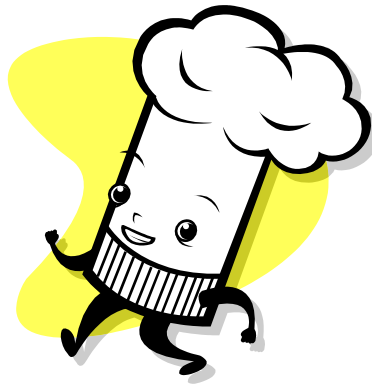


Recipes



Easy Banana Puddin' Parfait

Prep Time: 15 min, Total: 30 min; makes 4 servings

Ingredients:

1-1/2 Cup	Cold fat-free milk
1 pkg.	JELL-O Vanilla Flavor Fat Free Sugar Free Instant Pudding (makes 4 servings)
1 Cup	Thawed Cool Whip Lite Whipped Topping
2 Tbsp.	Graham Cracker Crumbs
2 ea	Medium Bananas; sliced



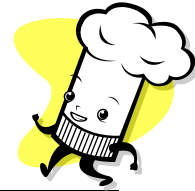
Directions: POUR milk into large bowl. Add dry pudding mix. Beat with wire whisk 2 min. or until well blended. Gently stir in the whipped topping. Let stand 5 min.

LAYER half each of the pudding mixture, graham crumbs and bananas in four individual dessert dishes; repeat all layers.

REFRIGERATE at least 1 hour or until ready to serve. Store leftover desserts in refrigerator.

Nutrition Information: **Cal: 170 per serving, Sodium: 380mg, Dietary fiber: 2g**

Black Bean and Corn Quesadillas



Time: 30 min; makes 4 servings

Ingredients:

1 (15oz) Can	Black Beans, rinsed and drained
1 Cup	Corn
1/3 Cup	Salsa
2 Tbsp.	Taco Seasoning
1 Cup	Shredded Cheese
8	Whole Wheat Tortillas
	Cooking spray

Directions:

1. Rinse black beans and strain the water from the corn
2. In a medium bowl, mix together beans, corn, salsa, and taco seasoning.
3. Preheat a large skillet over medium heat, spray with cooking spray.
4. Place one tortilla in the skillet, and scoop $\frac{1}{2}$ cup of the filling onto the tortilla in the pan. Sprinkle $\frac{1}{4}$ cup cheese over the bean mixture, and place second tortilla on top of the cheese.
5. Press down on top of tortilla lightly with back of spatula to help the tortillas melt together.
6. When the bottom of the tortilla begins to brown, flip the quesadilla over until both tortillas are lightly browned and crispy and the cheese is melted.
7. Cut into wedges and serve.

Nutrition Information: Cal: 499 per serving, Dietary fiber: 12g, Protein: 25g, Fat: 14g, CHO 73g

Tortilla Fruit Pizza

Time: 35 min; makes 2 servings

Ingredients:



2 tsp	Sugar
¼ tsp	Cinnamon
1	Whole Wheat Tortilla
¼ c.	Low-Fat Yogurt (vanilla)
½ c.	Assorted Fruit, cut into pieces or slices

Directions:

1. preheat oven to 350 F. Mix sugar and cinnamon in small dish or place in an empty salt shaker, Place tortilla on large baking sheets. Spray each side with butter-flavored cooking spray. Sprinkle with sugar mixture. Bake for eight to 10 minutes. Remove from oven and allow to cool for 15 minutes.
2. Spread yogurt evenly onto the tortilla
3. Prepare fruit and arrange on the top of the tortilla.
4. Slice the pizza into pie-shaped slices and serve

Nutrition Information: Cal: 130 per serving, Sodium: 105mg, Dietary fiber: 2g, Protein: 4g, Fat: 2g

Egg Salad Spread

Time: 35 min; makes 4 servings

Ingredients:



4-6	Hard Boiled Eggs, chopped
¼ C.	Celery, Chopped
2 Tbsp	Dill or Sweet Pickles, chopped
¼ C.	Mayonnaise
1 Tbsp.	Onion, Finely Chopped
	Salt and Pepper to Taste

Directions:

Place eggs in a single layer in pan. Fill pan with water to at least 1 inch above eggs.

