

Tuna Salad

Serves 10

1 (6½ ounce) can tuna, packed in water, drained
2 tablespoons mayonnaise
3 eggs, hard cooked
2 tablespoons relish, sweet pickle

1. Hard cook 3-eggs.
2. Open tuna and break up with fork.
3. Add sweet pickle relish and mayonnaise.
4. Peel hard cooked eggs.
5. Dice eggs and stir into tuna mixture.

Per serving **calories 63: Total Fat 3.4g** (Saturated Fat 0.8g), **Cholesterol 71mg**,
Sodium 73mg, Total Carbohydrate 1.9g, Dietary Fiber 0g, Sugars 0.8g, **Protein 6.2g**

Three Bears Porridge

Serves 5

2½ cups water
1½ cups oatmeal (old fashioned, not instant)
¼ teaspoon salt (optional)

1. In a medium saucepan bring water to a rolling boil add salt if desired and pour in oatmeal stirring to mix.
2. Over medium heat cook oatmeal for 5-minutes stirring occasionally until all water is absorbed.
3. Serve with various toppings.

Per serving **calories 93: Total Fat 1.5g** (Saturated Fat 0.3g), **Cholesterol 0mg**,
Sodium 3mg, Total Carbohydrate 16.3g, Dietary Fiber 2.4g, Sugars 0.4g, **Protein 3.9g**

Oven-Baked Chicken Parmesan

Serves 6

6 small boneless skinless chicken breasts (1½ lb.)
1 pkt. Shake 'n' Bake Chicken Coating Mix
2 cups spaghetti sauce
¾ cups shredded Mozzarella Cheese
1/8 cup grated Parmesan Cheese
1 tsp. dried oregano leaves

1. Heat oven to 400° F.
2. Coat chicken with coating mix as directed on package; place in 13 x 9 pan.
3. Bake 20 minutes or until chicken is done (165° F).
4. Top with remaining ingredients; bake 5 minutes or until mozzarella is melted.

Per serving **calories 320: Total Fat 12g** (Saturated Fat 5g), **Cholesterol 85mg**,
Sodium 940mg, Total Carbohydrate 18g, Dietary Fiber 2g, Sugars 4g, **Protein 34g**

Campfire Cinnamon Twists

Serves 8

1 (8 ounce) can Pillsbury Grands refrigerated biscuits
½ cup granulated sugar
8 teaspoons cinnamon
1-lunch size brown paper bag
Campfire roasting skewers

1. Put sugar and cinnamon in paper bag and combine well.
2. Take a biscuit and stretch out into a “snake” (works best if you let them warm up a bit before using).
3. Wrap biscuit around campfire roasting skewer and cook over campfire until golden brown and delicious.
4. Let cooked biscuit twist cool enough that you can get it off the skewer without burning yourself.
5. Put biscuit twist in paper bag, close top and shake to coat with cinnamon and sugar mixture.
6. NOTE: the extra butter type biscuits work best because the cinnamon sugar sticks better.
7. OR: can use wooden chopsticks; twist around chopstick; bake 350 degrees 10-12 minutes.

Per serving **calories 153: Total Fat 4.2g** (Saturated Fat 1.1g), **Cholesterol 0mg**, **Sodium 341mg**, **Total Carbohydrate 27.8g**, Dietary Fiber 1.7g, Sugars 14.8g, **Protein 2.0g**

Gorp

Serves 5

1-cup raisins
1-cup peanuts dry roasted
1-cup apricots, dried
1-cup pineapple, dried
1 cup coconut, flaked

1. Measure all fruits, coconut and peanuts.
2. Pour together and mix.
3. Serve.

Per serving **calories 395: Total Fat 25.7g** (Saturated Fat 11.8g), **Cholesterol 0mg**,
Sodium 15mg, Total Carbohydrate 39.3g, Dietary Fiber 7.4g, Sugars 25.5g, **Protein 10.2g**

Swiss Steak for Two

Serves 2

½ pound round steaks
2 tablespoons flour
1-teaspoon oregano (optional)
Salt and pepper
1-tablespoon oil
1 small onion, sliced
1-cup carrots
½ cup celery (with leaves)
¼ cup green bell peppers
1-cup tomato sauce

1. Mix flour with oregano, salt and pepper.
2. Pound into meat.
3. Heat oil in a fry pan over medium high heat and brown meat.
4. Remove to baking dish and top with veggies, tomato sauce, salt and pepper.
5. Cover and bake in a 350-degree oven for 1-hour until meat is tender.

Per serving **calories 321: Total Fat 11.8g** (Saturated Fat 2.5g), **Cholesterol 64mg**,
Sodium 760mg, Total Carbohydrate 25.4g, Dietary Fiber 4.8g, Sugars 10.1g, **Protein 29.4g**

Last Minute Cranberry Relish

Serves 8

16 ounces cranberry sauce
8 ounces pineapple, drained (crushed)
¼ cup pecans, chopped
¼ teaspoon cinnamon
⅛ teaspoon nutmeg
⅛ teaspoon ground cloves

1. In a bowl combine the cranberry sauce, pineapple and spices.
2. Stir in pecans.
3. Serve immediately.

Per serving **calories 123: Total Fat 2.6g** (Saturated Fat 0.2g), **Cholesterol 0mg**,
Sodium 16mg, Total Carbohydrate 26.3g, Dietary Fiber 1.4g, Sugars 24.4g, **Protein 0.6g**

Smiling Bananas

Serves 2

1 banana
1 fruit leather
¼ cup maraschino cherries
½ cup pineapple rings
¼ cup pumpkin seeds
¼ cup coconut, shredded
¼ cup raisins
¼ cup mandarin orange sections

1. Cut banana place half on a bright colored plate for a smiling mouth.
2. Now let child(ren) get imaginative; add pumpkin seeds for teeth and fruit leather for a tongue.
3. Combine fruits for eyes and arrange pineapple rings for eyebrows.
4. Banana or pineapple slices double as noses.
5. For hair, mix coconut and a couple drops of a food color in a bowl then style a hairdo.

Per serving **calories 369: Total Fat 15.5g** (Saturated Fat 7.7g), **Cholesterol 0mg**,
Sodium 45mg, Total Carbohydrate 58.1g, Dietary Fiber 5.7g, Sugars 38.1g, **Protein 6.5g**

Tuna Rice Casserole

Serves 4

10 ounces tomato soup, condensed
1¾ cups hot water
1-cup peas, cooked
1 (6½ ounce) can tuna fish
1⅓ cups raw rice

1. Preheat oven to 350 degrees.
2. Mix all ingredients in casserole dish.
3. Bake for 30 to 45 minutes. Serve.

Per serving **calories 357: Total Fat 1.2g** (Saturated Fat 0.4g), **Cholesterol 13mg**,
Sodium 554mg, Total Carbohydrate 66.1g, Dietary Fiber 4.8g, Sugars 8.1g, **Protein 19.2g**

Apple Raisin Sauce for Baked Ham

Serves 10

1-tablespoon butter
1-cup apple juice
2 tablespoons lemon juice
3 tablespoons brown sugar
1-tablespoon cornstarch
¼ teaspoon salt
¼ teaspoon cinnamon
¼ cup raisins

1. In a saucepan combine all the ingredients and bring to a simmer.
2. Cook until mixture thickens and coats the back of a spoon approximately 10-minutes and there you have it!

Per serving **calories 52: Total Fat 1.2g** (Saturated Fat 0.7g), **Cholesterol 3mg**,
Sodium 40mg, Total Carbohydrate 10.8g, Dietary Fiber 0.2g, Sugars 8.9g, **Protein 0.2g**

Grilled Cheese Sandwiches

6 sandwiches

12 slices bread
12 slices cheddar cheese or American cheese
8 tablespoons butter or margarine

1. Butter each side of bread and place on baking sheet.
2. Place cheese on each slice of bread; top with remaining bread.
3. Bake in preheated oven 6-8 minutes at 450 degrees.
4. Flip sandwiches and repeat.

Per serving **calories 494: Total Fat 35.6g** (Saturated Fat 21.9g), **Cholesterol 99mg**,
Sodium 797mg, Total Carbohydrate 26.0g, Dietary Fiber 1.2g, Sugars 2.5g, **Protein 17.9g**

Taco Meat Loaf

Serves 8

1-cup crushed saltines (about 30 crackers)
1 envelope taco seasoning
½ cup ketchup
1 can (4 ounces) mushroom stems and pieces, drained
1 can (2 ¼ ounces) sliced ripe olives, drained
1 small onion, chopped
2 eggs, lightly beaten
2 tablespoons Worcestershire sauce
2 pounds lean ground beef (90% lean)
Salsa, sour cream, shredded cheddar cheese and additional olives, optional

1. In a large bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Press into a greased 9 x 5 loaf pan.
2. Bake, uncovered, at 350° for 1 ½ hours or until no pink remains and a meat thermometer reads 160°. Serve with salsa, sour cream, cheese and olives if desired.

Per serving **calories 272: Total Fat 12g** (Saturated Fat 4g), **Cholesterol 122mg**,
Sodium 916mg, Total Carbohydrate 16g, Dietary Fiber 1g, **Protein 25g**

Whole Wheat Bread

Serves 8

¾ cup milk
3 tablespoons sugar
3½ teaspoons salt
½ cup margarine
½ cup molasses
1½ cups warm water
2¼ ounces dry yeast
2½ cups whole-wheat flour
¼ cup wheat germ
4-5 cups white flour

1. Scald milk, sugar, salt, margarine, and molasses or honey.
2. Cool to lukewarm.
3. Add yeast mixture to the lukewarm mixture.
4. Add whole-wheat flour, wheat germ and 2-cups flour.
5. Beat 2-minutes until smooth.
6. Add enough white flour to make soft dough.
7. Turn out on a lightly floured board knead until smooth and elastic about 8-10 minutes.
8. Place in greased bowl turning to grease top.
9. Cover and let rise a little above sides of pan.
10. Bake at 375 degrees for 45-50 minutes.
11. It is done when you thump the top and it sounds hollow.

Per serving **calories 100**: **Total Fat** 8.4g (Saturated Fat 1.8g), **Cholesterol** 3mg, **Sodium** 1117mg, **Total Carbohydrate** 5.9g, Dietary Fiber 0.0g, Sugars 4.7g, **Protein** 0.8g

Pumpkin Chip Muffins

Serves 24

4 eggs
2 cups sugar
1 can (15 ounces) solid pack pumpkin
1½ cups vegetable oil
3 cups all-purpose flour
2 teaspoons baking soda
2 teaspoons baking powder
1-teaspoon ground cinnamon
1-teaspoon salt
2 cups (12 ounces) semisweet chocolate chips

1. In a large mixing bowl beat eggs, sugar, pumpkin and oil until smooth.
2. Combine flour, baking soda, baking powder, cinnamon and salt, add to pumpkin mixture and mix well.
3. Fold in chocolate chips.
4. Fill greased or paper lined muffin cups ¾-full.
5. Bake at 400 degrees for 16-20 minutes or until muffins test done.
6. Cool in pan 10-minutes before removing to a wire rack.

Per serving **calories 328**: **Total Fat** 19g (Saturated Fat 4g), **Cholesterol** 35mg, **Sodium** 250mg, **Total Carbohydrate** 39g, Dietary Fiber 2g, Sugars 24.7g, **Protein** 4g

Applesauce Sandwiches

Serves 4

1 cup applesauce
8 slices bread
¼ cup butter, softened
1 tablespoon sugar
¼ teaspoon ground cinnamon

1. Spread the applesauce on four slices of bread; top with remaining bread.
2. Lightly butter the outsides of sandwiches. Toast on a hot griddle for 3-4 minutes on each side or until golden brown.
3. Combine sugar and cinnamon; sprinkle over hot sandwiches. Serve immediately.

Baked Ham and Apples

Servings 6-8

2 # bone-in-center fully cooked ham slices (1/2 inch thick-1-pound each)
2 teaspoons ground mustard
1/2 cup packed brown sugar
3 medium tart apples
2 tablespoons butter
pepper to taste

1. Place ham in an ungreased 13x9x2 inch-baking dish. Rub with mustard, sprinkle with brown sugar.
2. Core apples, cut into 3/4 inch slices, arrange in a single layer over ham.
3. Dot with butter and sprinkle with pepper.
4. Cover and bake at 400 degrees for 15-minutes.
5. Reduce heat to 325 degrees bake for 45-minutes.
6. Uncover and bake 15-minutes longer or until apples are tender.

Per serving **calories 295: Total Fat** 13g (Saturated Fat 5g), **Cholesterol** 68mg, **Sodium** 1208 mg, **Total Carbohydrate** 24g, Dietary Fiber 1g, Sugars 18.6 g, **Protein** 21g

Candy Corn

Serves 4

1 (10 ounce) package corn, frozen
1-tablespoon brown sugar
2 scallions, diced (optional)
3 tablespoons butter
1/4 cup red peppers, diced

1. Cook frozen corn according to the package directions.
2. Melt butter in a saucepan over medium low heat, add brown sugar and stir until smooth (be careful mixture does not burn).
3. Drain corn and add it to the brown sugar mixture with red peppers and scallions.
4. Cook 2-minutes stir constantly.
5. Serve hot or cold.

Per serving **calories 168: Total Fat** 9.6g (Saturated Fat 5.6g), **Cholesterol** 22mg, **Sodium** 74mg, **Total Carbohydrate** 21.7g, Dietary Fiber 2.2g, Sugars 6.0g, **Protein** 2.5g

Sunrise Mini Pizzas

Serves 10 – 10 pizzas

10 eggs, beaten
3 tablespoons milk
1-teaspoon salt
1-teaspoon pepper
1-tablespoon butter
10 dinner rolls, white (frozen variety-thawed)
10 ounces bacon (10 slices cooked and crumbled)
8 ounces cheddar cheese, shredded

1. In a bowl beat the eggs.
2. Add milk, salt, and pepper.
3. Melt butter in a skillet add the egg mixture.
4. Cook and stir over medium heat until the eggs are set.
5. Remove from the heat and set aside.
6. Roll each dinner roll into 5-inch circle.
7. Place on greased baking sheets.
8. Spoon egg mixture evenly over the crusts.
9. Sprinkle with bacon and cheese.
10. Bake at 350 degrees for 15-minutes or until the cheese is melted.

Per serving **calories 392: Total Fat** 28.6g (Saturated Fat 11.9g), **Cholesterol** 258mg, **Sodium** 835mg, **Total Carbohydrate** 15.3g, Dietary Fiber 0.9g, Sugars 1.2g, **Protein** 17.8g

Unstuffed Cabbage

Serves 6-8

Tomato Sauce:

- 1 large onion, chopped
- 1 medium head cabbage, coarsely chopped (about 8-cups)
- 1 can (8 ounces) tomato sauce
- 1 can (28 ounces) whole tomatoes with liquid, cut up
- 1-cup water
- ¼ cup lemon juice
- ½ cup raisins

Meatballs:

- 1 pound lean ground beef
- ½ cup uncooked long grain rice
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- ¼ teaspoon pepper

1. Combine all of the sauce ingredients in a large skillet or Dutch oven, bring to a boil, reduce heat and simmer.
2. Meanwhile, combine meatball ingredients mix well.
3. Shape into 36-balls about 1¼ inch in diameter.
4. Add to simmering sauce.
5. Cover and simmer about 45-minutes or until the cabbage is tender.
6. Uncover and cook about 15-minutes longer or until sauce thickens.

Per serving **calories 210: Total Fat 5g** (Saturated Fat 2g), **Cholesterol 28mg**, **Sodium 524mg**, **Total Carbohydrate 28g**, Dietary Fiber 4g, Sugars 10.8g, **Protein 15g**

Beef Barley Soup

Serves 12

- 2 quarts beef broth
- 1 pound beef roast, with bone
- 1-pound ground beef
- 1 large carrot, diced
- 3-4 potatoes, peeled and diced
- 2 teaspoons garlic salt
- 2 teaspoons parsley, dried
- ½ cup pearl barley
- 1 onion, diced
- 1-teaspoon onion powder
- 1-teaspoon pepper

1. In a large Dutch oven or soup kettle bring water and soup bones to a rapid boil.
2. Add bouillon.
3. Stir in ground beef in small amounts.
4. Reduce heat, cover and simmer 1½ hours or until meat comes easily off the bones.
5. Remove bones.
6. Strain broth, cool and chill.
7. Skim off fat.
8. Remove meat from bones, dice and return to the broth along with remaining ingredients.
9. Bring to boil.
10. Reduce heat, cover and simmer about 1-hour or until vegetables are tender.

Per serving **calories 264: Total Fat 13.7g** (Saturated Fat 5.3g), **Cholesterol 52mg**, **Sodium 631mg**, **Total Carbohydrate 17.6g**, Dietary Fiber 2.8g, Sugars 1.2g, **Protein 17.4g**

BBQ Beef for Sandwiches

Serves 10

3 pounds chuck roast
1-cup water
2 beef bouillon cubes
1 tablespoon minced onions
1 (15 ounce) can tomato sauce
¼ cup brown sugar
¼ cup ketchup
¼ cup mustard
dash - Worcestershire sauce

1. Roast meat along with 1-cup water and bouillon cubes until very tender or cook on low in the crock-pot 8-10 hours until tender.
2. Shred meat with a fork after cooking and retain 1-cup of the juice from cooking.
3. Add rest of the ingredients to shredded meat.
4. Put in a crock-pot and cook on low heat 3-4 hours (or on high 1½-2 hours).
5. Serve over dinner rolls.

Per serving **calories 393: Total Fat** 27.0g (Saturated Fat 10.8g), **Cholesterol** 93mg, **Sodium** 566mg, **Total Carbohydrate** 10.8g, Dietary Fiber 0.9g, Sugars 8.8g, **Protein** 26.1g

Peach Sherbet

Serves 10

1 (29 ounce) can peaches, not drained
1 (6 ounce) can frozen orange juice concentrate
1-tablespoon honey
2 bananas, small

1. Blend all ingredients.
2. Freeze in small containers, such as cupcake papers.

Per serving **calories 93: Total Fat** 0.3g (Saturated Fat 0g), **Cholesterol** 0mg, **Sodium** 0mg, **Total Carbohydrate** 23.1g, Dietary Fiber 2.0g, Sugars 19.5g, **Protein** 1.5g

Green Pepper Casserole

Serves 16

3 pounds ground beef
1-tablespoon paprika
3 green peppers, chopped
1-(4 ounce) jar pimientos, diced-drained
1 (16 ounce) box macaroni shell
3 (10 ounce) can tomato sauce
5 onions, diced
1 (8 ounce) can mushrooms, sliced-drained
½ teaspoon salt
½ teaspoon pepper
½ cup Parmesan cheese grated

1. In a large skillet brown beef with onions, drain.
2. Add soup and paprika.
3. Cover and simmer about 1-hour.
4. Stir in green pepper, mushrooms and pimientos.
5. Simmer 15-minutes or until green pepper is tender.
6. Season with salt and pepper.
7. Meanwhile, cook macaroni according to package directions rinse and drain.
8. Place in a large serving bowl cover with meat mixture.
9. Sprinkle with Parmesan cheese.

