

Beef Italian Pasta

Serves: 4

Start to Finish Time: 30Mins.

Ingredients:

- 1 ¾ cups uncooked penne pasta
- 1 pound lean ground beef
- 1 can (15 ounces) tomato sauce
- 1 can (14 ounces) low sodium beef broth
- 1 ½ teaspoons Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 cups chopped fresh spinach
- 2 cups shredded part-skim mozzarella cheese

Cook pasta according to package directions. Meanwhile in a skillet, cook beef over medium heat until meat is no longer pink; drain. Stir in the tomato sauce, broth, Italian seasoning, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until slightly thickened. Add spinach; cook for 1-2 minutes or until spinach has turned dark green. Drain pasta; stir into beef mixture. Sprinkle with cheese; cover and cook for 3-4 minutes or until cheese is melted. Yield: 4 servings

Nutrition facts per serving:

- Calories: 205
- Total Fat: 8g
- Cholesterol: 41mg
- Sodium: 530 mg
- Total Carbohydrate: 18g
- Protein: 23g
- Fiber 8g

Fruits and Vegetables

Broccoli Salad

Ingredients

- 1 large bunch broccoli, chopped
- 1/2 cup onion, chopped
- 1 cup raisins
- 1 cup sunflower seed kernels
- 1 lb. bacon, crisped, drained, cooled, crumbled
- 1 cup grated or shredded cheese
- 1 cup mayonnaise
- 3 Tbsp. sugar
- 2 Tbsp. vinegar

Mix all ingredients together.

Chicken Taco Wraps

Ingredients:

4 boneless chicken breasts, cut into thin strips
1 – 15 ounce can whole kernel corn, drained
1 - 14.5 ounce can black beans, rinsed & drained
1 cup salsa
1 Tablespoon taco seasoning
10 flour tortillas

Toppings:

1 cup grated cheddar cheese
2 cups shredded lettuce
Low-fat ranch dressing

In a skillet cook chicken until juice runs clear. Add corn, beans, salsa and taco seasoning. Heat through. Spoon the chicken mixture down the center of each tortilla.

Garnish with toppings of your choice.

Optional toppings:

Sliced tomatoes, radishes, sliced green onions or non-fat sour cream

Preparation Time: 15 minutes

Cook Time: 15 minutes

Yield: 4 servings

Cost per serving: \$1.25

Serve with: Spanish rice, salsa, baked tortilla chips

Nutrition facts per serving:

Calories: 437

Total Fat: 22 g

Cholesterol: 50 mg

Sodium: 1023 mg

Total Carbohydrate: 36 g

Protein: 22 g

No-Bake Granola Bars

Ingredients

½ cup firmly packed brown sugar

½ cup light corn syrup

1 cup peanut butter

1 tsp. vanilla

1 ½ cup quick cooking rolled oats

1 ½ cup crisp rice cereal

Optional:

1 cup raisins

½ cup coconut

½ cup sunflower seeds

In medium saucepan, combine brown sugar and corn syrup. Bring to a boil, stirring constantly. Remove from heat, stir in peanut butter and vanilla; blend well. Add oats, cereal, raisins, coconut and sunflower seed. Mix well. Press into a ungreased 9 inch square pan. Cool. Cut into 20 bars.

Pasta with Fresh Vegetables

Ingredients

8 oz. uncooked penne pasta
1 cup sliced fresh carrots
1 Tbsp. olive oil
½ tsp. Minced garlic
3 cups chopped fresh plum tomatoes
1 cup fresh broccoli florets
1 cup sliced summer squash
1 cup chopped green pepper
1 small onion
1 Tbsp. minced fresh basil or 1 tsp. dried basil
1 tsp. minced fresh thyme or ¼ tsp. dried thyme
1 tsp. minced fresh oregano or ¼ tsp dried oregano
½ tsp salt
¼ tsp pepper
5 tsp. grated parmesan cheese

Cook pasta according to package directions; drain. Meanwhile, in a large nonstick skillet, sauté the carrots and onion in oil until crisp tender. Add the garlic; cook for 1-2 minutes or until garlic is tender. Stir in the tomatoes, broccoli, squash, green pepper and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes or until vegetables are tender. Stir in pasta; sprinkle with cheese.

Peanut Butter Roll-Ups

Serves: 4

Start to Finish Time: 30Mins.