Cover pan and quickly bring just to boiling. Remove from heat.

Let stand, covered, for 17 minutes (Extra-large eggs: 20 minutes).

Immediately run cold water over eggs or put them in ice water until completely cool

Combine all ingredients and mix well

Nutrition Information: **Cal: 130 per serving, Sodium: 290mg, Dietary fiber:**

0g, Protein: 8g, Fat: 10g, Carbohydrate: 5g.

Potato Cheese Soup

Time: 30 min; makes 4-6 servings

Ingredients:



4 C.	Potatoes, peeled and diced
2 C.	Water
1 tsp.	Salt
1 tsp.	Onion Powder
¼ tsp.	Garlic Powder
¼ tsp.	Pepper
1 ½ C.	Milk-1%
2 C.	Cheddar Cheese, Shredded
3 C.	Vegetables of your choice, chopped, cooked and drained

Directions:

Place diced potato, water and salt in a large pot and bring to a boil. Cover and reduce heat to medium-low. Cook 10 minutes or until potato is soft. Do not drain.

Pour most of the potatoes and water into a blender pitcher, leaving 1 to 2 cups in the pot.

Add onion powder, garlic powder and pepper to the blender pitcher. **Cover** tightly and blend until smooth. Pour blended potato mixture from the blender pitcher into the pot.

Add milk, cheese and cooked vegetables.

Stir and warm over medium heat until cheese melts. Add more milk if you would like the soup to be thinner.

Nutrition Information: **Cal: 370 per serving, Sodium: 810mg, Dietary fiber: 4g, Protein: 18g, Fat: 15g, CHO 42g**

English Muffin Mini Pizzas

Time: 18-20 min; makes 4 servings

Ingredients:

2	English Muffins or Bagels
½ C.	Pizza or Tomato Sauce
½ C.	Mozzarella Cheese, shredded
1 C.	Diced Vegetables



Directions:

Heat oven to 350°F.

Cut English muffins or bagels in half and toast.

Spread pizza sauce on each English muffin or bagel half.

Sprinkle each half with cheese.

Arrange vegetable pieces over cheese.

Place on baking sheet.

Bake 10 minutes or until cheese is melted.

Nutrition Information: **Cal: 138 per serving, Sodium: 334mg, Dietary fiber: 1.25g, Protein: 7g, Fat: 4g, CHO 18g**

Amelia's Tuna Macaroni Salad

Time: Prep-20 min Serve-80 min; makes 6 servings

Ingredients:



1 (12oz) Package	Elbow Macaroni
1 (6oz) Can	Tuna, drained
2 Stalks	Celery, chopped
2 Tbsp.	Sweet Onion, chopped
1 (10oz) Can	Baby Peas, drained
1 C.	Mayonnaise
2 Tbsp	Sweet Pickle Relish
3	Hard-boiled eggs, quartered
1 Pinch	Paprika, for garnish
	Salt and Pepper to Taste

Directions:

Bring a large pot of lightly salted water to a boil.

Add the macaroni, and cook until tender, about 8 minutes.

Drain and rinse under cold running water

In a large bowl, **stir** together the macaroni, tuna, celery, onion and peas.

Mix in the mayonnaise, relish, salt and pepper.

Garnish with egg wedges and a sprinkle of paprika.

Cover and **chill** for at least 1 hour before serving.

Nutrition Information: **Cal: 590 per serving, Sodium: 458mg, Dietary fiber: 24.3g, Protein: 20.4g, Fat: 33.5g, CHO 51.6g**

Awesome Slow Cooker Pot Roast

Time: Prep-10 min Cook-8 hrs; makes 12 servings

Ingredients:



2 (10.75oz) Cans	Condensed Cream of Mushroom Soup
1 (1oz) package	Dry Onion Soup Mix
1 ¼ C.	Water
5 ½ pounds	Pot Roast

Directions:

In a slow cooker, **mix** cream of mushroom soup, dry onion soup mix and water.