Per serving **calories 344: Total Fat** 14.4g (Saturated Fat 5.7g), **Cholesterol** 60mg, **Sodium** 462mg, **Total Carbohydrate** 31.0g, Dietary Fiber 3.0g, Sugars 5.3g, **Protein** 22.5g

Rice with Chicken and Cheese

Serves 4

1½-teaspoon oil
2 cups chicken broth
½ teaspoon salt
1 onion, diced
1½ cups cooked chicken, diced
½ cup rice, uncooked
½ cup cheese, grated

1. Lightly brown onion in the oil-add broth.
2. When it boils rapidly add the rice slowly.
3. Cover the pan tightly and cook slowly for 2-minutes.
4. Turn off the burner and remove the pan from direct heat.
5. Let stand for 10-minutes covered tightly (for rice to finish cooking in its own steam).
6. Then add the chicken and more salt, if desired.
7. Reheat if necessary.
8. Turn mixture onto a hot platter and sprinkle with grated cheese.

Per serving **calories 267: Total Fat 9.5g** (Saturated Fat 3.6g), **Cholesterol 48mg**, **Sodium 849mg**, **Total Carbohydrate 23.8g**, Dietary Fiber 0.7g, Sugars 1.5g, **Protein 20.2g**

Crunchy Apple Salad

Serves 4

1 large apple
1 stalk celery
¼ cup salted peanuts or raisins
¼ cup mayonnaise
4 lettuce leaves
1 cup Cheerios toasted oat cereal

1. Dice apple and celery into small pieces.
2. Mix apple, celery, nuts, raisins and mayonnaise in a bowl.
3. Refrigerate until ready to serve.
4. Put lettuce leaf on a plate.
5. Add cereal to fruit mixture.
6. Put salad with cereal on lettuce leaf.

Per serving **calories 200: Total Fat 12.5g** (Saturated Fat 1.8g), **Cholesterol 3mg**, **Sodium 288mg**, **Total Carbohydrate 20.4g**, Dietary Fiber 3.8g, Sugars 7.7g, **Protein 4.9g**

Tuna Cheese Burgers

Serves 8

1 (7 ounce) can tuna
1-cup celery, diced
1 onion small diced
½ cup cheddar cheese
¼ cup mayonnaise
salt and pepper
8 hamburger buns

1. Mix all ingredients.
2. Fill buns with mixture.
3. Wrap in aluminum foil or place in cake pan and cover with foil.
4. Heat in 350-degree oven for 15-20 minutes.

Per serving **calories 220: Total Fat 7.9g** (Saturated Fat 2.6g), **Cholesterol 18mg**, **Sodium 322mg**, **Total Carbohydrate 24.9g**, Dietary Fiber 1.3g, Sugars 4.0g, **Protein 11.9g**

Cornbread

Serves 8-9

1-cup all-purpose flour
1 cup yellow cornmeal
¼ cup sugar
4 teaspoons baking powder
¾ teaspoon salt
2 eggs
1-cup milk or buttermilk
¼ cup cooking oil or shortening melted-cooled

1. Sift together flour, cornmeal, sugar, baking powder and salt.
2. Add eggs, milk and oil or melted shortening. Beat until just smooth-do not over beat.
3. Turn into a greased 9x9x2 inch-baking pan. Bake in at 425 degrees for 20-25 minutes.
4. Can add drained corn, bacon, finely chopped jalapeno peppers for a different taste.

Per serving **calories 235: Total Fat 9.9g** (Saturated Fat 2.1g), **Cholesterol 57mg**, **Sodium 437mg**, **Total Carbohydrate 32.0g**, Dietary Fiber 1.5g, Sugars 6.5g, **Protein 5.4g**

Meatball Stew

Serves 8

1 egg beaten
1-cup soft breadcrumbs
¼ cup minced onions
1-teaspoon marjoram
½ teaspoon thyme
½ teaspoon basil
1½ pounds ground beef
2 tablespoons oil
2 (14 ounce) cans beef broth
2 (10 ounce) cans condensed golden mushroom soup
5 medium potatoes, peeled and cut in chunks
3 carrots cut in 1-inch slices

1. Mix first 8-ingredients well.
2. Shape into 40-meatballs.
3. In Dutch oven brown meatballs in oil.
4. Drain; add broth, soup, potatoes and carrots.
5. Bring to a boil, reduce heat and simmer for 30 minutes or until vegetables are tender.

Per serving **calories 422: Total Fat 20.7g** (Saturated Fat 6.7g), **Cholesterol 89mg**, **Sodium 1793mg**, **Total Carbohydrate 34.7g**, Dietary Fiber 3.9g, Sugars 4.4g, **Protein 24.6g**

Applesauce Oat Bran Muffins

Serves 12 (12 muffins)

¾ cup brown sugar, packed
1½ cups oat bran
1½ cups flour
1½ teaspoons baking powder
1½ teaspoons baking soda
1½ teaspoons cinnamon
½ teaspoon nutmeg
½ teaspoon salt
½ cup nuts (optional)
½ cup raisins (optional)
1-tablespoon vanilla
2 eggs
1 cup unsweetened applesauce
4 tablespoons vegetable oil

1. Preheat oven to 400 degrees.
2. Line 12-muffin cups with paper liners or grease muffin tins.
3. In a large bowl mix together dry ingredients including nuts and raisins if using.
4. In another bowl mix together vanilla, oil, eggs and applesauce until well blended.
5. Mix a well in the center of the dry ingredients, add wet ingredients and mix until well blended.
6. Let mixture sit for 10-minutes (for oat bran to absorb some of the liquid).
7. Spoon mixture into paper lined muffin cups, bake 15-20 minutes or until golden brown and toothpick comes out clean.
8. Let muffins cool in pan for 5-minutes then remove to a wire rack to cool completely.

Per serving **calories 203: Total Fat 6.4g** (Saturated Fat 1.1g), **Cholesterol 35mg**, **Sodium 318mg**, **Total Carbohydrate 36.0g**, Dietary Fiber 2.7g, Sugars 13.7g, **Protein 4.7g**

Baked Sweet Potatoes

Serves 8

8 medium sweet potatoes with skin (8 ounces each)
1-cup milk
1-teaspoon vanilla
3 tablespoons sugar
¼ cup butter
¼ teaspoon cinnamon, ground
1/8 teaspoon nutmeg, ground
1 tablespoon orange juice
4 cups small marshmallows

1. Heat oven to 350 degrees bake potatoes until knife tender, 1½ hour.
2. Leave oven on.
3. Let potatoes cool slightly, peel, place in bowl, beat until smooth.
4. Heat milk in small saucepan to boiling.
5. Add vanilla, sugar and butter.
6. Stir cinnamon, nutmeg and orange juice into potatoes.
7. Stir in milk mixture until smooth.
8. Coat 12x8x2 inch baking dish with cooking spray.
9. Spread half the potatoes in bottom.
10. Layer 2-cups marshmallows over potatoes.
11. Cover with remaining sweet potatoes.
12. Bake for 30-minutes.
13. Layer remaining marshmallows on top.
14. Bake for 20-minutes until browned.

Per serving **calories 282: Total Fat 7.0g** (Saturated Fat 4.4g), **Cholesterol 19mg**, **Sodium 147mg**, **Total Carbohydrate 53.0g**, Dietary Fiber 4.0g, Sugars 24.8g, **Protein 3.6g**

Pancakes

Serves 4

1-cup all-purpose flour
2 teaspoons baking powder
1-tablespoon sugar
½ teaspoon salt
¾ cup milk
2 tablespoons melted butter or margarine
2 eggs, beaten

1. Combine all dry ingredients.
2. Preheat electric skillet to 380 degrees.
3. Add butter and milk to eggs.
4. Add dry ingredients.
5. Stir just to dampen (not too much).
6. Adjust milk so it's thin enough to pour.

Per serving **calories 244: Total Fat 10.2g** (Saturated Fat 5.5g), **Cholesterol 127mg**, **Sodium 571mg**, **Total Carbohydrate 29.9g**, Dietary Fiber 0.9g, Sugars 3.4g, **Protein 7.9g**

Buried Treasure Oatmeal

Serves 1

¾ cup water
¼ cup oatmeal
1 tablespoon strawberry jam

1. Bring water to a boil on the stove.
2. Stir in oatmeal and continue to cook for 1-minute.
3. Let stand 1-minute.
4. Serve by placing a layer of cooked oatmeal in a bowl.
5. Place a tablespoon of strawberry jam on the oatmeal.
6. Cover the jam with another layer of hot oatmeal.
7. Have the child stir the oatmeal to find the surprise filling.
8. May also use fruit pieces.

Per serving **calories 152: Total Fat 1.3g** (Saturated Fat 0.2g), **Cholesterol 0mg**, **Sodium 12mg**, **Total Carbohydrate 32.1g**, Dietary Fiber 2.3g, Sugars 13.4g, **Protein 3.3g**

Bean and Frankfurter Hot Pot

Serves 6

1-pound kidney beans
5 cups water
2 onions, diced
½ cup celery, diced
2¼ teaspoons salt
2 pimientos, diced (optional)
1 pound hot dogs, sliced
¼ cup margarine

1. Cover washed beans with water bring to a boil for 2-minutes.
2. Cover and let stand 1-hour cook until tender.
3. Do not drain.
4. Cook onion and celery in butter 5-minutes.
5. Add remaining ingredients to beans.
6. Simmer 15-minutes.

Per serving **calories 396: Total Fat 30.5g** (Saturated Fat 10.3g), **Cholesterol 40mg**,
Sodium 2061mg, Total Carbohydrate 18.1g, Dietary Fiber 3.9g, Sugars 5.7g, **Protein 12.9g**

Short Cut Peanut Butter Cookies

Serves 24

1 (18½ ounce) package yellow cake mix, dry
2 eggs
1-cup peanut butter
½ cup water

1. Preheat oven to 375 degrees.
2. Combine half of the package of yellow cake mix and the peanut butter in a large bowl.
3. Add eggs and water.
4. Mix everything very thoroughly with a mixer.
5. Add the other half of the cake mix and mix again.
6. The batter will be very stiff.
7. Drop by teaspoon onto ungreased cookie sheet.
8. Bake until golden brown.

Per serving **calories 163: Total Fat 8.2g** (Saturated Fat 1.6g), **Cholesterol 17mg**,
Sodium 201mg, Total Carbohydrate 19.3g, Dietary Fiber 0.8g, Sugars 13.0g, **Protein 4.2g**

Glazed Pork Chops

Serves 4

¾ pound pork chops, loin (bone in)
3½ tablespoons cider vinegar
1½ teaspoons cornstarch
3 tablespoons soy sauce
3 garlic cloves, minced

1. In a nonstick skillet over medium heat brown pork chops on both sides.
2. In a bowl combine ⅓ cup vinegar, soy sauce, and garlic pour over the chops.
3. Cover and simmer for 8-10 minutes or until the meat is no longer pink.
4. In a bowl combine the cornstarch and remaining vinegar until smooth, stir into the skillet.
5. Bring to a boil cook and stir 1-minute or until thickened.

Per serving **calories 188: Total Fat 10.8g** (Saturated Fat 3.7g), **Cholesterol 56mg**,
Sodium 806mg, Total Carbohydrate 2.5g, Dietary Fiber 0.2g, Sugars 0.3g, **Protein 18.7g**

Tumble Weeds

Serves 12

12 ounces peanuts, salted
2 cups butterscotch chips
1 (8 ounce) can potato sticks
3 tablespoons peanut butter, creamy

1. Melt chips and peanut butter, stir until smooth.
2. Stir in peanuts and potato sticks.
3. Drop by spoonfuls on wax paper.

Per serving **calories 435: Total Fat 30.7g** (Saturated Fat 10.9g), **Cholesterol 0mg**,
Sodium 95mg, Total Carbohydrate 34.4g, Dietary Fiber 3.3g, Sugars 20.5g, **Protein 10.2g**

Pork and Peppers Vinaigrette

Serves 8

8 (1½ pound) pork chops, thinly sliced-boneless
1-teaspoon salt
1-teaspoon pepper
1 onion, cut into thin strips
1 sweet red pepper, julienne
½ teaspoon thyme, dried
4 teaspoons olive oil
1 green pepper, julienne
2 tablespoons red wine vinegar
1 pound potatoes, hot boiled, diced and peeled

1. Sprinkle pork with thyme, salt and pepper.
2. Heat 2 teaspoons olive oil in a large nonstick skillet.
3. Add the pork and brown on both sides remove from skillet, set aside.
4. Add the remaining olive oil, onion and peppers to the skillet.
5. Cover over low heat, stirring occasionally until the vegetables are tender.
6. Return pork and any meat juices to the skillet; add the vinegar and heat to boiling.
7. Place potatoes in a serving dish top with pork and peppers.

Per serving **calories 246: Total Fat** 13.2g (Saturated Fat 4.1g), **Cholesterol** 56mg, **Sodium** 346mg, **Total Carbohydrate** 13.1g, Dietary Fiber 2.1g, Sugars 2.0g, **Protein** 18.7g

Frozen Fruit Treat

Serves 10

1¼ cups strawberries
¾ bananas cut in cubes
1-cup water
13 ounces pineapple, crushed
½ pound orange juice concentrate, frozen

1. Combine all ingredients in blender.
2. Pour in small cups and freeze.

Per serving **calories 94: Total Fat** 0.3g (Saturated Fat 0.1g), **Cholesterol** 0mg, **Sodium** 2mg, **Total Carbohydrate** 23.6g, Dietary Fiber 2.1g, Sugars 17.6g, **Protein** 1.3g

Summer Garden Chicken Sauté

Serves 4

2 tablespoons olive oil
1 pound boneless skinless chicken breast, sliced
¼ cup shallot, minced
8 ounces mushrooms, halved
1 red bell pepper, diced
1 zucchini, quartered sliced
1 cup cherry tomato, sliced
2 teaspoons dried thyme
1-tablespoon balsamic vinegar

1. Heat 1-tablespoon oil in a large skillet. Cook chicken 8-10 minutes until done remove from pan and cover.
2. Add remaining tablespoon of oil, shallots and mushrooms. Sauté until mushrooms begin to soften.
3. Add pepper, zucchini, tomatoes and thyme sauté 2-minutes or until vegetables are tender.
4. Stir in balsamic vinegar.
5. Return chicken to pan stir until combined and chicken is warm.

Per serving **calories 299.6: Total Fat** 12.6g (Saturated Fat 9.08g), **Cholesterol** 103.2mg, **Sodium** 211.9mg, **Total Carbohydrate** 5.6g, Dietary Fiber 2.7g, Sugars 4.5g, **Protein** 41g

Minty Peas and Onions

Serves 8

2 large onions cut into ½ inch wedges
2 tablespoons cooking oil
½ cup red peppers, sweet, diced
4 cups peas
2 tablespoons mint (fresh or dry)

1. In a large skillet sauté onions and red pepper in oil until onions just begin to soften.
2. Add peas cook uncovered stirring occasionally for 10-minutes or until heated through. Stir in mint cook 1-minute.

Per serving **calories 115: Total Fat** 3.6g (Saturated Fat 0.5g), **Cholesterol** 0mg, **Sodium** 3mg, **Total Carbohydrate** 16.9g, Dietary Fiber 5.1g, Sugars 6.7g, **Protein** 4.7g

Salsa Mac and Beef

Serves 6

1-pound lean ground beef
2 (10¾ ounce) cans cheddar cheese soup, low sodium
3 cups shell macaroni, uncooked
2 (14½ ounce) cans beef broth, low sodium
½ cup salsa

1. In a large pan bring 4-cups water to boil cook macaroni in boiling water until cooked.
2. Brown ground beef in frying pan.
3. In a 3-quart casserole mix ground beef, macaroni, soup, broth and salsa.
4. Bake in 350 degree oven for 35-minutes.

Per serving **calories 407: Total Fat 21.6g** (Saturated Fat 9.8g), **Cholesterol 76mg**, **Sodium 245 mg**, **Total Carbohydrate 27.4g**, Dietary Fiber 2.2g, Sugars 1.6g, **Protein 25.6g**

Country Skillet Supper

Serves 6

1-pound ground beef, lean
¼ teaspoon garlic powder
1 (14½ ounce) can beef broth, low sodium
½ teaspoon thyme
½ cup pasta, uncooked (corkscrew)
1 onion, medium, diced
1 (10½ ounce) can condensed golden mushroom soup, undiluted
1 (14½ ounce) can tomatoes
1 zucchini, sliced, or about 2 cups

1. Brown ground beef and onion in large skillet until juices clear and onion is tender.
2. Add beef broth, mushroom soup, tomatoes and pasta.
3. Add garlic powder and thyme; simmer until pasta is cooked.
4. Add zucchini slices and continue simmering until zucchini is tender.

Per serving **calories 266: Total Fat 14.1g** (Saturated Fat 5.2g), **Cholesterol 55mg**, **Sodium 245 mg**, **Total Carbohydrate 15.6g**, Dietary Fiber 1.8g, Sugars 4.6g, **Protein 19.4g**

Yummy Yogurt Pies

Serves 12

2 (9inch) graham cracker piecrusts
2 (8 ounce) containers Cool Whip
1 quart strawberry yogurt (or other fruit flavor)

1. In a bowl fold whipped cream and yogurt together.
2. Let your child scoop out the mixture to help make the pies or enough for themselves if you are doing individual pies.

Per serving **calories 397: Total Fat 20.6g** (Saturated Fat 11.0g), **Cholesterol 4mg**, **Sodium 287mg**, **Total Carbohydrate 49.0g**, Dietary Fiber 0.6g, Sugars 24.0g, **Protein 5.9g**

Onion-Topped Chicken

Serves 4

4 boneless skinless chicken breast halves
4 medium potatoes, peeled and halved
1 can (10¾ ounces) condensed cream of chicken soup, undiluted
1-cup (8 ounces) sour cream
1 can (2.8 ounces) French fried onions

1. Place chicken in a greased 9-inch square-baking dish.
2. Arrange potatoes around chicken.
3. Combine soup and sour cream spread over chicken and potatoes.
4. Bake uncovered at 350 degrees for 1¼ hour.
5. Sprinkle with onion bake 10-minutes longer.

Per serving **calories 619: Total Fat 27g** (Saturated Fat 12g), **Cholesterol 117mg**, **Sodium 852mg**, **Total Carbohydrate 54g**, Dietary Fiber 4g, Sugars 2.2g, **Protein 35g**

Make-Ahead Meatballs

Serves 30

4 eggs
2 cups dry breadcrumbs
½ cup finely chopped onion
1-tablespoon salt
2 teaspoons Worcestershire sauce
½ teaspoon white pepper
4 pounds lean ground beef

1. In a large bowl beat eggs; add the next 5-ingredients, add beef mix well.
2. Shape into 1-inch balls about 12 dozen.
3. Place meatballs on greased racks in shallow baking pans.
4. Bake at 400 degrees for 10-15 minutes or until no longer pink, turning often, drain, and cool.
5. Place about 30-meatballs each into freezer containers, may be frozen for up to 3-months.