Ingredients:

2 ripe bananas, sliced

1 Tbs orange juice

½ cup peanut butter

1/3 cup light vanilla yogurt

4 tortillas

Sprinkle the bananas slices with orange juice to prevent browning. In a small bowl, combine the peanut butter and yogurt and stir until smooth. Spread about ¼ cup of this mixture on each tortilla. Arrange bananas in a single layer on the peanut butter and then roll up. Wrap in plastic until lunch time. Eat whole, or cut into slices.

Nutrition facts per serving:

Calories: 226

Total Fat: 7g

Cholesterol: 1 mg

Sodium: 188 mg

Total Carbohydrate: 31g

Protein: 9g

Fiber 3g

Skillet Chicken and Rice

Ingredients

1 Tbs. Olive Oil
1 sweet green pepper, cored, seeded and diced
1 Tbs. chopped onion
1 box of herb and butter rice
1 can Mexican-style stewed tomatoes, diced
1 ¼ cup water
1 lb. chicken tenders
½ tsp. salt
¼ cup drained canned black beans
1 tsp. Italian seasoning

Heat oil in a large nonstick skillet over medium heat. Add pepper and onion; cook, stirring, for 4 minutes. Add rice mix, tomatoes and water; simmer, covered, 10 minutes. Sprinkle chicken with salt. Add to rice with beans and Italian seasoning; cook, covered, 8 to 10 minutes, until rice is tender.

Main Dish

Taco Salad

Ingredients

- 1 lb ground beef
- 1 can ranch style beans
- 1 head of lettuce
- 1 small onion
- 1 cup shredded cheese
- 1 bag Fritos
- 1 bottle of Catalina Dressing

Drain and rinse the ranch style beans and add to the ground beef. Brown ground beef, onion and beans together until done. Chop the head of lettuce and add meat mixture, cheese, Fritos (as desired), and Catalina dressing (as desired).

Turkey and Avocado Wraps

Ingredients

1/2 avocados
4 ounces low-fat cream cheese
1/4 teaspoon garlic salt
1/2 teaspoon chili powder
4 flour tortillas
12 ounces thinly sliced, smoked deli turkey
2 cups chopped lettuce
1 tomato, seeded and finely diced
1 cucumber, grated
Fresh basil, chopped (optional)

In a small bowl, mash the avocado. Add yogurt and chili powder and mix well. Spread 1/4 of avocado mixture on tortilla. Add 3 ounces turkey, 1/4 veggies to tortilla. Roll up. Repeat the process for remaining wraps.

SKILLET CORN BREAD

Ingredients:

1 can mexi-corn
4 Tbsp. Butter
2/3 c. milk
1 egg
1 ¼ c. yellow cornmeal
¾ c. all-purpose flour
¼ c. sugar
2 ½ tsp. baking powder
¾ tsp. salt

Directions:

Reserve ½ corn and set aside. In 10-inch skillet over low heat, melt butter. Spoon 2 tablespoons melted butter into medium bowl. With fork, stir in milk, egg and remaining corn with its liquid. In large bowl, mix cornmeal, flour, sugar, baking powder and salt. Stir milk mixture into cornmeal mixture just until cornmeal mixture is moistened. Into remaining butter in skillet, evenly spoon batter. Sprinkle reserved corn on top. Cover skillet and cook over low heat 25-30 minutes until toothpick inserted in center of bread comes out clean.

Cheesy Cauliflower Soup Fruit & Vegetable

Ingredients:

1 Tbsp olive oil
2 pkg (8 oz each) cauliflower
1 ½ cups (6 oz) shredded pepper-jack cheese
¼ cup roasted red pepper
¼ tsp hot pepper sauce
1 cup chopped green onion
4 cups chicken broth
¼ cup all-purpose flour
½ tsp salt

Directions:

Heat oil in a large saucepan over medium heat. Add green onions and sauté about 3 minutes or until tender. Add 3 cups broth; bring to boiling. Add cauliflower; return to boiling. Reduce heat to medium-low; cook about 6 minutes or until cauliflower is almost tender. Whisk together flour and remaining 1 cup chicken broth in a small bowl. Stir into saucepan. Bring to boiling; cook, stirring occasionally, 2-3 minutes or until soup is thickened. Remove soup from heat. Add cheese, stirring until melted. Stir in roasted red peppers, salt if using and hot-pepper sauce, breaking up red peppers. Yield 4 Servings

Rustic Jicama Salad

Fruits & Vegetables

Ingredients:

