake 1 hour, turning chicken pieces after first 30 minutes or when chicken browns
5. Serve; Refrigerate leftovers

# Easy

## Chicken Pot Pie

Yield: 6 servings

Serving size: 1/6 of pie

Calories: 190 per serving

### INGREDIENTS

1 and 2/3 cups frozen mixed vegetables (thawed)  
1 cup cooked chicken (cut-up)  
1 can low fat cream of chicken soup (10-3/4 ounce,  
condensed)  
1 cup baking mix (reduced fat)  
1/2 cup milk  
1 egg

### STEPS

1. Pre-heat oven to 400°F
2. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
3. Stir remaining ingredients in a mixing bowl with fork until blended; Pour over vegetables and chicken in pie plate
4. Bake 30 minutes or until golden brown
5. Let cool for 5 minutes and serve





# Fall Veggie

## Casserole

Yield: 12 servings

Serving size: 1/12 of recipe

Calories: 240 per serving

### INGREDIENTS

- |                     |                             |
|---------------------|-----------------------------|
| 1 eggplant (medium) | 3 tablespoons vegetable oil |
| 4 tomatoes          | 1 garlic clove (optional    |
| 1 green pepper      | substitute garlic powder)   |
| 1 onion             | 2 tablespoons parmesan      |
| 1 teaspoon salt     | cheese (grated)             |
| 1/4 teaspoon pepper |                             |

### STEPS

1. Remove the skin from the eggplant; Cut the eggplant into cubes
2. Chop the tomatoes into small pieces
3. Cut the green pepper in half; Remove the seeds and cut it into small pieces
4. Chop the onion into small pieces
5. Cut the garlic into tiny pieces
6. Cook the first 8 ingredients in a large skillet until tender
7. Top with the Parmesan cheese and serve

# Fall o' beans

## Hot Dish

Yield: 10 servings

Serving size: 1 cup

Calories: 100 per serving

### INGREDIENTS

- |                                     |   |
|-------------------------------------|---|
| 1 onion (medium, chopped)           | 1/2 teaspoon garlic powder                            |
| 1/2 green pepper (diced)            | 1 and 1/2 cups brown rice                             |
| 1 tablespoon canola oil             | (instant, uncooked)                                   |
| 1 can stewed tomatoes (14.5 ounces) | 1 can black beans or beans of your choice (16 ounces) |
| 1 teaspoon oregano leaves           |   |

### STEPS

1. Sauté onion and green pepper in canola oil, in a large pan, until tender; Do not brown
2. Add tomatoes, beans (include liquid from both), oregano, and garlic powder; Bring to a boil
3. Stir in rice and cover
4. Reduce heat to simmer for 5 minutes
5. Remove from heat and let stand for 5 minutes

# Ground

## Beef Stew

Yield: 4 servings

Serving size: 1 cup

Calories: 250 per serving

### INGREDIENTS

- |  |   |
|--|---|
| 1/2 pound ground beef, or<br>ground turkey, or venison | Water, one soup can full                |
| 1/8 teaspoon salt (optional)                           | 6 carrots (medium, diced or<br>sliced)  |
| 1/8 teaspoon pepper (optional)                         | 2 potatoes (medium, diced or<br>sliced) |
| 1 can tomato soup , condensed<br>(10 3/4 ounce)        | 1 cup onion (diced)                     |

### STEPS

1. Brown meat; Drain fat, if any; Season lightly with salt and pepper (optional)
2. Add soup and 1 can of water to fry pan; Add vegetables
3. Bring to a boil, then simmer, covered, about 25 minutes or until tender; Remove from heat, cover for last 10 minutes to thicken
4. Serve



# Minute

## Potato Corn Chowder

Yield: 4 servings

Serving size: 1/4 of recipe

Calories: 350 per serving

### INGREDIENTS

- |                               |                                    |
|-------------------------------|------------------------------------|
| 1/4 cup margarine (or butter) | 2 cups milk                        |
| 1/4 cup flour (all purpose)   | 2 potatoes (peeled and diced)      |
| 1/4 teaspoon salt             | 1 can corn (16 ounces,<br>drained) |
| 1/8 teaspoon pepper           |                                    |

### STEPS

1. Melt margarine in glass bowl on HIGH for 30 to 50 seconds
2. Stir in flour, salt and pepper until smooth
3. Blend milk into flour-margarine mixture
4. Cook on HIGH for 6 to 8 minutes, until thickened, stirring well each minute; Set aside
5. In a separate microwave safe bowl, cook 2 potatoes in 1 cup water; When potatoes are done add potatoes and cooking water to white sauce
6. Stir in 1-16 ounce can of corn; Cook 2 to 3 minutes or until steaming hot

# Oriental

## Rice

Yield: 4 servings

Serving size: 1/4 recipe

Calories: 310 per serving



## INGREDIENTS

- |   |  |
|---|--|
| 1 tablespoon vegetable oil                              | 1 cup mixed vegetables, cooked (and chopped) |
| 2 eggs (beaten)   | 2 green onions (sliced)                      |
| 3 and 1/2 cups rice, cooked                             | Soy sauce or hot sauce to taste (optional)   |
| 1 cup chicken breast, ham or pork, cooked (and chopped) |  |