Per serving **calories 139: Total Fat 6g** (Saturated Fat 0g), **Cholesterol 22mg**, **Sodium 357mg**, **Total Carbohydrate 6g**, Dietary Fiber 0g, Sugars 0.7g, **Protein 14g**

Food Sheep

1 serving

¼ cup cauliflower
1 (1 ounce) mozzarella string cheese
1-tablespoon cheese spread
1-tablespoon raisins

1. Put 1-cauliflower floweret on a plate.
2. Cut string cheese into 4 pieces and put on plate.
3. Cover the bottom of the cauliflower with cheese spread.
4. Attach the 4-pieces of cheese to the cauliflower to make legs.
5. Dip 2-raisins in the cheese spread and attach to make eyes.
6. Dip 1-raisin in cheese spread and attach to make nose.

Per serving **calories 145: Total Fat 7.6g** (Saturated Fat 4.8g), **Cholesterol 25mg**, **Sodium 410mg**, **Total Carbohydrate 10.5g**, Dietary Fiber 0.7g, Sugars 6.5g, **Protein 9.8g**

Chili

Serves 8-10

1½-pound ground beef
½ cup chopped sweet red pepper
½ cup chopped green pepper
1 medium onion, chopped
1 garlic clove, minced
1 can (32 ounces) tomato juice
1 can (15½ ounces) hot chili beans, undrained
1 can (14½ ounces) diced tomatoes, undrained
1 can (10½ ounces) condensed beef broth, undiluted
1 can (6 ounces) tomato paste
2 tablespoons chili powder
1½ teaspoons ground cumin
1-teaspoon sugar
¼ teaspoon pepper
sour cream

1. In a Dutch oven cook beef, peppers, onion and garlic over medium heat until meat is no longer pink, drain.
2. Stir in tomato juice, beans, tomatoes, broth, tomato paste and seasonings bring to a boil.
3. Reduce heat cover and simmer for 15-minutes.
4. Serve in Cauldron Bread Bowls (recipe opposite side of page) if desired.
5. Garnish with sour cream

Per serving **calories 237: Total Fat 9g** (Saturated Fat 4g), **Cholesterol 45mg**, **Sodium 135mg**, **Total Carbohydrate 20g**, Dietary Fiber 5g, Sugars 8g, **Protein 18g**

Cauldron Bread Bowls

Serves 8

4 to 5 cups all-purpose flour
1-cup rye flour
3 teaspoons quick-rise yeast
3 teaspoons salt
2 teaspoons baking cocoa
2 cups water
1/3 cup molasses
1/4 cup vegetable oil

1. In a mixing bowl combine 4 cups all-purpose flour, rye flour, yeast, salt and cocoa.
2. Heat water, molasses and oil to 120-130 degrees.
3. Add to dry ingredients beat until smooth.
4. Stir in enough remaining all-purpose flour to form a soft dough.
5. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes.
6. Cover and let rest for 10 minutes.
7. Divide the dough into 8-portions; shape each into a ball.
8. Place on greased baking sheets. Cover and let rise in a warm place until doubled, about 20-minutes.
9. Bake at 375 degrees for 20-minutes or until golden brown.
10. Cut the top fourth off each roll carefully hollow out bottom leaving a 1/4 inch shell (save for another use).
11. Fill each bowl with about 1/2 cup chili.
12. Serve bread tops on the side if desired.

Per serving **calories 375: Total Fat 8g** (Saturated Fat 1g), **Cholesterol 0mg**, **Sodium 892mg**, **Total Carbohydrate 68g**, Dietary Fiber 4g, Sugars 8.1g, **Protein 8g**

Turkey Sloppy Joes

Serves 6

1 pound lean ground turkey
1/4 cup chopped onion
1/2 cup no salt added ketchup
3 tablespoons barbecue sauce
1 tablespoon white vinegar
1 tablespoon prepared mustard
1 1/2 teaspoons Worcestershire sauce
1/2 teaspoon celery seed
1/4 teaspoon pepper
6 whole-wheat hamburger buns split

1. In a nonstick skillet cook turkey and onion over medium heat until meat is no longer pink.
2. Stir in the ketchup, barbecue sauce, vinegar, mustard, Worcestershire sauce, celery seed and pepper. Bring to a boil.
3. Reduce heat simmer uncovered for 10 minutes stirring occasionally.
4. Serve on buns.

Per serving **calories 259: Total Fat 9g** (Saturated Fat 2g), **Cholesterol 60mg**, **Sodium 395mg**, **Total Carbohydrate 29g**, Dietary Fiber 4g, Sugars 8.0g, **Protein 18g**

Creamy Banana Shake

Serves 4

1 1/2 cups skim milk
1/3 cup pineapple juice concentrate, frozen
2 cups frozen yogurt, vanilla softened
6 ice cubes
2 bananas

1. In a blender combine milk, juice concentrate, bananas and ice.
2. Blend until smooth. Add frozen yogurt blend.
3. Serve immediately.

Per serving **calories 207: Total Fat 4.4g** (Saturated Fat 2.8g), **Cholesterol 17mg**, **Sodium 112mg**, **Total Carbohydrate 34.9g**, Dietary Fiber 1.7g, Sugars 23.4g, **Protein 8.9g**

Cheeseburger Soup

Serves 8

½ pound ground beef
¾ cup chopped onion
¾ cup shredded carrots
¾ cup dices celery
1 teaspoon dried basil
1 teaspoon dried parsley flakes
3 cups chicken broth
4 cups diced peeled potatoes (1¾ pounds), raw
¼ cup all-purpose flour
2 cups (8-ounces) process cheese-Velveeta
1½ cups milk
salt to taste with cooking
¼ to ½ teaspoon pepper
¼ cup sour cream

1. In a 3-quart saucepan brown beef drain and set aside.
2. In the same saucepan sauté onion, carrot, celery, basil and parsley in 1-tablespoon butter until vegetables are tender about 10-minutes.
3. Add broth, potatoes and beef bring to a boil.
4. Reduce heat cover and simmer for 10-12 minutes or until potatoes are tender.
5. Meanwhile in a small skillet melt remaining butter.
6. Add flour cook and stir for 3-5 minutes or until bubbly.
7. Add to soup bring to boil.
8. Cook and stir for 2-minutes. Reduce heat to low.
9. Add cheese, milk, salt and pepper cook and stir until cheese melts.
10. Remove from the heat blend in sour cream.

Per serving **calories 330: Total Fat 18g** (Saturated Fat 11g), **Cholesterol 59mg**, **Sodium 510 mg**, **Total Carbohydrate 26g**, Dietary Fiber 2g, Sugars 4.6g, **Protein 15g**

Critter Crunch

Serves 11

¼ cup butter, cubed
3 tablespoons brown sugar
1-teaspoon ground cinnamon
1½ cups Crispix
1½ cups Cheerios
1½ cups animal crackers
1½ cups honey flavored bear shaped graham crackers
1-cup bite sized Shredded Wheat
1-cup miniature pretzels

1. In a saucepan or microwave safe bowl heat the butter, brown sugar and cinnamon until butter is melted stir until blended.
2. In a large bowl combine the remaining ingredients.
3. Add butter mixture and toss to coat.
4. Place in a greased 15x10x1 inch-baking pan. Bake uncovered at 300 degrees for 30-minutes stirring every 10-minutes.
5. Store in an airtight container.

Per serving **calories 187: Total Fat 7g** (Saturated Fat 3g), **Cholesterol 11mg**, **Sodium 256mg**, **Total Carbohydrate 30g**, Dietary Fiber 1g, Sugars 5.6g, **Protein 3g**

Pear Treat

Serves 7

1 (16 ounce) can pears, packed in syrup
1 (8 ounce) package cheddar cheese, shredded
1 (4 ounce) carton Cool Whip

1. Put a pear half in a dish.
2. Put Cool Whip on it and sprinkle with shredded cheddar cheese.

Per serving **calories 219: Total Fat 14.9g** (Saturated Fat 10.4g), **Cholesterol 34mg**, **Sodium 205mg**, **Total Carbohydrate 14.2g**, Dietary Fiber 2.0g, Sugars 10.3g, **Protein 8.5g**

Melting Snowflakes

Serves 2

2 10-inch flour tortillas
2 ounces cheddar cheese shredded (about ½ cup)
½ cup salsa (optional)

1. Microwave tortilla until soft cool slightly.
2. Fold warm tortilla in half, then in half again.
3. Use kitchen scissors to cut out small pieces of the tortilla, just as you would to make a snowflake out of paper.
4. Unfold tortilla.
5. Place the plain tortilla on the plate.
6. Sprinkle with shredded cheddar cheese.
7. Place the snowflake tortilla on the cheese-topped tortilla.
8. Microwave on high for 45 to 60 seconds or until the cheese is melted or you can warm in 350 degrees oven just until cheese melts.
9. Use the kitchen scissors to cut the quesadilla into 4-6 triangles.
10. Serve with salsa if you like.

Per serving **calories 136: Total Fat 9.9g** (Saturated Fat 6.1g), **Cholesterol 29mg**, **Sodium 220mg**, **Total Carbohydrate 4.0g**, Dietary Fiber 0.2g, Sugars 0.3g, **Protein 7.6g**

Fruit Kabobs

Serves 6 (6-skewers)

1 apple
1 banana
1 kiwi
1-pound pineapple

1. Help your child cut fruit into bite-sized chunks, slices or shapes.
2. To make one kabob, carefully push a skewer through the fruits, alternating colors.
3. Make as many as you wish.

Per serving **calories 73: Total Fat 0.3g** (Saturated Fat 0g), **Cholesterol 0mg**, **Sodium 1mg**, **Total Carbohydrate 19.1g**, Dietary Fiber 2.5g, Sugars 12.9g, **Protein 0.8g**

Cheesy Hash Browns and Salsa

Serves 7

1 pound lean ground beef
1-cup water, hot
1 (8½ ounces) Hamburger Helper mix for beef pasta (cheesy hash browns)
3 tablespoons margarine
¾ cup salsa
1-cup sour cream
2 ounces tortilla chips, crushed
4 ounces green chilies, diced

1. Brown beef and drain.
2. Stir in potatoes, hot water, margarine, salsa and chilies.
3. Heat to boiling over high heat stirring constantly until margarine is melted.
4. Reduce heat press potatoes and beef evenly.
5. Cook uncovered 5-7 minutes without turning or stirring until liquid is absorbed and most of bottom is brown (some potatoes will not be brown).
6. Lift small sections occasionally with pancake turner to check bottom for browning.
7. Cut small sections with edge of pancake turner (small sections make turning easier).
8. Slide turner under each section and turn over (mixture will not hold together perfectly).
9. Press firmly and continue about 2-minutes or until most of the bottom is brown.
10. Remove from heat.
11. Add supreme topping mix to milk in bowl or over mixture in skillet (do not stir in). Follow Hamburger Helper directions for milk.
12. Top with tortilla chips and sour cream.
13. Serve immediately.

Per serving **calories 680: Total Fat 21.2g** (Saturated Fat 8.5g), **Cholesterol 56mg**, **Sodium 681mg**, **Total Carbohydrate 46.9g**, Dietary Fiber 3.1g, Sugars 4.7g, **Protein 18.4g**

Three Cheese Sausage and Potato Casserole

Serves 6

1¾ cups cold water
¾ cup skim milk
4 ounces cheddar cheese, shredded
1-pound Kielbasa (fully cooked cut in 1-inch slices)
4 ounces Mozzarella cheese, grated
2 tablespoons margarine, melted
¼ cup margarine
2¾ cups potatoes, instant (dry)
1-cup sour cream
2 tablespoons breadcrumbs
¼ cup Parmesan cheese, grated

1. Heat water, milk, ¼ cup margarine and salt to boil, remove from heat.
2. Stir in potatoes just until moistened.
3. Let stand about 30 seconds or until liquid is absorbed.
4. Whip with fork until as fluffy as you like.
5. Stir in sour cream and cheddar cheese.
6. Heat oven to 350 degrees.
7. Grease square pan.
8. Spread half of the potato mixture in pan, arrange sausage on top.
9. Spread with remaining potato mixture.
10. Sprinkle with Mozzarella cheese.
11. Mix remaining ingredients: melted margarine, bread crumbs and Parmesan cheese and sprinkle on top.
12. Bake uncovered 25-30 minutes or until lightly brown.

Per serving **calories 655: Total Fat 52.9g** (Saturated Fat 22.4g), **Cholesterol 109mg**, **Sodium 1068 mg**, **Total Carbohydrate 20.5g**, Dietary Fiber 1.7g, Sugars 1.2g, **Protein 24.7g**

Adobe Bread

Serves 20

3¾ pounds bread dough, frozen
4 tablespoons ground cumin
4 ounces vegetable oil
2 tablespoons onion salt

1. Thaw the dough at room temperature for approximately 2-hours.
2. Divide into 20-portions.
3. Roll out on flour surface into 3-inch rounds, ½ inch thick.
4. Transfer to oiled sheet pan.
5. Combine next 3-ingredients in small bowl mix well.
6. Brush top surface of bread rounds.
7. Do not let rise.
8. Bake in preheated conventional oven at 375 degrees for 15-minutes or until brown.
9. Remove from oven keep warm.

Per serving **calories 115: Total Fat 5.9g** (Saturated Fat 0.8g), **Cholesterol 0mg**, **Sodium 2mg**, **Total Carbohydrate 0.5g**, Dietary Fiber 0.1g, Sugars 0g, **Protein 0.2g**

Humpty Dumpty Egg

Serves 1

1 black olive, sliced
2 baby carrots, sliced
1 radish, sliced
1 tomato, sliced
1-tablespoon mayonnaise
1 egg, hard-boiled
1-tablespoon paprika

1. Place tomato slice on plate, then cut pieces of egg from bottom so it lays flat.
2. Sprinkle some paprika on top of egg for hair.
3. Place olive slices for eyes, use a carrot stick for the nose and use a radish slice for the mouth.
4. Remember to use the salad dressing to make body parts stick to egg.

Per serving **calories 185: Total Fat 11.5g** (Saturated Fat 2.5g), **Cholesterol 215mg**, **Sodium 238mg**, **Total Carbohydrate 14.6g**, Dietary Fiber 4.6g, Sugars 6.3g, **Protein 8.7g**

Slow Cooker Hearty Pork Stew

Serves 6

1½ pounds pork boneless loin, cut into 1-inch cubes
3 medium carrots cut into ¼ inch slices 1½ cup
1 medium onion, chopped ½ cup
1 container (32 ounces) ready to serve chicken broth
2 cups ½ inch dices peeled parsnips
1½ cups 1-inch cube peeled butternut squash
½ teaspoon salt
½ teaspoon pepper
3 tablespoons Gold Medal all-purpose flour
3 tablespoons butter or margarine, softened

1. Mix all ingredients except flour and butter in 3½ to 6-quart slow cooker.
2. Cover and cook on low heat setting 6 to 7 hours (or high heat setting 3 to 4 hours) or until pork is no longer pink and vegetables are tender.
3. Mix flour and butter gently stir flour mixture 1-spoonful at a time into pork mixture until blended.
4. Cover and cook on high heat setting 30 to 45 minutes stirring occasionally until thickened.

Per serving **calories 310: Total Fat** 15g (Saturated Fat 7g), **Cholesterol** 90mg, **Sodium** 980mg, **Total Carbohydrate** 20g, Dietary Fiber 4g, Sugars 2.7g, **Protein** 20g

Herb Rice

Serves 4

2 cups water, cold
1 (12 ounce) package rice (Rice a Roni Herb and Butter)

1. In a large saucepan combine herb rice mixture with 2 cups cold water.
2. Bring to boil, reduce the heat to low, stir once and cover.
3. Simmer for 14 to 20 minutes or until liquid is absorbed.

Per serving **calories 306: Total Fat** 0.5g (Saturated Fat 0.1g), **Cholesterol** 0mg, **Sodium** 3mg, **Total Carbohydrate** 67.5g, Dietary Fiber 1.2g, Sugars 0g, **Protein** 5.6g

Apricot Nut Bread

Serves 10

1 cup dried apricots, diced
½ cup water
2 cups flour
1-cup sugar
1-tablespoon baking powder
½ teaspoon baking soda
½ cup orange juice
1 egg, beaten
2 tablespoons vegetable oil
1 cup Monterey Jack cheese, shredded
1 cup walnuts, chopped (optional)
½ teaspoon salt

1. Place apricots and water in saucepan heat to boil.
2. Reduce heat and simmer 8-minutes or until water is absorbed, cool.
3. In a large bowl combine flour, sugar, baking powder, baking soda and salt.
4. In a small bowl combine orange juice, egg and oil stir into flour mixture until moistened.
5. Fold in apricots, cheese and walnuts.
6. Spread into greased 8x4 pan.
7. Bake at 350 for 1 hour 15 minutes or until toothpick inserted into the center comes out clean.
8. Cool for 10-minutes, remove from pan.

Per serving **calories 279: Total Fat** 7.0g (Saturated Fat 2.7g), **Cholesterol** 31mg, **Sodium** 357mg, **Total Carbohydrate** 49.0g, Dietary Fiber 1.7g, Sugars 28.1g, **Protein** 6.5g

Mouse in the House

Serves 1

- 1 pear half
- 1 red licorice string
- 2 dried apricots
- 2 miniature marshmallows
- 2 whole cloves
- 1-tablespoon peanut butter

1. Place pear face down on a plate.
2. For ears spread a small amount of peanut butter on each apricot and stick them to the pear.
3. Cut mini marshmallows with cloves attach them to the pear (remind your kids not to eat the cloves).
4. The licorice twist can be sliced thinner, a tail can be curled around a child's finger and then stick it where all tails go.

Per serving **calories 208: Total Fat 8.2g** (Saturated Fat 1.7g), **Cholesterol 0mg**, **Sodium 79mg**, **Total Carbohydrate 22.9g**, Dietary Fiber 3.2g, Sugars 17.1g, **Protein 4.8g**

Monkey Bread

Serves 30

- 3 (8 ounce) containers biscuits, buttermilk
- 1-cup brown sugar
- 1-teaspoon cinnamon
- ½ cup sugar
- ½ cup margarine
- 1-cup vanilla ice cream

1. Roll biscuits in cinnamon and sugar mixture.
2. Place in greased bundt pan.
3. Stand biscuits around pan.
4. Bring brown sugar, margarine and ice cream in pan to a boil for 1-minute.
5. Pour over biscuits.
6. Bake 40 to 45 minutes at 350 degrees.
7. Invert and cool.