- 1 medium jicama (about 1 pound)
- 3 navel oranges, peeled, halved lengthwise, and cut crosswise into ¼-inch thick slices
- 2 small cucumbers, peeled, halved lengthwise, thinly sliced (about 3 cups)
- ½ cup thinly sliced radishes
- 1/3 cup fresh lime juice
- 2 tsp dried ground hot chili powder
- ½ tsp salt
- 1/3 cup coarsely chopped fresh cilantro

Directions:

Peel and cut jicama in half. Place halves, cut side down, and cut into ¼-inch thick slices. Combine jicama, oranges, cucumbers, radishes, and juice in a bowl. Let stand 30 minutes. Add the chili powder and salt and toss well. Sprinkle with cilantro.

Caribbean Chicken with Mango Salsa

Ingredients:

1 cup ¼-inch diced fresh mango
¼ cup finely chopped red bell pepper
¼ cup finely chopped green bell pepper
¼ cup thinly sliced scallions
2 tsp lime juice
1/8 tsp salt
1-2 tsp finely chopped pickled jalapeno peppers
1 lb chicken tenders
1 Tbsp jerk seasoning
1 Tbsp plus 1 tsp extra virgin olive oil

Directions:

Just before you are ready to cook the chicken, combine all of the salsa ingredients and stir to mix well. Set aside. Rinse the chicken and pat dry with paper towels. Rub some of the jerk seasoning over the chicken. Place the olive oil in a large, nonstick skillet and preheat over medium-high heat. Add the chicken and cook for a couple of minutes on each side, until nicely browned. Reduce heat to medium, cover and cook for about 3 minutes more, until the chicken is cooked through. Yields 4 servings. Divide the chicken among 4 serving plates and serve hot, accompanied by the salsa.

Final Challenge- 2011 State Food Challenge

Ingredients:

1 ½ Tbsp Hoisin Sauce
1 Tbsp Orange Juice
1 tsp Granulated Sugar
½ - 1 tsp Chili Paste
1 Egg White
1 Tbsp Cornstarch
1 lb. Medium Shrimp, shelled and deveined
1 Tbsp Vegetable Oil
½ tsp Fresh, Grated Gingerroot
1 Garlic Clove, Minced
¼ cup Unsalted, Dry-roasted Peanuts

Directions:

In a small bowl, combine hoisin sauce, orange juice, sugar and chili paste. Mix well and set aside. In a medium bowl, combine egg white and cornstarch. Beat well. Add shrimp and mix well to coat. Set aside. Heat oil in large skillet or work over medium -high heat. Add shrimp, ginger and garlic. Cook, stirring for 2-3 minutes or until shrimp are opaque-pink. Add hoisin sauce mixture. Cook until heated through and shrimp are well-coated. Stir in peanuts and serve. Yields 4 servings.

Hummus & Avocado Toasts

Ingredients:

- 6-8 slices of whole wheat bread
- ½ cup hummus
- 1 avocado, halved, pitted and peeled
- 4 plum tomatoes, halved lengthwise, cores and seeds removed
- 2 Tbsp olive oil
- 2 tsp Balsamic Vinegar
- Salt and pepper, to taste

Instructions:

1. Optional: Preheat oven to 450 degrees F. Arrange the tomatoes on a baking sheet, cut sides up, in a single layer. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper. Roast for 25-30 minutes, until the tomatoes are beginning to caramelize.
2. Toast your bread. Using a cookie cutter or circular object, cut out 1-2 circles per toast, depending on how big the piece of bread is.
3. Spread ½-1 Tbsp of hummus on each piece of toast.
4. In a bowl or plate, mash avocado with a fork, leaving large chunks.
5. Layer the mashed avocado over hummus, season with salt and pepper, and then top with a roasted, or fresh, tomato.

Chicken Fajita Skillet Dinner

1 lb. boneless skinless chicken breasts, cut into bite-size pieces
1 tsp. chili powder
1/4 tsp. salt
2 cups (8 oz.) elbow macaroni, uncooked
2 cups coarsely chopped mixed red and green peppers
1 medium onion, finely chopped
1/2 lb. (8 oz.) VELVEETA[®], cut up

Make It

COOK chicken and seasonings in large nonstick skillet on medium-high heat for 5 to 7 minutes or until chicken is cooked through, stirring occasionally.