## STEPS

1. Heat pan; Add 1 teaspoon of oil. Add eggs and scramble
2. Remove cooked eggs and set aside
3. Add the rest of oil (2 teaspoons) to pan; Stir fry rice, breaking up lumps by pressing rice against pan
4. Add leftover meat and/or vegetables; Stir-fry until heated
5. Add green onions, reserved eggs and sauce to taste; Serve hot;
6. Cover and refrigerate leftovers within 2 hours

# Pasta

## Frittata with Peas

Yield: 5 servings

Serving size: 1/5 or recipe

Calories: 140 per serving

## INGREDIENTS

- |   |  |
|---|--|
| 4 ounces spaghetti (whole grain, regular or thin) | 1/8 teaspoon black pepper                              |
| 4 eggs (lightly beaten)                           | 2/3 cup cheese (shredded)                              |
| 1 dash nutmeg (optional)                          | 1 cup peas (frozen, thawed, or 1 cup chopped tomatoes) |
| 1/8 teaspoon salt                                 |  |

## STEPS

1. Preheat oven to 350° F.
2. Cook pasta according to package directions; Drain and place in a 9-inch pie plate that has been sprayed with nonstick cooking spray
3. Combine eggs, seasonings, cheese and peas; Spread the egg mixture over the top of the spaghetti so the mixture covers the frittata and some of it sinks between the spaghetti strands
4. Bake for 20 minutes or until a knife inserted near the center comes out clean; Let frittata stand 5 minutes before serving
5. TOMATO VARIATION: Instead of mixing 1 cup of peas with the egg, seasonings, cheese mixture, sprinkle the chopped tomatoes evenly over the top of the frittata before putting it in the oven.

# pi zza

## Meat Loaf

Yield: 4 servings

Serving size: 1/4 loaf

Calories: 220 per serving

### INGREDIENTS

- |  |                                |
|--|--------------------------------|
| 1 pound ground turkey (or ground beef) | 1/2 cup green pepper (chopped) |
| 3/4 cup spaghetti sauce                | 1/4 cup onion (minced)         |
| 1/4 cup mozzarella , part skim         |                                |

### STEPS

1. Lightly grease 9 inch pie plate with vegetable oil. Pat turkey into pie plate
2. Cover turkey with waxed paper. Cook in microwave on high; rotate plate 1/4 turn after 3 minutes. Cook until turkey no longer remains pink, about 5 more minutes; Drain  
OR
3. Place turkey in 350° oven; bake until turkey no longer remains pink, about 30-35 minutes
4. Top cooked turkey with vegetables, spaghetti sauce and cheese
5. Return turkey to either the microwave or oven and heat until cheese is melted, about 1-2 minutes

# Qui ck

## Chili

Yield: 4 servings

Serving size: 3/4 cups

Calories: 230 per serving

### INGREDIENTS

- |   |                                    |
|---|------------------------------------|
| 1/2 pound ground beef                           | 1 tablespoon onion, instant minced |
| 1 can kidney beans (15 1/2 ounces, with liquid) | 1 and 1/2 tablespoons chili powder |
| 1 cup tomato sauce, no salt added               |                                    |

### STEPS

1. Thoroughly cook ground beef in skillet until browned (160 degrees). Be sure all pink color is gone from meat and juices. Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat.
2. Drain off fat into container
3. Stir in kidney beans with liquid, tomato sauce, onion, and chili powder
4. Bring to a boil; Reduce heat, cover, and simmer for 10 minutes
5. Refrigerate or freeze leftovers within 2 hours of cooking; Use refrigerated leftovers within 4 days



# Split

## Pea Soup

Yield: 6 servings

Serving size: 3/4 cup

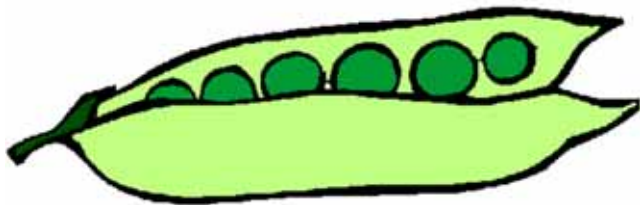
Calories: 230 per serving

### INGREDIENTS

- |                                   |                            |
|-----------------------------------|----------------------------|
| 1 onion (large)                   | 1 1/2 cups split peas, dry |
| 3 tablespoons margarine or butter | 6 cups water               |
|                                   | 1 teaspoon salt            |

### STEPS

1. Chop onion. Cook in margarine in a large pan until tender.
2. Wash and drain split peas.
3. Add water, split peas and salt to onion. Bring to a boil.
4. Lower heat and cover pan. Simmer about 2 hours, until thickened



# turkey

## Meat Loaf

Yield: 5 servings

Serving size: 1 slice (3 ounces)

Calories: 170 per serving

### INGREDIENTS

- |  |                                     |
|--|-------------------------------------|
| 1 pound ground turkey (or ground beef) | onion, minced)                      |
| 1/2 cup oats (regular, dry)            | 1/4 cup ketchup                     |
| 1 egg (large)                          | 2 celery stalk (chopped)            |
| 1 tablespoon onion                     | 2 garlic clove (minced)             |
| (dehydrated, or one small              | 1/2 green pepper (seeded and diced) |

### STEPS

1. Preheat oven to 350°F
2. Combine all ingredients and mix well
3. Bake in loaf pan for 25 minutes to an internal temperature of 165°
4. Cut into five slices and serve

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