Per serving **calories 157: Total Fat 7.3g** (Saturated Fat 1.8g), **Cholesterol 2mg**, **Sodium 173mg**, **Total Carbohydrate 21.8g**, Dietary Fiber 0.4g, Sugars 11.9g, **Protein 1.8g**

Sautéed Pork and Cheddar Wild Rice

Serves 6

- 1-pound pork loin sliced ¼ inch thick (boneless)
- 1-tablespoon oil
- 2 cups apple juice
- 1 (6¾ ounce) package rice (long grain and wild)
- 6 ounces cheddar cheese shredded
- ¼ teaspoon cinnamon
- 1 onion diced
- ½ cup dried cranberries sweetened

1. Season pork with cinnamon.
2. Sauté pork in hot oil in a 10-inch skillet over medium heat 5-minutes on each side or until browned and cooked through.
3. Remove from skillet set aside.
4. Add onion to skillet cook 3-5 minutes or until onion is tender.
5. Add apple juice and rice seasoning packet heat to a boil.
6. Stir in rice and cranberries.
7. Cover; remove from heat, let stand 7-minutes.
8. Stir in 1-cup cheese.
9. Arrange pork over rice sprinkle with remaining ½ cup cheese. Using a medium heat setting heat 3 to 5 minutes or until cheese is melted.

Per serving **calories 459: Total Fat 22.6g** (Saturated Fat 10.0g), **Cholesterol 75mg**, **Sodium 211mg**, **Total Carbohydrate 38.2g**, Dietary Fiber 1.2g, Sugars 10.3g, **Protein 24.5g**

Graham Cracker Ice Cream Bars

Serves 9

- 9 graham crackers
- ½ cups creamy peanut butter
- 1-pint ice cream
- 1-teaspoon vanilla

1. Mix softened ice cream, peanut butter and vanilla together.
2. Put a small amount of the filling between 2-crackers and freeze.

Per serving **calories 179: Total Fat 11.4g** (Saturated Fat 3.8g), **Cholesterol 14mg**, **Sodium 133mg**, **Total Carbohydrate 15.8g**, Dietary Fiber 1.3g, Sugars 10.3g, **Protein 5.2g**

Turkey Breast Scaloppini

Serve 4

1-pound turkey breast cutlets
¼ cup breadcrumbs
¼ cup Parmesan cheese
¼ cup lemon juice
3 tablespoons butter

1. Pat turkey cutlets dry.
2. Mix cheese and bread crumbs on a plate and coat the cutlets in the mix.
3. Heat 2-tablespoons of butter in a skillet on medium and add cutlets.
4. Brown on both sides about 3-minutes per side and put on a platter. Test for doneness with thermometer to 165° F.
5. Deglaze the pan by turning heat to high add lemon juice and scrape browned bits into sauce.
6. Turn off heat and stir in remaining butter.
7. Pour sauce over turkey and serve immediately.

Per serving **calories 259: Total Fat** 11.5g (Saturated Fat 6.9g), **Cholesterol** 98mg, **Sodium** 262mg, **Total Carbohydrate** 6.4g, Dietary Fiber 0.4g, Sugars 0.8g, **Protein** 31.4g

Orange Julius

Serves 3

⅓ cup orange juice concentrate
½ cup water
½ cup milk
½ teaspoon vanilla

1. Blend a little gradually; add in 6-7 ice cubes; do not over blend.

Per serving **calories 50: Total Fat** 0.1g (Saturated Fat 0g), **Cholesterol** 0mg, **Sodium** 0mg, **Total Carbohydrate** 12.0g, Dietary Fiber 0.3g, Sugars 11.8g, **Protein** 0.8g

After School Apple Cake

Serves 20

6 apples
¾ cup vegetable oil
1½ cups sugar
1-cup flour
2 teaspoons cinnamon
4 eggs
1-tablespoon baking powder
1-cup whole wheat flour

1. Preheat oven to 350 degrees.
2. Grease and flour 9x13 pan.
3. Peel, core and slice apples set them in a large bowl and sprinkle with cinnamon.
4. In another bowl blend oil, eggs and sugar.
5. Add baking powder, flour and wheat flour blend until combined.
6. Pour the batter over the apples gently stirring until the apples are just coated.
7. Pour this mix into the prepared baking pan arranging the apples in an even layer and bake for 35 to 40 minutes or until a knife inserted in the center comes out clean.

Per serving **calories 210: Total Fat** 9.4g (Saturated Fat 1.4g), **Cholesterol** 42mg, **Sodium** 69mg, **Total Carbohydrate** 30.3g, Dietary Fiber 2.0g, Sugars 19.4g, **Protein** 2.8g

Purple Cow

Serves 4

1 (16 ounce) can frozen grape juice concentrate (purple)
1-cup milk
1-teaspoon vanilla
10 ice cubes

1. Combine all ingredients in a blender blend until smooth.
2. Pour into glass and drink immediately.

Per serving **calories 104: Total Fat** 2.4g (Saturated Fat 1.4g), **Cholesterol** 8mg, **Sodium** 32mg, **Total Carbohydrate** 17.7g, Dietary Fiber 0.2g, Sugars 14.7g, **Protein** 2.8g

Hamburger Stroganoff

Serves 6

1½ pounds ground beef
2 tablespoons margarine
½ teaspoon salt
¼ teaspoon pepper
1 (10¾ ounce) can cream of chicken soup, undiluted
1-cup sour cream
½ cup onions, diced
2 tablespoons flour
1 garlic clove, minced
1 (4 ounce) can mushroom pieces, drained
8 ounces noodles, wide, cooked and drained
2 teaspoons poppy seeds
1-tablespoon margarine melted

1. In a skillet cook ground beef and onion in margarine until beef is browned and the onion is tender.
2. Stir in flour, salt, garlic, pepper and mushrooms.
3. Cook for 5-minutes stirring constantly.
4. Stir in soup bring to a boil stirring constantly.
5. Reduce heat simmer uncovered for about 10-minutes stirring occasionally.
6. Stir in sour cream heat through but do not boil.
7. Meanwhile combine noodles; poppy seed and margarine toss lightly.
8. Spoon stroganoff over noodles.

Per serving **calories 592: Total Fat 35.9g** (Saturated Fat 14.0g), **Cholesterol 129mg**, **Sodium 697mg**, **Total Carbohydrate 36.8g**, Dietary Fiber 1.8g, Sugars 2.1g, **Protein 30.1g**

Peanut Butter Granola Bars

Serves 20 (20-bars)

¾ cup peanut butter creamy
2 cups granola cereal
1-cup raisins
½ cup walnuts
2 cups crispy rice cereal
10 tablespoons honey
1-cup oatmeal old-fashioned
½ cup sunflower seeds
2 eggs lightly beaten

1. Preheat oven to 325 degrees.
2. Grease 9x13 pan.
3. In a saucepan over low heat melt peanut butter and honey, let cool.
4. In a large bowl mix granola, oatmeal, raisins, sunflower seeds and walnuts.
5. Stir in peanut butter and honey mixture to coat.
6. Slowly mix in eggs.
7. Gently stir in the rice cereal and press the mixture into the prepared pan.
8. Bake 20 to 30 minutes or until lightly browned on the edges.
9. Cool and cut into squares.

Per serving **calories 243: Total Fat 12.4g** (Saturated Fat 2.1g), **Cholesterol 21mg**, **Sodium 77mg**, **Total Carbohydrate 29.0g**, Dietary Fiber 2.9g, Sugars 16.7g, **Protein 7.2g**

Zesty Potato Pizza

Serves 6

- 6 medium potatoes peeled
- 1/3 cup Mozzarella cheese, shredded
- 1/3 cup sour cream
- 1 egg beaten
- 2 teaspoons dry breadcrumbs
- 1-pound ground beef
- 4 ounces Mozzarella cheese shredded
- 2 tablespoons Parmesan cheese grated
- 1 small onion
- 8 ounces pizza sauce

1. For crust peel, cook and mash potatoes.
2. Beat together hot mashed potatoes, sour cream, Mozzarella cheese and egg in a mixing bowl.
3. Season to taste with salt and pepper.
4. Spread potato mixture onto a 12-inch pizza pan.
5. Sprinkle with breadcrumbs.
6. Bake at 350 degrees for 20 minutes.
7. Meanwhile for topping brown beef and onion in skillet drain well.
8. Stir in pizza sauce set aside.
9. Remove crust from oven increase temperature to 400 degrees.
10. Spoon topping mixture evenly over crust.
11. Sprinkle with Mozzarella and Parmesan cheeses bake another 10-minutes.
12. Cut into wedges and serve with forks.

Per serving **calories 484: Total Fat 22.1g** (Saturated Fat 10.1g), **Cholesterol 113mg**, **Sodium 451mg**, **Total Carbohydrate 44.4g**, Dietary Fiber 5.0g, Sugars 5.9g, **Protein 27.0g**

Best Banana Bread

Serves 10 – 1 loaf

- 1/2 cup butter
- 1-cup sugar
- 2 eggs beaten
- 4 bananas finely crushed
- 1 1/2-cups flour
- 1-teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla

1. Cream together butter and sugar.
2. Add eggs and crushed bananas combine well.
3. Sift together flour, soda and salt add to creamed mixture add vanilla.
4. Pour into greased and floured loaf pan.
5. Bake at 350 degrees for 60-minutes or until toothpick comes out dry.
6. Keeps well refrigerated.

Per serving **calories 284: Total Fat 10.5g** (Saturated Fat 6.2g), **Cholesterol 66mg**, **Sodium 322mg**, **Total Carbohydrate 45.2g**, Dietary Fiber 1.7g, Sugars 25.9g, **Protein 3.8g**

Applesauce Quesadillas

Serves 16

- 4 flour tortillas (6 inches)
- 2/3 cup unsweetened applesauce
- 2/3 cup shredded cheddar cheese
- Cinnamon-sugar, optional
- 1 tablespoon butter, melted

1. Place 2 tortillas on an ungreased baking sheet. Spread each with applesauce; sprinkle with cheese and cinnamon-sugar if desired. Top with remaining tortillas. Brush tops with butter. Sprinkle with cinnamon-sugar.
2. Bake at 400° for 7-8 minutes or until lightly browned. Cut each into eight wedges.

Per serving one wedge; **calories 38: Total Fat 1g** (Saturated Fat trace), **Cholesterol 1mg**, **Sodium 48mg**, **Total Carbohydrate 5g**, Dietary Fiber trace, **Protein 2g**

Puddle Cake

Serves 20

2 teaspoons salt
2 cups sugar
1/3 cup baking cocoa
3 cups flour
2 teaspoons baking soda
2 tablespoons vinegar
3/4 cup salad oil
1-teaspoon vanilla
2 cups water

1. Sift the first 5-ingredients into a 9x13 pan.
2. Level with fork – make 3-wells.
3. Place vinegar into one well, oil in the next and vanilla in the third.
4. Add water and mix well with a fork or spoon.
5. Don't beat but mix well.
6. Bake at 325 degrees for 30-35 minutes.

Per serving **calories 221: Total Fat 8.5g** (Saturated Fat 1.3g), **Cholesterol 0mg**,
Sodium 359mg, **Total Carbohydrate 35.1g**, Dietary Fiber 1.0g, Sugars 20.1g, **Protein 2.2g**

Chicken Chow Mein

Serves 6

1-cup chicken broth
1-cup milk
1 1/2 pounds chicken cooked and diced
2 (10 ounce) cans cream of mushroom soup
1 (6 ounce) can water chestnuts, sliced
1-cup celery, diced
1 (3 ounce) can Chinese noodles

1. Preheat oven to 350 degrees.
2. In a 2 1/2-quart casserole, mix all ingredients.
3. Bake until done.

Per serving **calories 365: Total Fat 22.1g** (Saturated Fat 5.9g), **Cholesterol 57mg**,
Sodium 885mg, **Total Carbohydrate 23.8g**, Dietary Fiber 1.7g, Sugars 3.2g, **Protein 18.2g**

Tuna Burgers

Serves 4

1 egg, beaten
1/2 cup dry bread crumbs
1/2 cup finely chopped celery
1/3 cup mayonnaise
1/4 cup finely chopped onion
2 tablespoons chili sauce
1 pouch (6.4 ounces) light tuna in water
2 tablespoons butter
4 hamburger buns, split and toasted
Lettuce leaves and sliced tomato, optional

1. In small bowl, combine the first six ingredients; fold in tuna. Shape into four patties.
2. Melt butter in skillet; cook patties four 4-5 minutes on each side or until lightly browned. Serve on buns with lettuce and tomato if desired.

Per serving **calories 441: Total Fat 25g** (Saturated Fat 7g), **Cholesterol 88mg**,
Sodium 803mg, **Total Carbohydrate 35g**, Dietary Fiber 2g, **Protein 18g**

Garlic Carrots

Serves 6

1 pound baby carrots
2 garlic cloves minced
2 tablespoons olive oil
1/4 cup hot water
1/2 teaspoon salt
1/4 teaspoon thyme dried
1/4 teaspoon pepper

3. In a skillet sauté carrots and garlic in oil for 5-minutes.
4. Add water, salt, thyme and peppers bring to boil.
5. Reduce heat cover and cook 8-12 minutes or until carrots are tender.

Per serving **calories 67: Total Fat 4.6g** (Saturated Fat 0.6g), **Cholesterol 0mg**,
Sodium 253mg, **Total Carbohydrate 6.6g**, Dietary Fiber 1.4g, Sugars 3.6g, **Protein 0.6g**

Cheddar Cheese Soup

Serves 8

½ cup onions, diced
⅔ cup flour
1-teaspoon paprika
4 cups milk
1 (10¾ ounce) can cream of chicken soup, undiluted, low sodium
1 (6 ounce) package cheddar cheese, grated
½ cup margarine
1 teaspoon dry mustard
¾ -1 cup chicken broth, low sodium

1. In a large saucepan sauté onion in butter until tender.
2. Combine flour, mustard, paprika and salt add to saucepan.
3. Stir to make smooth paste.
4. Gradually add milk and soup, cook and stir until thick, about 10-minutes.
5. Add the cheese and chicken broth stir until cheese is melted.

Per serving **calories 433: Total Fat 32.5g** (Saturated Fat 14.4g), **Cholesterol 64mg**,
Sodium 448 mg, Total Carbohydrate 18.4g, Dietary Fiber 0.6g, Sugars 1.0g, **Protein 17.4g**

Smoothie

(Ingredients for each child)

¼ cup skim milk
¼ cup low fat vanilla yogurt
¼ cup frozen strawberries
½ small banana

1. Have children help place all ingredients in blender.
2. Blend until smooth adding additional milk if needed.
3. Pour smoothie into individual cups for children.

Homemade Stromboli

Serves 12

1½ package dry yeast
1-tablespoon sugar
2 cups water, warm
1-tablespoon salt
5-6 cups flour
1 egg white
1-tablespoon water, cold

Sauce: 16 ounces tomato sauce
16 ounces Mozzarella cheese
½ pound pepperoni, sliced
½ pound ham, sliced

1. Dissolve yeast in warm water.
2. Add salt, sugar and ½ of the flour mix well.
3. Add rest of flour turn onto floured board and knead until smooth.
4. Place in buttered bowl.
5. Cover and let rise 1½ to 2 hours in warm place. Punch down divide into 12-pieces for Stromboli or shape into 2-loaves for bread.
6. Bake bread 30-minutes at 400 degrees.
7. Roll out each dough into a circle; place in center of each dough a few slices of ham, pepperoni, grated cheese and a little sauce. Fold in half and pinch edges well to seal.
8. Brush with egg white mix.
9. Place on greased sheet pan.
10. Bake for 15 to 20 minutes at 400 degrees until lightly brown.
11. May be reheated.
12. Serve with extra tomato sauce to dip in.

Per serving **calories 459: Total Fat 20.5g** (Saturated Fat 9.4g), **Cholesterol 65mg**,
Sodium 1593mg, Total Carbohydrate 45.9g, Dietary Fiber 2.4g, Sugars 3.4g, **Protein 21.8g**

Pork Chops with Apples

Serves 4

4 apples, sliced
¼ cup lemon juice
¼ teaspoon nutmeg
1-teaspoon salt
1-teaspoon pepper
1-tablespoon vegetable oil
4 pork chops
¼ cup apple juice
1-tablespoon butter, optional

1. Sprinkle the apples with lemon juice and nutmeg.
2. Warm a 10-inch or larger skillet over medium high heat and add enough oil to keep the pork from sticking.
3. When the skillet is hot add the 4-pork chops and a pinch of salt and pepper.
4. After about 6 minutes turn the chops to brown on the other side.
5. After 5 minutes push the chops aside and add the apples.
6. Cover the pan and cook for about 2-minutes.
7. Remove the cooked pork chops from the pan to a warmed serving platter (at this point the center of the pork chops should be white and the juices should run clear).
8. Continue cooking the apples until soft, about 3-minutes.
9. Deglaze the pan with the cider or juice by turning up the heat, stirring the juice and apples and scraping up the browned bits. Serve over or beside pork chops.

Per serving **calories 339: Total Fat 17.9g** (Saturated Fat 5.5g), **Cholesterol 75mg**, **Sodium 650mg**, **Total Carbohydrate 22.6g**, Dietary Fiber 3.6g, Sugars 16.4g, **Protein 23.0g**

Strawberry Almond Muffins

Serves 12

½ cup butter, softened
2 eggs
½ cup whole-wheat flour
¼ teaspoon salt
¼ cup almonds, chopped
¾ cup sugar
½ cup milk
1½-cups flour
1-tablespoon baking powder
2 cups strawberries, chopped

1. Preheat oven to 375 degrees and line a 12-cup muffin tin with paper liners (a good job for kids).
2. In a bowl of an electric mixer or food processor cream the butter and sugar.
3. Add the eggs one at a time and blend until fluffy.
4. Mix in milk and almond extract.
5. In a separate bowl mix flour, baking powder and salt.
6. Add flour mix to the milk mixture and blend until just combined.
7. Fold in the strawberries and almonds.
8. Fill muffin cups to top and bake for 30-minutes or until golden brown.

Per serving **calories 234: Total Fat 10.7g** (Saturated Fat 5.5g), **Cholesterol 57mg**, **Sodium 220mg**, **Total Carbohydrate 31.3g**, Dietary Fiber 1.9g, Sugars 13.9g, **Protein 4.6g**

Fruit Salad

Apples, cored and sliced
Oranges, peeled and sliced
Bananas, peeled
Plain or flavored yogurt

Mix yogurt over fruit and serve.

Vegetable Calzone

Serves 4

1 pound frozen bread dough
1 garlic clove, minced
1 egg beaten
1-teaspoon water
1 (10 ounce) package-frozen broccoli chopped
1 (4 ounce) package Mozzarella cheese shredded
1 (16 ounce) jar spaghetti sauce
1 (8 ounce) container Ricotta cheese, light
½ teaspoon pepper
¼ cup Parmesan cheese

1. Thaw bread dough and let rise according to package directions.
2. Combine broccoli, Ricotta and Mozzarella cheese, garlic and pepper.
3. Punch down bread dough and turn out onto lightly floured surface.
4. Divide into 4 equal pieces.
5. One at a time, roll out each piece into an 8-inch circle.
6. Sprinkle about ¾ cup cheese mixture over half of the circle leaving a 1-inch border.
7. Fold dough over to cover filling forming a semi-circle; press and crimp edges with fork tines to seal.
8. Brush with egg mixture.
9. Place on greased baking sheet and bake at 350 degrees for 30-minutes until brown and puffed.
10. Transfer to rack and let cool 10-minutes.
11. Top with spaghetti sauce and Parmesan cheese.