STIR in 2-1/4 cups water. Bring to boil. Stir in macaroni; cover. Reduce heat to medium-low. Simmer 5 minutes. Add peppers and onions; cover and simmer an additional 5 minutes.

ADD VELVEETA; cook until melted, stirring frequently.

Couscous Chicken

1 Tablespoon Olive Oil
3 cloves garlic, chopped
2 (8-ounce) boneless, skinless chicken breasts, halved
8 ounces baby spinach
1/3 cup Italian dressing
1 cup canned tomatoes, diced, with juice
2 cups couscous, cooked

Cut meat into 20 (1-inch) cubes. Heat a large skillet over medium-high heat. Add the olive oil and heat. Add the garlic and cook for 1 minute. Add the chicken and cook about 4 minutes per side, or until cooked through and juices run clear. Remove the chicken and set aside. To the same pan, add the spinach and cook just until wilted, about 1 to 2 minutes. Remove from the pan and set aside. Lower the heat to medium and add the Italian dressing to the pan and stir, scraping the bottom of the pan to remove any browned bits. Add the tomatoes, bring to a simmer and cook 3 to 5 minutes. Cook couscous according to package directions and place cooked couscous in a serving bowl. Top with the spinach, chicken, and tomato sauce mixture.

Preparation Time: 5 minutes
Cook Time: 15 minutes
Serves: 4
Cost per serving: \$1.67

Nutrition facts per serving:
Calories: 353
Total Fat: 6g
Saturated Fat: .9g
Fiber: 8g
Total Carbohydrate: 42g
Protein: 34g

Italian Orzo

1 tbsp. minced garlic

½ cup butter

4 cups orzo

¼ cup milk

1 red pepper

2 tbsp. parsley

½ tsp. Creole seasoning

½ cup parmesan cheese

½ tsp. black pepper

1 small onion

Cook orzo according to package directions. Sauté onion, garlic and red pepper in butter over medium heat. Combine Orzo, milk, cheese, sautéed vegetables and seasonings. Garnish with parsley.

FOOD CHALLENGE RECIPE

Clue: Batter up!

Battered Fish Tacos

3 fillet of tilapia

1-1/2 tsp black pepper

½ tsp salt

1 tsp cilantro

1-1/2 tsp cayenne pepper

¼ cup flour

¼ cup crushed wheat crackers

1 egg

¼ cup olive oil

6 corn tortillas

1 tomato

1 cup red cabbage

4 green onion

Junior Main Dish – FOOD CHALLENGE RECIPE

Clue: No heat needed here, just dress me up

1/3 cup red wine vinegar

½ cup white sugar

1/4 cup vegetable oil

½ onion, minced

1 tsp. ground mustard

1 tsp. salt

¼ tsp ground pepper

1 pound precooked chicken breast

½ cup pecans

lettuce leaves

1 cup sliced strawberries

NUTRITIOUS SNACK – FOOD CHALLENGE RECIPE

CLUE: Take a dip

1 mango

1 red bell pepper

1 red onion

2 tbsp mint

1 tbsp cilantro

3 tbsp lime juice

¼ tsp salt

¼ tsp ground pepper

Pita chips

MAIN DISH – FOOD CHALLENGE RECIPE

CLUE: Saute and toss

8 ounces whole wheat penne pasta

16 ounces shrimp

1 red bell pepper

1 lb asparagus

1 tbs. olive oil

¼ cup parmesan cheese

½ tsp red pepper

2 tsp oregano

1 tsp basil

1 clove garlic

FRUIT AND VEGETABLE – FOOD CHALLENGE RECIPE

CLUE: No heat needed here

4 cups kale

2 tbs lemon juice

2 tbs olive oil

½ tsp salt

2 tsp. honey

½ tsp black pepper

1 cup mango

2 tbs pumpkin seed

FOOD CHALLENGE RECIPE

Hint – It's a fiesta!

1 pound extra-lean ground beef

2 tablespoons chili powder

1 can (15 oz.) black beans

2/3 cup Shredded Cheddar Cheese

1/4 cup Sour Cream

1 cup shredded romaine lettuce

1 tablespoon of vegetable oil

1 cup of long grain rice

2 cups water

2 teaspoon salt

1 teaspoon garlic powder

3/4 cup of salsa

4 flour tortillas

Breads and Cereal

Clue: You will flip over these.