Place pot roast in slow cooker and coat with soup mixture.

Cook on High setting for 3 to 4 hours, or on Low setting for 8 to 9 hours

Nutrition Information: **Cal: 426 per serving, Sodium: 639mg, CHO: 4.9g, Protein: 45.6g, Fat: 23.7g**

Apple Oatmeal Muffins

Time: Prep-10 min Cook-15 min; makes 12 servings

Ingredients:



2	Eggs
¾ C.	Milk
½ C.	Vegetable Oil
1 C.	All-Purpose Flour
1 C.	Uncooked Quick Cooking Oats
1/3 C.	Sugar
1 Tbsp.	Baking Powder
½ tsp.	Salt
1 tsp.	Ground Nutmeg
1 tsp.	Ground Cinnamon
2	Tart Cooking Apples, Cored, Peeled, and Chopped

Directions:

Preheat oven to 400 degrees F.

Grease a 12 cup muffin tin.

In a mixing bowl, lightly **beat** eggs; **add** milk and oil, stirring until just blended.

Stir in flour, oats, sugar, baking powder, salt, nutmeg, and cinnamon, mixing until only just moistened (do not overmix).

Gently fold in the apples.

Spoon batter into the muffin tin, dividing evenly among the cups.

Bake in a preheated oven for 15-20 minutes or until a toothpick inserted comes out clean.

Cool in pan 5 minutes before removing to a wire rack to finish cooling.

Serve warm or cool; store unused portions in an airtight container.

Nutrition Information: **Cal: 204.5 per serving, Sodium: 304mg, Dietary fiber:**

1.7g, Protein: 3.6g, Fat: 11.1g, CHO 33.1g

Broccoli Salad

Time: Prep-min; makes 8 servings

Ingredients:



4 C.	Broccoli Heads Only, Cut into Bite Size Pieces
1 C.	Chopped Celery
½ C.	Sunflower Seeds
1 C.	Raisins
1 C.	Shredded Carrots
1/3 C.	Light Mayonnaise
½ C.	Plain Yogurt
3 Tbsp.	Sugar
1 Tbsp.	Vinegar (raspberry, red wine, apple cider)

Directions:

Combine and mix mayonnaise, yogurt, sugar and vinegar.

Combine all other ingredients in a large bowl.

Add dressing mixture and mix well.

Refrigerate.

Nutrition Information: **Cal: 163 per serving, Dietary fiber:**

3g, Protein: 4g, Fat: 6g, CHO 27g

Black Bean and Barley Salad

Time: Prep-15-20 min; makes 8 servings

Ingredients:



2 tsp.	Canola Oil
½ C.	Pot or Pearl Barely
2 C.	Vegetable Stock or Water-no added salt
1 Can	Black Beans, rinsed and drained-no added salt
1	Small Yellow Bell Pepper, Thinly Sliced
8	Cherry Tomatoes, halved
½ C.	Corn Kernels-Canned with no added salt
¼ C.	Chopped Chives
3 Tbsp.	Lime Juice
¼ C.	Olive Oil
½ tsp.	Salt
¼ tsp.	Pepper
¼ C.	Shredded Cheddar or Monterey Jack Cheese
	Lettuce

Directions:

1. In a medium sauce pan heat canola oil and sauté for 3 minutes the barley.
2. Add vegetable stock to sauce pan and bring to a boil.
3. Reduce heat to simmer and cover. Cook for 30 minutes, Drain any leftover liquid and cool. You can make the barley ahead of time and refrigerator until you are ready to put the salad together.
4. In a large salad or mixing bowl combine cooked barley, black beans that have been drained and rinsed, diced yellow peppers and tomatoes, corn which has been rinsed and drained, and chives.
5. In a small mixing bowl combine lime juice, olive oil, salt and pepper. Beat until well mixed with a hand beater. Pour over barley mixture and toss.
6. Serve on lettuce topped with shredded cheese.

Nutrition Information: Cal: 273 per serving, Sodium: 300 mg, Dietary fiber 8 g, Protein: 8g, Fat: 13g, CHO 32 g