Per serving **calories 447: Total Fat 20.1g** (Saturated Fat 10.5g), **Cholesterol 110mg**, **Sodium 934mg**, **Total Carbohydrate 20.0g**, Dietary Fiber 2.7g, Sugars 12.2g, **Protein 21.3g**

Bean 'n' Rice Burritos

Serves 8

1 ½ cups water
1 ½ cups uncooked instant brown rice
1 medium green pepper, diced
½ cup chopped onion
1 tablespoon olive oil
1 teaspoon minced garlic
1 teaspoon chili powder
1 teaspoon ground cumin
1/8 teaspoon crushed red pepper flakes
1 can (15 ounces) black beans, rinsed and drained
8 flour tortillas (8 inches), warmed
1 cup salsa

Reduced-fat shredded cheddar cheese and reduced-fat sour cream, optional

1. In a small saucepan, bring water to a boil. Add rice. Return to a boil. Reduce heat; cover and simmer for 5 minutes. Remove from the heat. Let stand for 5 minutes or until water is absorbed.
2. Meanwhile, in a large skillet, sauté green pepper and onion in oil for 3-4 minutes or until tender. Add garlic; cook 1 minute longer. Stir in the chili powder, cumin and pepper flakes until combined. Add beans and rice; cook and stir for 4-6 minutes or until heated through.
3. Spoon about ½ cup of filling off-center on each tortilla; top with 2 tablespoons salsa. Fold sides and ends over filling and roll up. Serve with cheese and sour cream if desired.

Per serving 1 burrito (calculated without cheese and sour cream) **calories 290: Total Fat 6g** (Saturated Fat 1g), **Cholesterol 0mg**, **Sodium 504 mg**, **Total Carbohydrate 49g**, Dietary Fiber 4g, **Protein 9g**

Skillet Herb Bread

Serves 10

1½ cups bread flour, sifted
2 tablespoons sugar
4-teaspoon baking powder
1½ teaspoons salt
1 teaspoon rubbed sage
1 teaspoon dried thyme
1½ cups yellow cornmeal
1½ cups celery, chopped
1-cup onions chopped
1-(2 ounce) jar pimentos drained
3 eggs beaten
1½-cups milk

1. Combine flour, sugar, baking powder, salt, sage and thyme.
2. Combine cornmeal, celery, onion and pimentos; add to dry ingredients and mix well.
3. Add eggs, milk and oil stir until moistened.
4. Pour into a greased 10 or 11 inch oven proof skillet.
5. Bake at 400° F. for 35-45 minutes or until bread tests done. Serve warm.

Per serving **calories 201: Total Fat 3.7g** (Saturated Fat 1.4g), **Cholesterol 68mg**, **Sodium 553mg**, **Total Carbohydrate 35.6g**, Dietary Fiber 2.5g, Sugars 3.9g, **Protein 6.8g**

Carrot Salad

Serves 8

1-pound carrots grated
6 tablespoons salad dressing, low fat
6 tablespoons raisins

1. Mix all the above ingredients and garnish with a sprig parsley.

Per serving **calories 64: Total Fat 1.3g** (Saturated Fat 0.4g), **Cholesterol 6mg**, **Sodium 128mg**, **Total Carbohydrate 13.1g**, Dietary Fiber 1.9g, Sugars 8.1g, **Protein 1.3g**

Tyson Chicken Delight

Serves 6

1-pound chicken breasts
2 garlic cloves minced
1½-teaspoons ground cumin
1 small onion diced
1-tablespoon chili powder
1 (2½ ounce) can ripe olives, sliced and drained
1 (8 ounce) package Colby Monterey Jack cheese, shredded
1 (14½ ounce) can Rotel (or salsa)
8 ounces tortilla chips

1. In a medium nonstick skillet combine chicken, onion, garlic, chili powder and cumin.
2. Cook over medium high heat until no longer pink. Shred chicken into bit size pieces.
3. Stir in Rotel (tomatoes).
4. Lightly spray pizza pan or baking sheet with nonstick cooking spray.
5. Layer half of the chips, ½ cup cheese and half each of the chicken mixture and olives.
6. Repeat layers top with remaining cheese.
7. Bake at 350 degrees for 15-20 minutes or until hot and cheese is melted.

Per serving **calories 493: Total Fat 29.1g** (Saturated Fat 10.4g), **Cholesterol 82mg**, **Sodium 808mg**, **Total Carbohydrate 30.8g**, Dietary Fiber 3.1g, Sugars 1.2g, **Protein 29.0g**

Space Food Sticks

Serves 8

1-cup peanut butter creamy
1 cup powdered milk
½ cup syrup, white

1. Mix peanut butter and syrup.
2. Add powdered milk until stiff.
3. Roll into finger shapes and wrap in wax paper, refrigerate.
4. Before wrapping in wax paper they may be rolled in wheat germ, chopped nuts and/or brewer's yeast.

Per serving **calories 314: Total Fat 20.5g** (Saturated Fat 6.0g), **Cholesterol 15mg**, **Sodium 223mg**, **Total Carbohydrate 24.5g**, Dietary Fiber 2.1g, Sugars 15.6g, **Protein 12.3g**

Orange Sherbet

Serves 5

2 teaspoons unflavored gelatin
½ cup water
6 ounces orange concentrate
1-cup evaporated milk
2 tablespoons lemon juice

1. Soak 2-teaspoons gelatin in ½ cup water for about 3-minutes.
2. Pour into a freezer dish and freeze to a soft mush.
3. Beat until stiff.
4. Beat 1-cup chilled evaporated milk add to gelatin mixture.
5. Add frozen orange juice concentrate and 2-tablespoons lemon juice to beaten milk and beat again until velvety.
6. Freeze until firm.

Per serving **calories 126: Total Fat 3.9g** (Saturated Fat 2.3g), **Cholesterol 14mg**, **Sodium 56mg**, **Total Carbohydrate 18.7g**, Dietary Fiber 0.3g, Sugars 13.0g, **Protein 5.1g**

Frozen Fruit Chunk Cups

Serves 4

⅔ cup applesauce unsweetened
7 ounces mandarin oranges drained
7 ounces strawberries frozen
⅔ cup grapes
4 teaspoon orange juice concentrated

1. Thaw strawberries.
2. Combine all ingredients in bowl.
3. Spoon fruit mixture into individual dishes or paper cups.
4. Freeze until firm.
5. Remove from freezer about 30-minutes before serving.

Per serving **calories 103: Total Fat 0.4g** (Saturated Fat 0.1g), **Cholesterol 0mg**, **Sodium 14mg**, **Total Carbohydrate 26.2g**, Dietary Fiber 2.7g, Sugars 14.0g, **Protein 1.2g**

Gumdrop Cookies

Serves 24

1½ cups gumdrops spiced
½ cup golden raisins
1-cup brown sugar
1 egg
½ teaspoon baking soda
½ cup walnuts chopped
1¾-cups flour
1 cup shortening
¼ cup buttermilk
½ teaspoon salt

1. Cut gumdrops into small pieces reserving black ones for another use.
2. Place gumdrops in a bowl add walnuts, raisins and ¼ cup flour; toss to coat set aside.
3. In a mixing bowl cream the brown sugar and shortening.
4. Add eggs beat in buttermilk.
5. Combine baking soda, salt and remaining flour; stir into creamed mixture.
6. Add gumdrops mixture and mix well.
7. Chill for 1-hour.
8. Drop by rounded teaspoons 2-inches apart onto ungreased baking sheet.
9. Bake at 400 degrees for 8-10 minutes.
10. Cool for 2-minutes before moving to a wire rack.

Per serving **calories 218: Total Fat 10.5g** (Saturated Fat 3.7g), **Cholesterol 13mg**, **Sodium 89mg**, **Total Carbohydrate 30.0g**, Dietary Fiber 0.5g, Sugars 17.5g, **Protein 1.8g**

Cheddar Stack Cakes with Spiced Fruit Sauce

Serves 5

1 (8 ounce) package dried apricots
1½ cups peaches diced
1 (8 ounce) package cheddar cheese shredded
¼ cup brown sugar
1 egg
¼ teaspoon nutmeg
1 tablespoon lemon juice
1-cup skim milk
1 ½ cups Bisquick, lowfat

1. Coarsely cut up dried apricots or other dried fruit.
2. Chop peaches.
3. In a medium saucepan combine 2-cups water, drained fruit, brown sugar, lemon juice and heat to a boil.
4. Reduce heat, cover and simmer 20-25 minutes or until thickened stirring occasionally.
5. Stir in peaches keep warm.
6. In a medium bowl beat egg.
7. Stir in milk.
8. Add baking mix blend until dry ingredients are moistened.
9. Stir in 1¾ cups cheese.
10. Heat nonstick griddle or skillet over medium high heat until a drop of water sizzles.
11. For each pancake drop a scant ¼ cup batter onto hot griddle.
12. Cook until tops are bubbly and edges look cooked about 2-minutes.
13. Turn continue to cook 1-minute or until bottom is golden brown.
14. Cakes may be kept warm in oven at 200 degrees.

Per serving **calories 549: Total Fat 22.1g** (Saturated Fat 11.4g), **Cholesterol 91mg**, **Sodium 793mg**, **Total Carbohydrate 72.0g**, Dietary Fiber 5.0g, Sugars 45.0g, **Protein 19.5g**

Easy Pot Pie

Serves 6

2 pounds chicken breasts cooked and diced
2 tablespoons flour
¼ teaspoon rosemary dried
1 (16 ounce) can peas and carrots drained
1 (10 ounce) can cream of celery soup, undiluted
¼ cup onion diced
1 (16 ounce) container chicken broth
¼ teaspoon pepper
1-cup flour + 1 teaspoon baking powder
1 cup buttermilk
½ teaspoon pepper
½ cup margarine melted

1. Cook chicken breasts ahead of time or use canned chicken.
2. In a saucepan combine chicken, vegetables, soup, onion and flour mix well.
3. Stir in broth, rosemary and pepper; bring to a boil over medium heat stirring occasionally.
4. Boil for 1-minute.
5. Pour in an ungreased shallow baking dish of 2½-quart size.
6. For topping combine flour and pepper in a bowl.
7. Stir in buttermilk and butter just until moistened.
8. Spoon over chicken mixture.
9. Bake at 425 degrees for 25-minutes or until golden brown.

Per serving **calories 587: Total Fat 32.7g** (Saturated Fat 7.6g), **Cholesterol 103mg**, **Sodium 988mg**, **Total Carbohydrate 32.9g**, Dietary Fiber 3.7g, Sugars 3.2g, **Protein 40.4g**

Zucchini Muffins

Serves 20

½ cup margarine
2 ¾ cups flour
1-teaspoon salt
½ cup oil
2 eggs
4 tablespoon baking cocoa
1-teaspoon cinnamon
½ cup milk, soured
1 ½ cups white sugar
1-teaspoon baking soda
2 cups zucchini grated
½ cup brown sugar
½ cup nuts, chopped (optional)
1-teaspoon baking powder
1-teaspoon vanilla

1. Mix flour, salt, soda and cocoa together in large mixing bowl.
2. Cream margarine and white sugar together in small bowl.
3. Sour milk with 1-tablespoon lemon juice.
4. Add eggs, oil, vanilla and soured milk to creamed mixture.
5. Mix dry ingredients into creamed mixture just until moistened.
6. Add grated zucchini and mix slightly.
7. Fill lined muffin tins 2/3 full.
8. Sprinkle with brown sugar and chopped nuts.
9. Bake at 350 degrees for 25-minutes.

Per serving **calories 246: Total Fat** 11.1g (Saturated Fat 1.9g), **Cholesterol** 22mg, **Sodium** 264mg, **Total Carbohydrate** 35.0g, Dietary Fiber 1.0g, Sugars 20.6g, **Protein** 3.0g

Chicken Fried Rice

Serves 4

1 (12 ounce) package Rice-A-Roni (fried rice mix)
1 (4 ounce) package Mozzarella cheese shredded
1-pound chicken cooked
1 (8 ounce) can water chestnuts sliced and drained
1½ cups broccoli florets cooked

1. Cook rice according to package directions.
2. Stir in chicken, broccoli and water chestnuts heat through.
3. Sprinkle with cheese.

Per serving **calories 618: Total Fat** 26g (Saturated Fat 69.5g), **Cholesterol** 74mg, **Sodium** 1737mg, **Total Carbohydrate** 67.4g, Dietary Fiber 5.6g, Sugars 7.8g, **Protein** 28.3g

Cheesy Chicken Taco Bake

Serves 8-12

3 cups chopped, cooked chicken
1 package taco seasoning
2 ½ cups shredded cheddar, divided
2 cups mild salsa
2 cups corn kernels
15 corn tortillas, 6" size

1. Combine chicken and taco seasoning, toss to coat.
2. Mix chicken, salsa, corn and 2 cups of cheese together until well blended.
3. Cut 3 of the tortillas in half and layer 4 whole tortillas and 2 halves into the bottom of a greased 9 x 13 baking dish, making 5 tortillas total per layer. Spread half the chicken mixture over the tortillas and top with 5 more tortillas, 4 whole and 2 halves.
4. Layer with remaining chicken mixture and corn tortillas on the very top. Sprinkle with the last half cup of cheese and cover tightly with lid.
5. Bake in a 350° oven for 30 minutes.
6. Let stand for 10 minutes before cutting.

Dill Vinaigrette

Serves 5

¼ cup cider vinegar
2 tablespoons water
2 tablespoons olive oil
2 tablespoons honey
½ teaspoon garlic powder
½ teaspoon dill weed
½ teaspoon dried parsley flakes
¼ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon celery seed
salad greens and vegetables of your choice

1. In a jar with a tight fitting lid combine the first 10-ingredients, shake well.
2. Serve with salad.
3. Refrigerate leftovers, shake well before serving.

Per serving **calories 77: Total Fat 5g** (Saturated Fat 0g), **Cholesterol 0mg**,
Sodium 118mg, Total Carbohydrate 8g, Dietary Fiber 0g, Sugars 7g, **Protein 0g**

Roasted Red Potatoes

Serves 4

1-pound small red potatoes
1-tablespoon olive or vegetable oil
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons grated Parmesan cheese

1. Cut the potatoes into ¼-inch thick slices toss with oil.
2. Place in a single layer in a greased 13x9x2-inch baking pan.
3. Sprinkle with salt, pepper and Parmesan cheese.
4. Cover tight with foil
5. Bake at 350 degrees for 40 minutes or until tender.

Per serving **calories 117: Total Fat 4g** (Saturated Fat 0g), **Cholesterol 2mg**,
Sodium 352mg, Total Carbohydrate 15g, Dietary Fiber 0g, Sugars 0.9g, **Protein 4g**

Chicken Rice Casserole

Serves 6

6 boneless skinless chicken breast halves (1½ pounds)
1-tablespoon canola oil
¾ cup chopped sweet red pepper
¾ cup chopped green pepper
½ cup chopped onion
½ cup chopped fresh mushrooms
1 garlic clove, minced
2 cups uncooked instant brown rice
2 cups chicken broth
1½ cup frozen corn thawed
¼ teaspoon salt
⅛ teaspoon pepper
¼ cup slivered almonds toasted
2 tablespoons minced parsley

1. In a large skillet brown chicken in oil for 4-minutes on each side, remove and keep warm.
2. In the same skillet sauté peppers, onions, mushrooms and garlic until tender.
3. Stir in the rice, broth, corn, salt and pepper bring to a boil.
4. Transfer to an 11x7x2 inch-baking dish coated with cooking spray.
5. Top with chicken.
6. Cover and bake at 350 degrees for 20-minutes.
7. Uncover bake 5-minutes longer or until chicken juices run clear.
8. Sprinkle with almonds and parsley.

Per serving **calories 351: Total Fat 8g** (Saturated Fat 1g), **Cholesterol 66mg**,
Sodium 493mg, Total Carbohydrate 37g, Dietary Fiber 4g, Sugars 0.8g, **Protein 33g**

Walnut Chicken Skillet

Serves 4

2 teaspoons cornstarch, divided
3 tablespoons soy sauce, divided
1-pound boneless skinless chicken breasts cut into ¼ inch strips
1-tablespoon water
1½ teaspoons vinegar
1½ teaspoons sugar
dash hot pepper sauce
½ cup walnut halves
3 tablespoons vegetable oil
1 medium green pepper, cut into 1-inch pieces
½ teaspoon ground ginger
hot cooked rice

1. In a bowl combine 1-teaspoon of cornstarch and 1-tablespoon soy sauce until smooth.
2. Add chicken and toss to coat; cover and refrigerate for 30 minutes.
3. Meanwhile in bowl combine water, vinegar sugar hot pepper sauce and remaining cornstarch and soy sauce, set aside.
4. In a skillet sauté walnuts in oil until toasted remove with a slotted spoon and set aside.
5. In the same skillet stir-fry chicken until juices run clear, remove and keep warm.
6. Add green pepper and ginger to skillet cook and stir for 3-minutes or until pepper is crisp-tender.
7. Stir cornstarch mixture add to skillet, bring to a boil, cook and stir for 2-minutes or until thickened and bubbly.
8. Return chicken and walnuts to pan.
9. Serve over rice.

Per serving **calories 321: Total Fat 21g** (Saturated Fat 3g), **Cholesterol 63mg**, **Sodium 746mg**, **Total Carbohydrate 7g**, Dietary Fiber 1g, Sugars 2.9g, **Protein 27g**

Spiced Fruit Salad

Serves 12

1½ cups fat free plain yogurt
¼ cup packed brown sugar
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
2-pounds ripe bananas (about 3-medium) sliced
1-pound apples (about 2 medium) cubed
1 tablespoon lemon juice
1-pound red and/or green seedless grapes

1. In a small bowl combine the yogurt, brown sugar, cinnamon and nutmeg.
2. Gently toss bananas and apples with lemon juice add grapes.
3. Divide among individual bowls.
4. Drizzle with the yogurt mixture.
5. Serve immediately.

Per serving **calories 136: Total Fat 1g** (Saturated Fat 0g), **Cholesterol 1mg**, **Sodium 26mg**, **Total Carbohydrate 34g**, Dietary Fiber 2g, Sugars 17.7g, **Protein 3g**

Fried Potatoes

Serves 3-4

3 cups diced cooked potatoes
½ cup diced cooked onion
2 tablespoons butter
salt and pepper to taste

1. In a large skillet cook potatoes and onion in butter over medium heat for 10-minutes or until golden brown.
2. Season with salt and pepper.