2 eggs

2 ½ cups low fat milk

1 cup canned pumpkin

3 cups biscuit mix

1 teaspoon cinnamon

Vegetable oil cooking spray

Fruits and Vegetables

Hint: Toss it together

½ head of cauliflower, break in florets

½ bunch of broccoli, break in florets

2 carrots, grated

2 green onions, sliced thinly

2 ribs of celery, chopped

¼ cup bacon bits

1 cup dressing

Zucchini Couscous (Microwave)

1 medium zucchini, chopped

2 tbsp. green onion, chopped

1 tsp. dried parsley

2 tbsp. soy sauce

¼ tsp garlic powder

½ cup uncooked couscous

½ cup water

1 tbsp. margarine

In 2-quart microwave-safe baking dish, combine zucchini, onion, parsley, soy sauce, and garlic powder. Cover and microwave on medium high for 2 minutes. Add remaining ingredients. Cook for 3 minutes longer. Remove from microwave. Let stand for 5 minutes before serving.

Serving: 4 (1/2 cup each)

Exchanges: 1 bread, ½ vegetable

Fruits and Vegetables

Clue: Serve this hot with a pork chop

1 medium zucchini, chopped

2 tbsp. green onion, chopped

1 tsp. dried parsley

2 tbsp. soy sauce

¼ tsp garlic powder

½ cup uncooked couscous

½ cup water

1 tbsp. margarine

Fruit and Vegetable

Hint: Toss together for a refreshing side dish

1 bunch of broccoli

¼ cup chopped green onion tops

1 cup seedless green grapes

1 cup seedless red grapes

1 cup slivered almonds

6-8 slices bacon

Main Dish

Hint: serve over rice, top with Chow Mein noodles for a great main dish

½ cup cold water, ¼ cup soy sauce and 4 teaspoons cornstarch

½ - 1 teaspoon gingerroot

1 clove garlic, minced

2 tablespoons cooking oil

1 pound lean boneless pork loin, cut in thin strips

1 cup jicama, peeled and cubed, or substitute water chestnuts

1 carrot, thinly sliced

1 red and/or green sweet pepper cut into strips

2 tablespoons sliced green onion or garlic chives

2 cups chopped fresh spinach

Rice and Chow Mein noodles

Nutritious Dessert

Hint: Bake this tasty dessert 30 minutes at 350 degrees

1 can apple (or other) pie filling

8-10 small flour tortillas

2 cups water

1 stick butter or margarine

$\frac{3}{4}$ cup sugar

1 teaspoon cinnamon

$\frac{1}{4}$ cup sugar

Nutritious Snack

Hint: Blend, chill and serve with dippers

3 cans corn, drained

3 green onions or garlic chives, sliced

1 cup sour cream

1 cup mayonnaise

1 (7 ounce) can green chilis

1 teaspoon cumin

1 teaspoon garlic powder

1 teaspoon chili powder

Zucchini slices, bell pepper and Frito dippers

Corn and Tomato Chowder

2 teaspoons olive oil

1 medium green pepper, chopped

1 medium onion, chopped

1 teaspoon Mexican seasoning

1 can (14 1/2 oz) diced tomatoes with green chilies

1 can (14 1/2 oz) chicken broth (1 3/4 cups)

1 cup water

1 can (15.25 oz) whole-kernel corn, drained

2 cups pre-cooked chicken, cut into bite sized pieces

1/2 cup heavy or whipping cream

In 4-quart saucepan, heat olive oil over medium heat. Add pepper and onion and cook, covered, 4 to 5 minutes or until tender, stirring occasionally. Add Cajun seasoning; cook 30 seconds, stirring. Add tomatoes with their juice, broth, and water; cover and heat to boiling over high heat.

Stir corn, chicken, and cream into broth mixture; heat through.

Main Dish

Eat as a refreshing summer salad.

(Taco Salad)

1/4 pound lean ground beef

1 1/2 teaspoon ground cumin

1 Tablespoon chili powder

1 cup cooked kidney, black or pinto beans

1/2 head torn lettuce

1 small diced onion

2 large cut up tomatoes

1/2 cup shredded cheddar cheese

2 cups broken light tortilla chips

1/2 cup yogurt, nonfat

1/2 cup salsa, chunky

NUTRITIOUS SNACKS

(Moonbeams – no bake cookies)

This no-cook treat is easy as well as nutritious – just mix and roll!

1 cups peanut butter

1/2 cup wheat germ

1/2 cup dry milk powder

1/2 cup honey

1/4 cup flaked coconut

Fruit and Vegetable

Hint: *Fry these great patties!*

(zucchini patties)

2 cups grated zucchini

2 eggs, beaten

¼ cup chopped onion

1/2 cup flour

½ cup grated Parmesan cheese

½ cup shredded mozzarella cheese

Salt to taste

2 tablespoons vegetable oil

Sour cream and tomatoes

Nutrition Information	Amount Per Serving	Amount Per Serving
Servings Per Recipe: 4	• Total Fat: 15.4g	• Total Carbs: 15.8g
Calories: 256	• Cholesterol: 126mg	• Dietary Fiber: 1.2g
	• Sodium: 320mg	• Protein: 13.8g

Hamburger Paprikash with Noodles and Broccoli

1 pound ground beef

1 tablespoon minced garlic

1 cup chopped onion

1 cup chopped green bell pepper

3 tablespoons paprika

3 ½ cups beef broth (or 3 ½ cups hot water w/ 4 beef bouillon cubes)

8 ounces (4 cups) medium size egg noodles

1 (16 ounce) package frozen broccoli cuts

¾ cup light sour cream

1 tablespoon flour

Brown beef in large skillet over medium-high heat. Breaking up any large chunks. Stir in garlic and onion and pepper. Cook until thawed. Stir in paprika and thyme. Add broth, noodles and broccoli and bring to a boil. Reduce heat and simmer 8-10 minutes, stirring twice until noodles are tender. Meanwhile whisk sour cream and flour until blended. Stir into noodle mixture. Simmer 2-3 minutes, stirring often until sauce is thickened. Serves 6-8

Main Dish – FOOD CHALLENGE RECIPE

Hint: No need to cook the noodles separately – they cook in the same pot as the sauce.

1 pound ground beef

1 tablespoon minced garlic

1 cup chopped onion

1 cup chopped green bell pepper

3 tablespoons paprika

3 ½ cups beef broth (or 3 ½ cups hot water w/ 4 beef boullion cubes)

8 ounces (4 cups) medium size egg noodles

1 (16 ounce) package frozen broccoli cuts

¾ cup light sour cream

1 tablespoon flour

Banana Pudding Squares

1 cup graham cracker crumbs

2 tablespoons margarine, melted

1 package (8 ounces) fat-free cream cheese, softened

2 packages (4-serving size) sugar-free, fat free instant vanilla pudding mix

3 cups fat-free (skim) milk

½ container (8 ounces) reduced-fat whipped topping

2 medium bananas

½ container (8 ounces) reduced-fat whipped topping

1. Line 13X9 inch pan with foil and coat lightly with nonstick cooking spray. Stir graham cracker crumbs and margarine in small bowl until blended. Scatter crumbs into pan and press into even layer.
2. Beat cream cheese with electric mixer at low speed until smooth. Add pudding mix and milk. Beat on high speed 2 minutes or until mixture is smooth and creamy. Fold one-half of whipped topping into pudding mix until well blended. Using about half of mixture, drop large spoonfuls onto graham cracker base. Gently spread into even layer with spatula.
3. Peel and cut bananas lengthwise. Slice crosswise into ¼ inch slices. Scatter banana pieces evenly over pudding mixture. Spoon remaining pudding mixture over banana pieces and smooth into even layer.
4. Spread remaining whipped topping evenly over pudding mixture. Loosely cover with plastic wrap and refrigerate 2 hours (or up to 8 hours). If desired, dust with cocoa powder just before serving.

Makes 18 servings

Dietary Exchanges; 1 Starch ½ Fat

Calories: 112, Total Fat 4g Saturated Fat 2g, Protein 4g, Carbohydrate 15g, Cholesterol 2mg, Dietary Fiber 1g, Sodium 292mg.

Avocado-Corn Salsa

1 medium avocado, diced 3/4 cup frozen corn, thawed

1/2 cup quartered grape tomatoes 1 Tablespoon chopped fresh cilantro

2 teaspoons lime juice 1/4 teaspoon kosher salt

Toss avocado, corn, tomatoes, cilantro, lime juice and salt in medium bowl.