Per serving **calories 147: Total Fat 6g** (Saturated Fat 4g), **Cholesterol 15mg**, **Sodium 65mg**, **Total Carbohydrate 22g**, Dietary Fiber 2g, Sugars 2.2g, **Protein 3g**

Spicy Haddock

Serves 8

2 pounds fresh or frozen haddock fillets thawed
1 can (4 ounces) chopped green chilies
2 tablespoons vegetable oil
2 tablespoons soy sauce
2 tablespoons Worcestershire sauce
1-teaspoon paprika
½ teaspoon garlic powder
½ teaspoon chili powder
dash hot pepper sauce

1. Place fillets in a 13x9x2 inch-baking dish coated with cooking spray.
2. Combine the remaining ingredients; spoon over fish.
3. Bake uncovered at 350 degrees for 20-25 minutes or until fish flakes easily with a fork.

Per serving **calories 139: Total Fat 4g** (Saturated Fat 0g), **Cholesterol 65mg**, **Sodium 501mg**, **Total Carbohydrate 2g**, Dietary Fiber 0g, Sugars 1.3g, **Protein 22g**

Basil Cherry Tomatoes

Serves 4-6

3-pints cherry tomatoes halved
½ cup chopped fresh basil
1 ½ teaspoons olive oil
salt and pepper to taste
lettuce leaves, optional

1. In a large bowl combine the tomatoes basil, oil, salt and pepper.
2. Cover and refrigerate until serving.
3. Serve on lettuce if desired.

Per serving **calories 42: Total Fat 2g** (Saturated Fat 0g), **Cholesterol 0mg**, **Sodium 14mg**, **Total Carbohydrate 7g**, Dietary Fiber 2g, Sugars 4.7g, **Protein 1g**

Creamy Italian Noodles

Serves 4-6

10-package (8 ounces) wide egg noodles
¼ cup butter
½ cup heavy whipping cream, half and half cream or evaporated milk
¼ cup grated Parmesan cheese
2¼ teaspoons Italian salad dressing mix

1. Cook noodles according to package directions drain and place in a bowl, drizzle with butter.
2. Add the remaining ingredients toss to coat.
3. Serve immediately

Per serving **calories 296: Total Fat 18g** (Saturated Fat 10g), **Cholesterol 86mg**, **Sodium 276mg**, **Total Carbohydrate 28g**, Dietary Fiber 1g, Sugars 0.8g, **Protein 7g**

Greek Loaf

Serves 16 (1-loaf)

1-cup milk (70-80 degrees)
1-tablespoon olive oil
½ to 1½-teaspoon salt
¾ cup crumbled feta cheese
3 cups bread flour
1-tablespoon sugar
2¼ teaspoons active dry yeast
¼ cup sliced ripe olives

1. In bread machine pan place the first seven ingredients in order suggested by manufacturer.
2. Select basic bread setting, choose crust color and loaf size if available.
3. Bake according to bread machine directions (check dough after 5-minutes of mixing add 1 to 2 tablespoons of water or flour if needed).
4. Just before the final kneading (your machine may audibly signal this) add the olives.

Per serving **calories 114: Total Fat 3g** (Saturated Fat 1g), **Cholesterol 7mg**, **Sodium 179mg**, **Total Carbohydrate 19g**, Dietary Fiber 1g, Sugars 1.1g, **Protein 5g**

Broccoli Ham Ring

Serves 6-8

2 tubes (8 ounces each) refrigerated crescent roll dough
1½ cups (6 ounces) shredded Swiss cheese
¼ pound boneless fully cooked ham cubed
2 ¼ cups chopped fresh broccoli
1 small onion chopped
¼ cup minced fresh parsley
2 tablespoons Dijon mustard
1 teaspoon lemon juice

1. Unroll crescent roll dough and place triangles on a 12-inch pizza pan forming a ring with pointed ends facing outer edge of pan and wide ends overlapping.
2. Lightly press wide ends together.
3. In a large bowl combine the remaining ingredients spoon over wide ends of rolls.
4. Fold points over filling and tuck under wide ends (filling will be visible).
5. Bake at 375 degrees for 20-25 minutes or until golden brown.

Per serving **calories 225: Total Fat 13g** (Saturated Fat 6g), **Cholesterol 26mg**, **Sodium 558mg**, **Total Carbohydrate 15g**, Dietary Fiber 1g, Sugars 3.9g, **Protein 11g**

Cheesy Chicken Pot Pie

Serves 8

3 cups chopped cooked chicken
1 pkg (16 ounces) frozen mixed vegetables (carrots, corn, green beans, peas) thawed, drained
½ lb (8 oz) Velveeta, cut into ½ inch cubes
1 can (10- ¾ oz) reduced sodium condensed cream of chicken soup
1 can (8oz) refrigerated crescent dinner rolls

1. Heat oven to 375° F.
2. Combine first 4 ingredients in 13 x 9 baking dish.
3. Unroll dough; place over chicken mixture.
4. Bake 20 to 25 min or until crust is golden brown.

Per serving **calories 350: Total Fat 16g** (Saturated Fat 7g), **Cholesterol 70mg**, **Sodium 830mg**, **Total Carbohydrate 25g**, Dietary Fiber 1g, Sugars 7g, **Protein 24g**

Beefy Vegetable Stew

Serves 10-12

1-pound ground beef
1 can (28 ounces) stewed tomatoes cut up
1 can (15 ounces) tomato sauce
1 package (16 ounces) frozen California blend vegetables
1 cup frozen corn
1 cup frozen broccoli cuts
2 cups water
1-tablespoon beef bouillon granules
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon garlic powder

1. In a large kettle or Dutch oven cook the beef until no longer pink drain.
2. Add remaining ingredients.
3. Cover and simmer for 40-45 minutes stirring occasionally.

Per serving **calories 137: Total Fat 5g** (Saturated Fat 2g), **Cholesterol 25mg**, **Sodium 614mg**, **Total Carbohydrate 14g**, Dietary Fiber 3g, Sugars 3.9g, **Protein 11g**

Strawberry Rhubarb Gelatin

Serves 4

2 cups diced fresh or frozen rhubarb
½ to ¾ cup sugar
¼ cup water
1 package (3 ounces) strawberry gelatin
1½ cup whipped topping

1. In a saucepan bring rhubarb, sugar and water to boil.
2. Reduce heat simmer uncovered for 3-5 minutes or until the rhubarb is softened.
3. Remove from the heat stir in gelatin until dissolved.
4. Pour into a bowl, refrigerate for 20-minutes or until partially set.
5. Fold in whipped topping.
6. Chill until firm.

Per serving **calories 262: Total Fat 5g** (Saturated Fat 5g), **Cholesterol 0mg**, **Sodium 51mg**, **Total Carbohydrate 52g**, Dietary Fiber 1g, Sugars 62.9g, **Protein 2g**

Baked Beef Stew

Serves 6-8

1 can (14½ ounces) diced tomatoes, not drained
1-cup water
3 tablespoons quick-cooking tapioca
2 teaspoons sugar
1½ teaspoons salt
½ teaspoons pepper
2 pounds lean beef stew meat, cut into 1-inch cubes
4 medium carrots cut into 1-inch chunks
3 medium potatoes peeled and quartered
2 celery ribs cut into ¾ inch chunks
1 medium onion cut into chunks
1 slice bread cubed

1. In a large bowl combine the tomatoes, water, tapioca, sugar, salt and pepper.
2. Add remaining ingredients mix well.
3. Pour into a greased 13x9x2 inch or 3-quart baking dish.
4. Cover and bake at 375 degrees for 1¾ to 2 hours or until meat and vegetables are tender.
5. Serve in bowls.

Per serving **calories 300: Total Fat 8g** (Saturated Fat 3g), **Cholesterol 70mg**, **Sodium 628mg**, **Total Carbohydrate 31g**, **Dietary Fiber 4g**, **Sugars 5.4g**, **Protein 25g**

Sesame Green Beans

Serves 6

¾ pound fresh green beans
½ cup water
1-tablespoon butter
1-tablespoon soy sauce
2 teaspoons sesame seeds toasted

1. In a large saucepan bring beans and water to a boil reduce heat to medium.
2. Cover and cook for 10-15 minutes or until beans are crisp-tender drain.
3. Add butter, soy sauce and sesame seeds, toss to coat.

Per serving **calories 39: Total Fat 2g** (Saturated Fat 1g), **Cholesterol 5mg**, **Sodium 181mg**, **Total Carbohydrate 4g**, **Dietary Fiber 2g**, **Sugars 0.9g**, **Protein 1g**

Cheesy Chicken & Salsa Skillet

Serves 4

2 cups multi-grain penne pasta, uncooked
1 pound boneless skinless chicken breasts cut into bite size pieces
1 ¼ cups thick & chunky salsa
1 cup frozen corn, thawed
1 large green pepper, cut into strips
1 cup 2% shredded cheese

1. Cook pasta as directed on package, omitting salt.
2. Meanwhile, heat large nonstick skillet sprayed with cooking spray on medium-high heat. Add chicken; cook and stir 2 minutes. Stir in salsa, corn and peppers. Bring to boil. Simmer on medium-low heat 10 min. or until chicken is done, stirring occasionally.
3. Drain pasta. Add to chicken mixture; mix lightly. Top with cheese.

Per serving **calories 450: Total Fat 9g** (Saturated Fat 4g), **Cholesterol 85mg**, **Sodium 850mg**, **Total Carbohydrate 49g**, **Dietary Fiber 6g**, **Sugars 5g**, **Protein 42g**, **Vit. A 15%**, **Vit. C 35%**, **Calcium 45%**, **Iron 15%**

Potato Sloppy Joe Bake

Serving 6-8

1-pound ground beef
1 can (15 ½ ounces) Sloppy Joe sauce
1 can (10 ¾ ounces) condensed cream of potato soup, undiluted
1 package (32 ounces) frozen cubed hash brown potatoes, thawed
1 cup (4 ounces) shredded cheddar cheese

1. In a large skillet cook beef over medium heat until no longer pink drain.
2. Add Sloppy Joe sauce and soup.
3. Place hash browns in a greased 13x9x2 inch-baking dish.
4. Top with beef mixture.
5. Cover and bake at 450 degrees for 20 minutes.
6. Uncover bake 10-minutes longer or until heated through.
7. Sprinkle with cheese.

Per serving **calories 290: Total Fat 11g** (Saturated Fat 6g), **Cholesterol 47mg**, **Sodium 763mg**, **Total Carbohydrate 30g**, **Dietary Fiber 3g**, **Sugars 2.4g**, **Protein 18g**

Favorite Pot Roast

Serves 8

1 boneless beef rump roast (4 pounds)
2 tablespoons vegetable oil
2 teaspoons salt
½ teaspoon pepper
½ teaspoon dried thyme
1 bay leaf
3 cups water divided
8 medium potatoes peeled and quartered
8 large carrots cut into 2-inch chunks
1-pound small onions peeled
½ cup all-purpose flour
½ teaspoon browning sauce optional
additional salt and pepper to taste

1. In a Dutch oven brown the roast in oil.
2. Combine the salt, pepper and thyme, sprinkle over meat.
3. Add bay leaf and 2 cups water bring to boil.
4. Reduce heat cover and simmer for 2½ hours.
5. Add the potatoes, carrots and onions.
6. Cover and simmer 45 minutes longer or until meat and vegetables are tender.
7. Remove roast and vegetables to a serving platter keep warm.
8. Discard bay leaf.
9. Skim fat from pan juices; add enough water to pan juices to measure 2-cups.
10. In a bowl combine flour and remaining water until smooth stir into juices.
11. Bring to a boil cook and stir for 2-minutes or until thickened and bubbly.
12. Stir in browning sauce if desired.
13. Season with salt and pepper.
14. Slice roast serve with vegetables and gravy.

Per serving **calories 523: Total Fat** 15g (Saturated Fat 4g), **Cholesterol** 136mg, **Sodium** 693mg, **Total Carbohydrate** 47g, Dietary Fiber 5g, Sugars 6.9g, **Protein** 50g

Meatball Sandwiches

Serves 6

1 batch of 30 meatballs (frozen or thawed) (p 14)
1-cup ketchup
¾ cup packed brown sugar
¼ to ½ cup chopped onion
¼ teaspoon garlic powder
⅛ teaspoon liquid smoke optional
6-sandwich rolls split

1. Place meatballs in an ungreased 1-quart baking dish.
2. Combine the next 5-ingredients, pour over meatballs.
3. Cover and bake 350 degrees for 1-hour.
4. Serve on rolls.

Per serving **calories 365: Total Fat** 5g (Saturated Fat 3g), **Cholesterol** 2mg, **Sodium** 849mg, **Total Carbohydrate** 74g, Dietary Fiber 3g, Sugars 37.2g, **Protein** 8g

Chunky Applesauce

Serves 6

8 to 10 large tart apples peeled and cut into chunks
sugar substitute equivalent to ½ to 1 cup sugar
½ cup water
1-teaspoon ground cinnamon

1. Combine apples, sugar, water and cinnamon in a 3-quart slow cooker stir gently.
2. Cover and cook on low for 6-8 hours or until apples are tender.

Per serving **calories 93: Total Fat** 0g (Saturated Fat 0g), **Cholesterol** 0mg, **Sodium** 77mg, **Total Carbohydrate** 25g, Dietary Fiber 4g, Sugars 35.5g, **Protein** 1g

Sweet Potato Salad

Serves 8

2 pounds sweet potatoes (about 3 medium) peeled and cubed
4 tablespoons lemon juice divided
2 celery ribs thinly sliced
1 can (11 ounce) mandarin oranges drained
1-cup fat free mayonnaise
2 tablespoons orange juice
1-tablespoon honey
½ teaspoon salt
¼ teaspoon ground ginger
⅛ teaspoon ground nutmeg
¼ cup chopped pecans

1. Place sweet potatoes in a large saucepan cover with water bring to a boil.
2. Reduce heat cover and cook for 9-10 minutes or until tender, drain and place in a bowl.
3. Add 2-tablespoons lemon juice and toss.
4. Add celery and oranges.
5. In a small bowl combine the mayonnaise, orange juice, honey, salt, ginger, nutmeg and remaining lemon juice.
6. Pour over potato mixture and toss to coat.
7. Cover and refrigerate for at least 2-hours.
8. Just before serving stir in pecans.

Per serving **calories 200: Total Fat 4g** (Saturated Fat 0g), **Cholesterol 3mg**, **Sodium 415mg**, **Total Carbohydrate 41g**, Dietary Fiber 4g, Sugars 13.7g, **Protein 3g**

Peanut Butter Apple Dip

Serves 20

1 package (8 ounces) cream cheese softened
1-cup peanut butter
1 cup packed brown sugar
¼ cup milk
3 to 4 apples cut into wedges

1. In a mixing bowl combine the first 4-ingredients mix well.
2. Serve with apples.
3. Store in refrigerator.

Per serving **calories 177: Total Fat 11g** (Saturated Fat 4g), **Cholesterol 13mg**, **Sodium 99mg**, **Total Carbohydrate 18g**, Dietary Fiber 2g, Sugars 11.8g, **Protein 4g**

Broccoli Waldorf Salad

Serves 10

6 cups broccoli florets
1 large red apple chopped
½ cup raisins
¼ cup chopped pecans
½ cup prepared coleslaw dressing

1. In a large serving bowl combine the first 4-ingredients.
2. Drizzle with dressing.
3. Toss to coat.
4. Refrigerate leftovers.

Per serving **calories 87: Total Fat 4g** (Saturated Fat 0g), **Cholesterol 3mg**, **Sodium 133mg**, **Total Carbohydrate 14g**, Dietary Fiber 2g, Sugars 9.3g, **Protein 2g**

Almond Rice Pilaf

Serves 6

- ¾ cup chopped onion
- ½ cup slivered almonds
- 1-tablespoon butter or margarine
- 2 cups chicken broth
- 2 cups uncooked instant rice

1. In a saucepan sauté onion and almonds in butter until the onion is tender and the almonds are lightly browned.
2. Add broth bring to boil.
3. Stir in rice and cover.
4. Remove from the heat.
5. Let stand for 5-8 minutes or until the liquid is absorbed.

Per serving **calories 201: Total Fat 7g** (Saturated Fat 2g), **Cholesterol 5mg**, **Sodium 332mg**, **Total Carbohydrate 30g**, Dietary Fiber 2g, Sugars 1.7g, **Protein 5g**

Parmesan Zucchini Strips

Serves 4

- 1/3 cup seasoned breadcrumbs
- ¼ cup nonfat Parmesan cheese topping
- 4 small zucchini quartered lengthwise
- ¼ cup egg substitute

1. In a bowl combine the breadcrumbs and cheese topping.
2. Dip zucchini in egg substitute then in crumb mixture.
3. Place on a baking sheet coated with cooking spray.
4. Bake at 450 degrees for 20-25 minutes or until golden brown and tender.

Per serving **calories 91: Total Fat 1g** (Saturated Fat 0g), **Cholesterol 2mg**, **Sodium 390mg**, **Total Carbohydrate 14g**, Dietary Fiber 3g, Sugars 4.1g, **Protein 7g**

Sweet-Sour Chicken Nuggets

Serves 4

- 1 medium green pepper cut into chunks
- 1 large onion cut into wedges
- 1 to 2 tablespoons canola oil
- 1 can (14½ ounces) chicken broth
- ½ cup pancake syrup
- ¼ cup cider vinegar
- 1-tablespoon soy sauce
- 1 can (8 ounces) pineapple chunks
- 2 to 3 tablespoons cornstarch
- 20 pieces breaded chicken nuggets thawed
- hot cooked rice

1. In a large skillet sauté green pepper and onion in oil until crisp-tender remove and keep warm.
2. Add the broth, syrup; vinegar and soy sauce to the skillet bring to a boil.
3. Drain pineapple reserving juice set pineapple aside.
4. Combine cornstarch and juice until smooth gradually add to broth mixture.
5. Bring to a boil cook and stir for 2-minutes or until thickened.
6. Add chicken nuggets cook for 2-minutes.
7. Stir in the pineapple and sautéed vegetables heat through.
8. Serve over rice.

Per serving **calories 473: Total Fat 20g** (Saturated Fat 5g), **Cholesterol 55mg**, **Sodium 1170mg**, **Total Carbohydrate 59g**, Dietary Fiber 2g, Sugars 24.2g, **Protein 17g**

Chili Chicken

Serves 4

- 4 boneless skinless chicken breast halves (1 pound)
- 1 can (14½ ounces) Italian stewed tomatoes
- 1 can (15 ounces) chili with beans
- 4 slices cheddar or American cheese

1. Place chicken in an ungreased 11x7x2 inch-baking dish.
2. Top with tomatoes.
3. Bake uncovered at 350 degrees for 50 minutes.
4. Spoon chili over each chicken breast and bake 10-minutes longer.
5. Top with cheese return to the oven for 3-4 minutes or until cheese is melted.

Per serving **calories 311: Total Fat 5g** (Saturated Fat 0g), **Cholesterol 69mg**, **Sodium 589mg**, **Total Carbohydrate 21g**, Dietary Fiber 0g, Sugars 5.9g, **Protein 37g**

Country Style Casserole

Serves 8

- 2 cans (10 ¾ ounces each) condensed cream of chicken soup, undiluted
- ¾ cup mayonnaise
- ½ cup milk
- 3 tablespoons honey
- 2 tablespoons Dijon mustard
- 4 cups cubed cooked chicken or fully cooked ham
- 1 package (26 ounces) frozen shredded hash brown potatoes
- 3 cups frozen sliced carrots

1. In a large bowl combine the first 5-ingredients.
2. Stir in chicken, hash browns and carrots.
3. Transfer to a greased 13x9x2 inch-baking dish.
4. Cover and bake at 350 degrees for 45-50 minutes.
5. Uncover bake 15-20 minutes longer or until bubbly.