Serve with: Chile-Lime Tortilla Chips

Preparation Time: 10 minutes

Cook Time: 0

Serves: 4

Nutrition facts per serving:

Calories: 101

Total Fat: 7 g

Cholesterol: 0 mg

Sodium: 75 mg

Total Carbohydrate: 11 g

Protein: 4 g

Citrus Salsa

Makes 3 servings

Ingredients

- ½ grapefruit, sectioned & chopped
- ½ large orange, sectioned & chopped
- ½ medium tomato, chopped
- ½ cup diced bell pepper
- ½ jalapeno pepper, seeded & minced
- 1 ½ tablespoons chopped red onion
- ½ tablespoon chopped fresh cilantro
- ¾ teaspoons sugar
- 1/8 teaspoon salt

Directions

1. Mix grapefruit, orange, tomato, peppers, onion, cilantro, and seasonings.
2. Drain juice before serving.
3. Enjoy with chips or crackers!

Gazpacho

Ingredients

4 cups tomato juice	3 tablespoons fresh lemon juice
1 onion	2 tablespoons red wine vinegar
1 green bell pepper, seeded	1 teaspoon dried basil
1 cucumber, seeded & chopped	1/4 cup chopped fresh parsley
2 cups peeled, chopped tomatoes	1/2 teaspoon white sugar
1 clove garlic, minced	salt and pepper to taste

Directions

1. Wash your hands and clean your cooking area.
2. In a blender or food processor, combine tomato juice, onion, bell pepper, cucumber, toma-toes, garlic, lemon juice, red wine vinegar, basil, parsley, sugar, salt, and pepper. Blend until well-combined but still slightly chunky.
3. Chill at least 2 hours before serving.

Hints:

- > Vegetables (except garlic) can be chopped fairly coarsely since they will go in the food processor.
- > For a more Spanish style soup, substitute cilantro for parsley & basil, add some minced jalapeno, and serve with a dollop of sour cream.
- > Choose a low-sodium tomato juice and omit salt for sodium conscious diets.

Makes approximately 12 1/2 cup servings. 1 serving = 1/2 cup vegetables for MyPlate

Guacamole Appetizer Cups

10 corn tortillas	2 Tablespoons lime juice
3 large avocados	2 cloves garlic, chopped
2 cups plain nonfat yogurt	2 Tablespoons fresh cilantro
1 fresh Roma tomato, chopped	10 black olives
2 Tablespoons green onions, chopped	Cooking spray

Preheat oven to 375 degrees. Lightly spray mini-muffin pans with cooking spray. Cut tortillas into quarters. Mist tortilla quarters with water and place each quarter in muffin cups. Push down center of tortillas to form a cup. Spray again with cooking spray, and bake until cups are golden and crisp, about 5 minutes. Tip out the cups and cool. Cut avocados in half lengthwise; remove and discard the pits. Using a spoon, work in between the flesh and the peeling, remove the avocado half from the skin. Cut the avocado into 1 inch pieces. Using a large mixing spoon, blend avocado with yogurt, mashing the avocado to a chunky consistency. Add the chopped tomato, chopped green onions, lime juice, chopped garlic cloves, and fresh cilantro. Cover and chill until ready to serve. When ready to serve, fill each tortilla cup with one teaspoon of avocado filling. Slice each olive into rings and top each cup with one ring. Serve.

Preparation Time: 10 minutes

Cook Time: 5 minutes

Serves: 20

Calories: 93

Sodium: 22 mg

Total Fat: 5 g

Total Carbohydrate: 11 g

Cholesterol: 0.5 mg

Protein: 3 g

Healthy Chicken Stir Fry

Ingredients

1 teaspoon sugar

1/8 teaspoon paprika

1/2 teaspoon salt

1/2 teaspoon freshly ground pepper

1 pound boneless, skinless chicken breast or tenders, cut into 2-inch pieces

1 tablespoon canola oil

1 clove garlic, minced

1 cup sliced bell pepper

1 cup broccoli florets

1 cup sliced carrots (rounds)

1 cup sliced onions

Directions

1. Combine sugar, paprika, salt, pepper and cayenne in a medium bowl. Add chicken and toss to coat. Cover and refrigerate for 15 minutes or overnight.

2. Heat oil in a large nonstick skillet over high heat. Add pepper-and-onion mix and cook, stir-ring occasionally, until the vegetables are soft, 5 to 7 minutes. Add the spice-rubbed chicken and cook, stirring, until no longer pink in the center, 3 to 5 minutes. Serve hot.

Variation: Make Stir-Fried Spicy Beef by using 1 pound of stir-fry beef or thinly sliced top round steak instead of chicken in this dish.

Turkey & Mozzarella Panini

Serves 2

Ingredients

2 tablespoons extra-virgin olive oil (EVOO)

1 ½ teaspoons balsamic vinegar

1 teaspoon minced fresh basil or ¼ teaspoon dried basil

½ teaspoon minced garlic

Pinch of freshly ground black pepper

4 slices ciabatta bread

4 ounces fresh mozzarella, thinly sliced

1 ounce thinly sliced turkey

Directions

1. Whisk 1 ½ tablespoons EVOO, vinegar, basil, garlic, salt, and pepper in a small mixing bowl to blend. Set the vinaigrette aside.
2. Arrange the slices of bread on a flat work surface and, using a pastry or basting brush or spoon, brush one side of each slice with the vinaigrette, dividing it equally.
3. Divide the mozzarella equally among 2 of the bread slices. Top the mozzarella with the turkey slices, then place the remaining 2 slices of bread on top of the mozzarella and turkey, brushed sides down, to form 2 sandwiches.
4. Brush the outsides of each sandwich lightly with some of the remaining olive oil.
5. Heat a large skillet or grill pan over medium heat. When the skillet is hot, add the sandwiches and cook until the bread is golden brown and the cheese is melted, pressing occasionally with a large metal spatula, 4-5 minutes per side.
6. Serve hot & enjoy!

Pinwheel Appetizers

3 cups cooked wild rice
1 package (8 ounces) nonfat cream cheese
1/3 cup grated Parmesan cheese
1 teaspoon dried parsley flakes
1/2 teaspoon garlic powder
1/2 teaspoon Dijon-style mustard
2 to 3 drops hot pepper sauce (optional)
3 (12-inch) soft flour tortillas
2-1/2 ounces thinly sliced corned beef
9 fresh spinach leaves

1. Combine wild rice, cream cheese, Parmesan cheese, parsley, garlic powder, mustard and pepper sauce.
2. Spread evenly over tortillas, leaving 1/2-inch border on one side of each tortilla.
3. Place single layer corned beef over rice and cheese mixture. Top with layer of spinach.
4. Roll each tortilla tightly toward 1/2-inch border. Moisten border of tortilla with water; press to seal roll.
5. Wrap tightly in plastic wrap. Refrigerate several hours or overnight.
6. Cut into 1-inch slices to serve.

Makes 36 1" appetizer rolls.

Dietary Exchange: ½ starch

Calories: 37, Total Fat: 1g, Saturated Fat: <1g, Protein 2g, Carbs 5g, Cholesterol 4mg,

Dietary Fiber <1g, Sodium 91 mg

Turkey Tortilla Bake

9 (6 inch) corn tortillas
½ lb 93% lean ground turkey
½ c chopped onion
¾ c taco sauce
1 can (4 oz) chopped whole mild green chilies, drained
½ c frozen corn, thawed & drained
½ c (2 oz) shredded reduced-fat cheddar cheese
Fat-free sour cream (optional)

1. Preheat oven to 400F. Place tortillas on large baking sheet, overlapping as little as possible. Bake 4 minutes. Flip tortillas; bake 2 minutes or until crisp. Cool completely on wire rack.
2. Heat medium non-stick skillet over medium heat. Add turkey and onion. Cook and stir 5 minutes or until turkey is browned and onion is tender. Add taco sauce, chilies, and corn. Reduce heat & simmer 5 minutes.
3. Break up 3 tortillas; arrange pieces over bottom of 1 ½ qt casserole dish. Spoon half of turkey mixture over tortillas. Sprinkle with half of cheese. Repeat layers.
4. Bake 10 minutes or until cheese is melted and casserole is heated through. Break remaining 3 tortillas into pieces and sprinkle over casserole. Serve with fat-free sour cream, if desired.

Makes 4, 1 cup, servings.

Dietary Exchange: 1 fat, 3 meat, 2 ½ starch

Calories: 279, Total Fat: 8g, Saturated Fat: 2g, Protein 17g, Carbs 38g, Cholesterol 26 mg,

Dietary Fiber 1g, Sodium 666 mg

Clue: NOT YOUR AVERAGE FISH BOWL

2 teaspoons chili powder

2 teaspoons cumin

½ teaspoon cayenne pepper

2 tilapia filets

1 clove garlic

1 small can of corn

1 red onion

1 red pepper

1 can black beans

1 cup of cooked brown rice

fresh cilantro

(supposed to be a spicy fish" taco" bowl)