Per serving **calories 429: Total Fat 25g** (Saturated Fat 5g), **Cholesterol 75mg**, **Sodium 576mg**, **Total Carbohydrate 26g**, Dietary Fiber 2g, Sugars 9.8g, **Protein 24g**

Green Bean and Tomato Salad

Serves 8

- 1 pound fresh green beans, trimmed
- ½ cup thinly sliced red onion
- 1 pint grape or cherry tomatoes, halved
- 2 tablespoons lemon juice
- 1-tablespoon olive or canola oil
- 1-tablespoon water
- ¾ teaspoon salt
- ¼ teaspoon pepper
- 1 cup chopped celery

1. Place beans in a saucepan and cover with water bring to a boil.
2. Cook uncovered for 8-10 minutes or until crisp-tender.
3. Drain and rinse with cold water.
4. Place in a large bowl add onion.
5. Place tomatoes in another bowl.
6. In a small bowl whisk together the lemon juice, oil, water, salt and pepper.
7. Pour over the vegetables in each bowl, toss to coat.
8. Cover and refrigerate for at least 1-hour.
9. Stir celery into bean mixture transfer to a serving platter.
10. Surround with tomatoes.

Per serving **calories 48: Total Fat 2g** (Saturated Fat 0g), **Cholesterol 0mg**, **Sodium 239mg**, **Total Carbohydrate 7g**, Dietary Fiber 3g, Sugars 1.5g, **Protein 2g**

Hearty Ham Casserole

Serves 4-6

2 cups cubed fully cooked ham
2 cups diced cooked potatoes
15 ¼ ounces frozen corn
¼ cup minced fresh parsley
1 tablespoon chopped onion
¼ cup butter or margarine
½ cup all-purpose flour
1¾ cups milk
⅛ teaspoon pepper
½ cup (2 ounces) shredded cheddar cheese or process American cheese

1. In a large bowl combine the first 4-ingredients set aside.
2. In a saucepan sauté onion in butter for 2 minutes stir in flour until blended.
3. Gradually add milk and pepper.
4. Bring to a boil cook and stir for 2 minutes.
5. Remove from the heat pour over the ham mixture and stir until combined.
6. Transfer to a greased 11x7x2 inch-baking dish.
7. Cover and bake at 350 degrees for 25 minutes.
8. Uncover and sprinkle with cheese.
9. Bake 5-10 minutes longer or until cheese is melted.

Per serving calories 377: Total Fat 20g (Saturated Fat 11g), Cholesterol 75mg, Sodium 243 mg, Total Carbohydrate 29g, Dietary Fiber 2g, Sugars 2.9g, Protein 18g

Angel Rolls

Serves 14

3½ cups bread flour, divided
2 tablespoons sugar
1 package (¼ ounce) quick rise yeast
1¼ teaspoons salt
1-teaspoon baking powder
½ teaspoon baking soda
1-cup warm buttermilk (120-130 degrees)
½ cup vegetable oil
⅓ cup warm water (120-130 degrees)
melted butter

1. In a large mixing bowl combine 1½-cup flour, sugar, yeast, salt, baking powder and baking soda.
2. Add the buttermilk, oil and water beat until moistened.
3. Stir in enough remaining flour to form soft dough.
4. Turn onto a floured surface and knead until smooth and elastic about 4-6 minutes.
5. Cover and let rise for 10 minutes.
6. Roll out to ½ inch thickness cut with a floured 2½-inch biscuit cutter.
7. Place on a greased baking sheet.
8. Bake at 400 degrees for 15-18 minutes or until golden brown.
9. Brush tops with butter.
10. Remove from pan to a wire rack to cool.

Per serving calories 184: Total Fat 8g (Saturated Fat 1g), Cholesterol 1mg, Sodium 303mg, Total Carbohydrate 25g, Dietary Fiber 1g, Sugars 2.7g, Protein 5g
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Breakfast Burrito

Serves 6

1-tablespoon butter
6 (8 inch) flour tortillas
6 eggs
½ cup Monterey Jack cheese grated
1 small onion diced
¼ green pepper diced
1 plum tomato diced
¼ cup black olives sliced
¼ cup mushrooms sliced
½ cup salsa

1. Beat eggs.
2. Over medium high heat melt butter in large nonstick frying pan.
3. Scramble and cook the eggs to your liking.
4. Warm tortillas for a few minutes on the rack of a 250 degrees oven.
5. Fill with egg and your choice of ingredients.
6. Fold burrito style.

Per serving **calories 320: Total Fat** 14.8g (Saturated Fat 5.7g), **Cholesterol** 224mg, **Sodium** 669mg, **Total Carbohydrate** 32.8g, Dietary Fiber 2.7g, Sugars 3.1g, **Protein** 14.0g

Orange-Topped Chops

Serves 6

6 pork chops (1/2 inch thick)
1-tablespoon vegetable oil
1 can (11 ounce) mandarin oranges, drained
½ teaspoon ground cloves
pepper to taste

1. In a skillet brown pork chops on both sides in oil.
2. Top with oranges.
3. Sprinkle with cloves and pepper.
4. Cover and simmer over medium high heat for 20-25 minutes or until meat juices run clear.

Per serving **calories 167: Total Fat** 7g (Saturated Fat 0g), **Cholesterol** 52mg, **Sodium** 39mg, **Total Carbohydrate** 6g, Dietary Fiber 0g, Sugars 5.5g, **Protein** 11g

Breakfast Pizza

Serves 4

4 eggs
½ cup cheddar cheese grated
4 ounces ham diced
½ cup mushrooms
½ cup black olives
1-tablespoon butter
½ cup green peppers diced

1. Preheat your boiler. Choose a pan you can use on the burner and under the boiler.
2. Beat eggs in mixing bowl add cheese and pizza toppings.
3. Melt butter and pour in the egg mixture and cook on the burner until the bottom is golden (about 7-minutes).
4. Remove the pan from the burner and place it under the broiler for about 3-minutes or until the top has puffed up and lightly browned.
5. Cool slightly and cut into wedges.

Per serving **calories 206: Total Fat** 15.5g (Saturated Fat 6.6g), **Cholesterol** 246mg, **Sodium** 511mg, **Total Carbohydrate** 1.4g, Dietary Fiber 0.1g, Sugars 0.6g, **Protein** 14.7g

Easy Fruit Salad

Serves 18

1 (29 ounce) can peach pie filling
2 large bananas
1 (16 ounce) can mandarin oranges
2 (20 ounce) cans pineapple chunks
1-pound seedless grapes

1. Open pie filling empty into serving bowl.
2. Open; drain mandarin oranges and pineapple chunks add to pie filling.
3. Slice bananas into filling and fruit mixture.
4. Wash grapes, dry and add to mixture.
5. Mix together and chill. The filling prevents bananas from turning black.

Per serving **calories 84: Total Fat** 0.2g (Saturated Fat 0g), **Cholesterol** 0mg, **Sodium** 1mg, **Total Carbohydrate** 21.8g, Dietary Fiber 1.6g, Sugars 18.0g, **Protein** 0.8g

Puffed Pancakes

Serves 4

3 tablespoons butter melted
2/3 cup milk
1/2 teaspoon vanilla
3 eggs
3/4 cup flour
1-cup strawberries sliced

1. Preheat oven to 450 degrees and melt butter in a 9-inch pie pan in the oven (watch that it doesn't burn).
2. Meanwhile whisk eggs and milk then sift in flour whisking it until well combined.
3. Mix in the vanilla.
4. Remove the pie pan from the oven and pour in the mixture.
5. On a low shelf bake for 20 minutes or until puffed and golden brown.
6. Remove from the oven and fill center with strawberries.

Per serving **calories 255: Total Fat 14.2g** (Saturated Fat 7.6g), **Cholesterol 187mg**, **Sodium 134mg**, **Total Carbohydrate 22.9g**, Dietary Fiber 1.4g, Sugars 2.1g, **Protein 8.8g**

French Toast Fingers

Serves 8

2 eggs beaten
1/4 cup milk
1/4 teaspoon salt
1/2 cup strawberry jam
8 slices white bread

1. In a small bowl or pie plate beat eggs, milk and salt set aside.
2. Spread jam on 4-slices of bread top with remaining slices.
3. Trim crusts.
4. Cut each sandwich into 3-strips.
5. Dip both sides in egg mixture.
6. Cook on a lightly greased hot griddle for 2 minutes on each side until golden brown.
7. Dust with powdered sugar if desired.

Per serving **calories 166: Total Fat 2.4g** (Saturated Fat 0.7g), **Cholesterol 53mg**, **Sodium 272mg**, **Total Carbohydrate 32.0g**, Dietary Fiber 0.9g, Sugars 14.5g, **Protein 3.8g**

Apple-Sausage Oven Pancake

Serves 16

8 ounces sausages, Brown-N-Serve
1 cup Bisquick baking mix
1/2 cup skim milk
1/2 teaspoon ground cinnamon
1 egg
1/2 cup apples, peeled and diced

1. Heat oven to 450 degrees, grease square baking dish 8x8x2 inches.
2. Brown sausages as directed on package.
3. Stir baking mix, milk and cinnamon and egg until blended.
4. Stir in apple.
5. Pour into dish arrange sausages on top.
6. Bake 20-25 minutes or until lightly brown.
7. Serve with syrup.

Per serving **calories 130: Total Fat 9.3g** (Saturated Fat 3.1g), **Cholesterol 35mg**, **Sodium 285mg**, **Total Carbohydrate 5.7g**, Dietary Fiber 0.3g, Sugars 1.3g, **Protein 5.6g**

Trail Mix

Serves 8

4 cups toasted oat cereal
2 cups raisins
4 cups goldfish crackers

1. In a bowl combine all ingredients.
2. Not for beginner eaters because of potential choking hazards.

Per serving **calories 319: Total Fat 8.9g** (Saturated Fat 3.1g), **Cholesterol 4mg**, **Sodium 419mg**, **Total Carbohydrate 57.8g**, Dietary Fiber 3.9g, Sugars 22.1g, **Protein 6.0g**

Peanut Butter and Jelly Surprise Muffins

12 servings 12 muffins

1¾ cups flour
⅓ cup sugar
2½ teaspoons baking powder
½ teaspoon salt
⅓ cup creamy peanut butter
1 large egg
¾ cup milk
⅓ cup butter, melted
½ cup jam (strawberry, raspberry, or grape)

1. Preheat oven to 375 degrees.
2. Line a 12-cup muffin tin with paper liners.
3. In a large bowl combine flour, sugar, baking powder and salt.
4. In a separate bowl mix peanut butter with the egg, add milk a little at a time.
5. Add the butter.
6. Mix well. Pour the wet batter in the bowl with the dry ingredients and stir gently to combine (the batter will be stiff).
7. Put a heaping tablespoon of batter in the bottom of each muffin cup.
8. Use a finger to make an indentation in the center and put a teaspoon of jelly in the hole.
9. Cover with another heaping tablespoon of batter of enough to fill each cup about ¾ full.
10. Spread the top batter gently until no jelly is visible.
11. Bake for 20-minutes then turn onto a wire rack to cool.
12. Be careful the jelly centers can get hot.

Per serving **calories 228: Total Fat** 9.9g (Saturated Fat 4.5g), **Cholesterol** 33mg, **Sodium** 259mg, **Total Carbohydrate** 31.0g, Dietary Fiber 1.1g, Sugars 12.8g, **Protein** 4.8g

Rice Krispie/Marshmallow Bar

24 servings

12 cups Rice Krispies
10 ounces marshmallows
½ cup margarine
1-cup peanut butter

1. Spray a 9x13 inch pan with non-stick spray.
2. Melt margarine, marshmallows and peanut butter in saucepan.
3. Then add Rice Krispies and stir together.
4. Pat into pan.
5. Cool and cut into 2-inch square bars.

Per serving **calories 189: Total Fat** 9.4g (Saturated Fat 1.8g), **Cholesterol** 0mg, **Sodium** 236mg, **Total Carbohydrate** 23.8g, Dietary Fiber 0.7g, Sugars 9.1g, **Protein** 3.8g

Applesauce Cones

18 servings

2 (29 ounce) jars applesauce
1 (24 count) box ice cream cones

1. Freeze applesauce in 9x13 cake pan until partially frozen.
2. Fill ice cream cones.
3. Sprinkle with cinnamon if desired.

Per serving **calories 69: Total Fat** 0.2g (Saturated Fat 0g), **Cholesterol** 0mg, **Sodium** 25mg, **Total Carbohydrate** 18.3g, Dietary Fiber 1.1g, Sugars 0g, **Protein** 0.2g

Sun Salad

15 servings

3 (20 ounce) cans pineapple chunks in juice
6 oranges, sliced

1. Wash oranges and dry, cut in slices.
2. Open pineapple and drain off juice.
3. Put 1-orange slice on each plate.
4. Have child take ½ cup pineapple chunks and arrange them like sunshine rays around orange slice.
5. Eat.

Per serving **calories 92: Total Fat 0.2g** (Saturated Fat 0g), **Cholesterol 0mg**, **Sodium 1mg**, **Total Carbohydrate 24.0g**, Dietary Fiber 2.2g, Sugars 21.3g, **Protein 1.0g**

Fruity Rice Cakes

4 servings

4 rice cakes
2 tablespoons plus 2 teaspoons light cream cheese, softened
7 ounces mandarin orange segments, drained
¾ kiwi fruit, peeled and sliced
⅓ cup strawberries, sliced

Spread cream cheese over rice cakes and top with fruit.

Per serving **calories 82: Total Fat 1.3g** (Saturated Fat 0g), **Cholesterol 3mg**, **Sodium 66mg**, **Total Carbohydrate 16.2g**, Dietary Fiber 2.3g, Sugars 6.9g, **Protein 2.3g**

Stegosaurus Sandwiches

4 servings

2 slices whole wheat bread
1-tablespoon peanut butter
1-tablespoon jelly
5 tortilla chips
1 banana
2 tablespoons raisins

1. Spread peanut butter on one slice of bread.
2. Spread jelly on one slice of bread and put together with peanut butter slice.
3. Cut the sandwich in 4-triangle pieces.
4. Add triangular tortilla chips for his spikes.
5. Cut a banana in half and cut lengthwise for the neck.
6. Add raisins for the eyes.

Per serving **calories 112: Total Fat 2.7g** (Saturated Fat 0.6g), **Cholesterol 0mg**, **Sodium 94mg**, **Total Carbohydrate 21.6g**, Dietary Fiber 2.2g, Sugars 10.4g, **Protein 2.8g**

Hot Worms

20 servings

2 (20 count) cans biscuits, refrigerator cinnamon
2 (1 ounce) packets powdered cocoa mix, dry

1. Have children roll out worms.
2. Then roll worms in cocoa mix (dirt).
3. Bake according to directions on biscuit can and eat.

Per serving **calories 434: Total Fat 19.7g** (Saturated Fat 5.3g), **Cholesterol 3mg**, **Sodium 710mg**, **Total Carbohydrate 55.9g**, Dietary Fiber 1.9g, Sugars 4.7g, **Protein 8.6g**

Bears Walking in the Mud

18 servings

2 (10 ounces) boxes crackers, honey graham bears
1 (32 ounce) jar peanut butter
1-cup syrup

1. Mix together the peanut butter and the syrup.
2. Give each child some graham bears and spoonful of “mud”.
3. Let the children walk their bears on a walk through the mud.

Per serving **calories 495: Total Fat** 33.4g (Saturated Fat 6.4g), **Cholesterol** 0mg, **Sodium** 512mg, **Total Carbohydrate** 39.8g, Dietary Fiber 3.7g, Sugars 11.0g, **Protein** 15.0g

Ants in a Log

18 servings

2 fresh bunches celery
1 (15 ounce) jar peanut butter
2 cups raisins

1. Wash and slice celery into 3-inch strips.
2. Wash and drain raisins.
3. On each plate put 1-2 tablespoons peanut butter.
4. Child can stuff celery stalk with peanut butter and put raisins on for ants.

Per serving **calories 187: Total Fat** 12.0g (Saturated Fat 2.4g), **Cholesterol** 0mg, **Sodium** 113mg, **Total Carbohydrate** 17.5g, Dietary Fiber 2.1g, Sugars 11.8g, **Protein** 6.5g

Apple Salad

1 servings

½ apple
1-stick celery
1-teaspoon raisins
1-teaspoon mayonnaise

1. Give each child a small bowl, plastic knife and spoon.
2. Have each child clean the seeds from their apple piece and then cut into small pieces and put in the bowl.
3. Cut celery into small pieces and put into bowl.
4. Add raisins and then mayonnaise.
5. Mix and eat.
6. This is a great nutrition activity because children can make their own and can cut everything up by themselves. The recipe is portioned for 1-person.

Per serving **calories 69: Total Fat** 1.8g (Saturated Fat 0.3g), **Cholesterol** 1mg, **Sodium** 67mg, **Total Carbohydrate** 14.2g, Dietary Fiber 2.4g, Sugars 9.9g, **Protein** 0.6g

Pretzel Pops

20-30 servings

1 (15 ounce) bag pretzel sticks
1-pound Colby cheese

1. Cut cheese into small cubes.
2. Give each child .4 ounces of pretzel sticks.
3. Children can insert pretzel stick into cheese cube.

Per serving **calories 170: Total Fat** 7.9g (Saturated Fat 4.7g), **Cholesterol** 21mg, **Sodium** 427mg, **Total Carbohydrate** 17.7g, Dietary Fiber 0.6g, Sugars 0.7g, **Protein** 7.6g

Vegetable Stick People

12 servings

- 1 cucumber, sliced
- 1 bunch celery, washed and sliced into 3-inch sticks
- 1 pound carrots, washed and sliced into 3-inch sticks
- 1 (15 ounce) jar peanut butter
- 1 (8 ounce) carton vegetable dip

1. Assemble vegetables; wash, peel and slice.
2. Stuff celery sticks with peanut butter for clothes.
3. Use cucumber slice for the head.
4. Dip on end of the carrot sticks in your favorite dip for hands and feet.
5. Other vegetables that can be used are radishes, cauliflower or try fruits.

Per serving **calories 233: Total Fat 18.0g** (Saturated Fat 3.7g), **Cholesterol 0mg, Sodium 221mg, Total Carbohydrate 12.7g**, Dietary Fiber 4.0g, Sugars 6.1g, **Protein 9.7g**

Apple Toast

8 servings

- 4 slices bread
- 3 apples, peeled, cored, sliced
- ½ cup sugar
- 2 tablespoons butter, melted

1. Spray a baking dish/pan with non-stick coating.
2. Put the slices of bread in the baking pan.
3. Mix the sugar and melted butter together.
4. Dip each slice of apple in the melted butter.
5. Arrange slices of apple on top of slices of bread.
6. Put baking pan in oven.
7. Let bake for about 10 minutes at 350 degree oven, or until apple slices are brown and tender.
8. Then serve.

Per serving **calories 133: Total Fat 3.4g** (Saturated Fat 1.9g), **Cholesterol 7mg, Sodium 106mg, Total Carbohydrate 26.0g**, Dietary Fiber 1.5g, Sugars 18.4g, **Protein 1.1g**

Strawberry Breakfast Salsa

15 servings

- ⅓ cup apricot jam
- 3 tablespoons water
- 1-teaspoon cinnamon
- 2 pints strawberries (stemmed and diced)

1. In a medium bowl, whisk jam, water, and cinnamon.
2. Add strawberries after stemming and dicing them.
3. Toss gently to combine.

Per serving **calories 32: Total Fat 0.2g** (Saturated Fat 0.0g), **Cholesterol 0mg, Sodium 3mg, Total Carbohydrate 8.4g**, Dietary Fiber 1.1g, Sugars 4.8g, **Protein 0.4g**

Swedish Pancakes

24 servings

- 2 cups rolled oats
- 2 1/8 cups buttermilk
- ½ cup flour
- 2 tablespoons sugar
- 1-teaspoon baking powder
- 1-teaspoon baking soda
- 2 eggs (lightly beaten)
- ¼ cup butter (melted)

1. Combine oats and buttermilk in a bowl.
2. Refrigerate, covered, overnight.
3. Sift dry ingredients together.
4. Stir into oatmeal mixture.
5. Add remaining ingredients, mixing well.
6. Bake on hot griddle using 2 tablespoons batter per pancake.

Per serving **calories 71: Total Fat 3.0g** (Saturated Fat 1.5g), **Cholesterol 23mg, Sodium 110mg, Total Carbohydrate 8.7g**, Dietary Fiber 0.7g, Sugars 2.2g, **Protein 2.6g**

Chocolate Waffles

6 servings

1-cup flour
¾ cup sugar
½ cup cocoa
½ teaspoon baking powder
½ teaspoon baking soda
¼ teaspoon salt
2 eggs
1-cup buttermilk
¼ cup butter (melted)
1-teaspoon vanilla

1. Combine first 6 ingredients in a bowl.
2. Add eggs and buttermilk, mixing until just blended.
3. Add butter gradually, beating constantly,
4. Stir in vanilla.
5. Bake in waffle iron, using appliance directions.

Per serving **calories 299: Total Fat** 10.9g (Saturated Fat 6.2g), **Cholesterol** 92mg, **Sodium** 354mg, **Total Carbohydrate** 47.1g, Dietary Fiber 2.9g, Sugars 27.3g, **Protein** 7.1g

Ranch Pretzels

20 servings

1 (20 ounce) package pretzels
1 (2 tablespoon) packet ranch dressing mix
¼ cup oil, vegetable
1½ teaspoons dill weed
1½ teaspoons garlic powder

1. Mix packet ranch dressing with oil, dill & garlic.
2. Pour over pretzels & stir so pretzels are covered.
3. Spread in single layer in 15 inch pan.
4. Bake at 200 degrees for 1 hour, stirring every 15 minutes.

Per serving **calories 133: Total Fat** 3.5g (Saturated Fat 0.5g), **Cholesterol** 0mg, **Sodium** 387mg, **Total Carbohydrate** 22.9g, Dietary Fiber 0.9g, Sugars 0.8g, **Protein** 3.0g

Cheerio Treats

15 servings

3 tablespoons margarine
6 cups marshmallows, miniature
½ cup peanut butter
5 cups Cheerios toasted oat cereal

1. Grease 13x9 inch pan.
2. Melt margarine.
3. Add marshmallows and toss with margarine.
4. Microwave on high 1½ minutes or until smooth when stirred.
5. Stir in peanut butter.
6. Immediately add cereal.
7. Mix lightly until well coated.
8. Using greased spatula or wax paper, press mixture into prepared pan.
9. Cool and cut into squares.

Per serving **calories 171: Total Fat** 7.2g (Saturated Fat 1.4g), **Cholesterol** 0mg, **Sodium** 153mg, **Total Carbohydrate** 25.4g, Dietary Fiber 1.7g, Sugars 12.7g, **Protein** 3.7g

Igloos

2 servings

2 eggs, hard cooked
2 tablespoons mayonnaise
2 slices white bread
salt and pepper

1. Cut eggs in half lengthwise.
2. Carefully scoop out yolks from the whites.
3. Mix yolks as for deviled eggs.
4. Fill the whites with the mixture.
5. Cut bread circle using a round cookie cutter, about 2-2½ inches in diameter.
6. Place the round mound on top of the bread and you have an igloo.

Per serving **calories 197: Total Fat** 10.7g (Saturated Fat 2.5g), **Cholesterol** 215mg, **Sodium** 344mg, **Total Carbohydrate** 16.6g, Dietary Fiber 0.6g, Sugars 2.4g, **Protein** 8.3g

Rainbow Toast

25 servings

- 1 (20 ounce) loaf white bread
- 1-cup milk
- 1 ounce red food coloring
- 1 ounce green food coloring
- 1 ounce yellow food coloring
- 1 ounce blue food coloring

1. Place 4-bowls on the table and pour ¼ cup milk into each.
2. Allow child(ren) to add drops of a food color into each bowl.
3. Have a new food or paint brush with each bowl that child(ren) can use to “paint” with.
4. Have each child take 1-slice of bread and paint their slice of bread with the colored milk from the bowls.
5. Toast painted bread and eat.

Per serving **calories 59: Total Fat 1.0g** (Saturated Fat 0.4g), **Cholesterol 1mg, Sodium 140mg,**
Total Carbohydrate 10.6g, Dietary Fiber 0.5g, Sugars 0.9g, **Protein 1.8g**

Party Pops

18 servings

- 2 (20 ounce) cans pineapple chunks
- 2 (6 ounces) frozen juice concentrate
- 36 ounces water

1. Place 1-pineapple chunk in each section of divided ice tray.
2. Fill with orange juice.
3. Freeze for 30 minutes.
4. Remove tray from freezer and insert Popsicle stick into pineapple in each section.
5. Return to freezer and freeze until solid.

Per serving **calories 59: Total Fat 0.1g** (Saturated Fat 0g), **Cholesterol 0mg, Sodium 2mg,**
Total Carbohydrate 15.2g, Dietary Fiber 0.6g, Sugars 9.6g, **Protein 0.3g**

Bacon-Tomato Bagel Melts

4 servings

- 2 bagels, split and toasted
- 2 tomatoes, sliced (8 slices)
- 1-cup cheese, shredded
- 8 strips bacon

1. Place bagel halves cut side up on a baking sheet.
2. Top each with 2-tomato slices and 2-bacon strips.
3. Sprinkle with cheese.
4. Broil 5-inches from the heat for 1-2 minutes or until cheese begins to brown.
5. Can serve with ranch dressing.

Per serving **calories 248: Total Fat 7.9g** (Saturated Fat 4.5g), **Cholesterol 18mg,**
Sodium 556mg, Total Carbohydrate 32.8g, Dietary Fiber 1.9g, Sugars 1.6g, **Protein 11.6g**

Sausage Breakfast Sandwich

12 servings

- 1 Pillsbury Biscuit (12/package-bake)
- 12-1 ounce Sausage Patties (cook)

Per serving **calories 288: Total Fat 16g** (Saturated Fat 6g), **Cholesterol 24mg,**
Sodium 741mg, Total Carbohydrate 25g, Dietary Fiber 1g, Sugars 4g, **Protein 9g**

Bread Sticks

6 servings

- 3 slices day old bread
- ¼ tablespoon garlic salt
- 2 tablespoons margarine or butter, melted
- 2 tablespoons Parmesan cheese, grated

1. Cut each bread slice into 5-sticks.
2. Place bread sticks in small baking dish.
3. Combine margarine and garlic salt and pour over bread sticks.
4. Sprinkle cheese on top.
5. Bake 15-20 minutes turning to brown on both sides.

Per serving **calories 74: Total Fat 4.7g** (Saturated Fat 1.0g), **Cholesterol 1mg,**
Sodium 154mg, Total Carbohydrate 6.4g, Dietary Fiber 0.3g, Sugars 0.6g, **Protein 1.6g**

Bacon Cheeseburger Roll-ups

Serves 8

- 1 pound ground beef
- 6 bacon strips, diced
- ½ cup chopped onion
- 1 package (8 ounces) process cheese (Velveeta), cubed
- 1 tube (16.3 ounces) large refrigerated buttermilk biscuits
- ½ cup ketchup
- ¼ cup yellow mustard

1. In a large skillet, cook the beef, bacon and onion over medium heat until meat is no longer pink; drain. Add cheese and stir until melted. Remove from the heat.
2. Flatten each biscuit into a 5 inch circle; spoon 1/3 cup beef mixture onto each biscuit. Fold sides and ends over filling and roll up. Place seam side down on a greased baking sheet.
3. Bake at 400 for 18-20 minutes or until golden brown. In a small bowl, combine ketchup and mustard; serve with roll-ups.

Per serving 1 roll-up with 4 ½ tsp sauce **calories 429: Total Fat 24g** (Saturated Fat 10g), **Cholesterol 63mg, Sodium 1372 mg, Total Carbohydrate 32g**, Dietary Fiber 1g, **Protein 21g**

Cinnamon Apple Fruit Sticks

6 servings

- 24 ounces applesauce
- 2 teaspoons cinnamon
- ½ teaspoon food coloring (optional)

1. Heat oven to 250 degrees.
2. Line jellyroll pan with plastic wrap securing ends with tape.
3. In medium bowl combine all ingredients.
4. Pour into prepared pan spread evenly.
5. Bake at 250 degrees for 1¼ hours.
6. Turn off oven.
7. Let stand in oven 2-3 hours until dry.
8. Cut into 8-squares carefully remove plastic wrap.
9. Roll up jellyroll fashion and wrap or bag.

Per serving **calories 88: Total Fat 0.2g** (Saturated Fat 0g), **Cholesterol 0mg, Sodium 32mg, Total Carbohydrate 23.4g**, Dietary Fiber 1.8g, Sugars 0g, **Protein 0.2g**

Cling Ons

10 servings

- 4 ½ cups marshmallows, minis
- ⅓ -cup peanut butter
- ¼ cup margarine
- 3 ½ cups Rice Chex
- 3 ½ cups Corn Chex

1. Grease a 9x13 inch pan.
2. In a microwave safe bowl, microwave marshmallows, peanut butter and margarine for two minutes or until melted.
3. Stir until smooth.
4. Add cereal stirring to coat all pieces.
5. Spread mixture in prepared pan and press down slightly with the back of a buttered spoon.
6. Refrigerate for 1-hour.
7. Pull pieces from pan or cut into squares.

Per serving **calories 234: Total Fat 9.1g** (Saturated Fat 1.7g), **Cholesterol 0mg, Sodium 292mg, Total Carbohydrate 36.5g**, Dietary Fiber 0.8g, Sugars 15.6g, **Protein 3.9g**

Gone Fishin'

1 serving

- ¼ cup crackers, fish shaped
- ¼ cup crackers, stick shaped
- 2 tablespoons peanut butter

1. Put 2-tablespoons of peanut butter on a plate.
2. Add fish crackers to the peanut butter.
3. Use stick crackers as “fishing poles” and “go fishing”.

Per serving **calories 368: Total Fat 25.2g** (Saturated Fat 4.7g), **Cholesterol 0mg, Sodium 451mg, Total Carbohydrate 28.2g**, Dietary Fiber 2.5g, Sugars 3.6g, **Protein 10.7g**

Peanut Butter Pancakes

12 servings

1-cup pancake mix
2 tablespoons sugar
1 egg
1/3 cup peanut butter
1 (15 ounce) can milk, evaporated
1/3 cup water

1. In a bowl, combine pancake mix and sugar.
2. In a small bowl, beat egg and peanut butter; add milk and water.
3. Stir in dry ingredients just until moistened.
4. Pour batter by 1/4 cupfuls onto a lightly greased medium hot griddle.
5. Turn when bubbles form on top of pancakes; cook until second side is golden.
6. Combine 1/4 cup butter and 2 tablespoons honey in a small bowl.
7. Serve with pancakes.

Per serving **calories 121: Total Fat 5.9g** (Saturated Fat 1.8g), **Cholesterol 25mg, Sodium 189mg, Total Carbohydrate 13.0g**, Dietary Fiber 0.7g, Sugars 2.8g, **Protein 4.7g**

The Color Orange Beverage

12 servings

2 cups orange juice
2 cups milk
2 pints sherbet, orange
4 bananas, ripe

1. In 4-batches, process the orange juice, milk, sherbet and bananas in a blender until smooth.
2. Pour into glasses.

Per serving **calories 150: Total Fat 2.7g** (Saturated Fat 1.6g), **Cholesterol 5mg, Sodium 43mg, Total Carbohydrate 30.2g**, Dietary Fiber 2.7g, Sugars 20.3g, **Protein 2.6g**

Foil Packet Chicken

Serves 4

4 squares of heavy-duty aluminum foil – 12 inches by 12 inches
4 chicken breasts, pounded or evenly thick
8 tablespoons salad dressing – I used Italian
4 medium potatoes, sliced thinly
10 black olives such as ripe, Nicoise or Kalamata, pitted and halved
2 cups long cut frozen green beans, thawed

1. Place one tablespoon of dressing on a foil square and top with a chicken breast.
2. Top chicken breast with another tablespoon of dressing.
3. Arrange potatoes around chicken and top with 10 olives halves and green beans.
4. Fold foil over and seal well.
5. Place over a medium-hot grill and cover
6. Cook for 20-25 minutes until chicken is no longer pink and potatoes are tender.

Per serving **calories 396: Total Fat 20g** (Saturated Fat 3.2g), **Cholesterol 53mg, Sodium 599mg, Total Carbohydrate 30g**, Dietary Fiber 5.5g, **Protein 23g**

Cheesy Chicken & Salsa Skillet

Serves 4

2 cups multi-grain penne pasta, uncooked
1 pound boneless skinless chicken breasts cut into bite size pieces
1 1/4 cups thick & chunky salsa
1 cup frozen corn, thawed
1 large green pepper, cut into strips
1 cup 2% shredded cheese

1. Cook pasta as directed on package, omitting salt.
2. Meanwhile, heat large nonstick skillet sprayed with cooking spray on medium-high heat. Add chicken; cook and stir 2 minutes. Stir in salsa, corn and peppers. Bring to boil. Simmer on medium-low heat 10 min. or until chicken is done, stirring occasionally.
3. Drain pasta & add to chicken mixture; mix lightly. Top with cheese. Remove from heat; cover. Let stand 1 minute or until cheese is melted.

Per serving **calories 450: Total Fat 9g** (Saturated Fat 4g), **Cholesterol 85mg, Sodium 850mg, Total Carbohydrate 49g**, Dietary Fiber 6g, Sugars 5g, **Protein 42 g**
Vit A 15%, Vit C 35%, Calcium 45%, Iron 15%

Ground Beef 'n' Biscuits

Serves 6

1 ½ pounds ground beef
½ cup chopped celery
½ cup chopped onion
2 tablespoons all-purpose flour
1 teaspoon salt
¼ teaspoon dried oregano
1/8 teaspoon pepper
2 cans (8 ounces each) tomato sauce
1 package (10 ounces) frozen peas
1 tube (7 ½ ounces) refrigerated buttermilk biscuits
1 cup (4 ounces) shredded cheddar cheese

1. In a large skillet, cook the beef, celery and onion over medium heat, until meat is no longer pink; drain. Stir in the flour, salt, oregano and pepper until blended. Add tomato sauce and peas; simmer for 5 minutes.
2. Transfer to a greased 13 x 9 baking dish. Separate biscuits; arrange over beef mixture. Sprinkle with cheese.
3. Bake, uncovered, at 350 for 20 minutes or until biscuits are golden brown and cheese is melted.

Per serving – 1 cup with 1 biscuit **calories 445: Total Fat 20g** (Saturated Fat 10g), **Cholesterol 95mg, Sodium 1273 mg, Total Carbohydrate 31g**, Dietary Fiber 3g, **Protein 33 g**

Hamburger Soup

Serves 10

1 ½ pounds ground beef
2 cups diced onions
1 cup diced carrots
1 cup diced celery
3 garlic cloves, minced
3 cans (14 ½ ounces each) chicken broth
1 can (15 ounces) crushed tomatoes
2 tablespoons Worcestershire sauce
1 teaspoon hot pepper sauce
¼ cup butter, cubed
½ cup all-purpose flour

1. In a large saucepan, cook the beef, onions, carrots, celery and garlic over medium heat until meat is no longer pink and vegetables are tender; drain. Stir in broth, tomatoes, Worcestershire sauce and hot pepper sauce. Bring to a boil. Reduce heat; cover and simmer for 15 minutes.
2. In another saucepan, melt butter over medium-low heat. Stir in flour until smooth. Cook and stir for 6-8 minutes or until mixture turns golden brown (do not burn). Carefully stir into soup. Cover and simmer for 15 minutes or until thickened, stirring occasionally.

Per serving – 1 cup **calories 208: Total Fat 11g** (Saturated Fat 4g), **Cholesterol 33mg, Sodium 366 mg, Total Carbohydrate 13g**, Dietary Fiber 2g., **Protein 14 g**

Garden Fresh Tomato Soup

Serves 6

4 cups chopped fresh tomatoes
1 slice onion
2 cups chicken broth, low sodium
2 tablespoons butter
2 tablespoons all-purpose flour
2 teaspoons white sugar, or to taste
pepper to taste

1. In a stockpot, over medium heat, combine the tomatoes, onion, and chicken broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and run the mixture through a food mill into a large bowl, or pan. Discard any stuff left over in the food mill.
2. In the now empty stockpot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt, and adjust to taste.

Per serving – **Calories 80: Total Fat 4.3g, Cholesterol 12mg, Sodium 112 mg, Total Carbohydrate 9.4g, Dietary Fiber 1.8g, Protein 1.8g**

Lasagna

1 lb. ground beef
4 cups spaghetti sauce
¾-1 lb lasagna noodles
12 ounces cottage cheese
1 lb. shredded Mozzarella cheese
1 cup Parmesan cheese
salt & pepper

1. Brown ground beef, stir in sauce. In 9 x 13 inch pan put a thin 1 layer of meat sauce, about 1/3 of total amount, 1/3 of Parmesan cheese, 1/3 of uncooked lasagna noodles, 1/3 Mozzarella cheese. Repeat layers. Bake at 350 for 1 hour & 15 min. covered, then uncover & bake 15 mins longer. Let set 10 mins. before serving.

Per serving – **Calories 320: Total Fat 15g, Cholesterol 65mg, Sodium 560 mg, Total Carbohydrate 23g, Dietary Fiber 2g, Protein 23g, Sugars 5g, Sat. Fat 8g, Vit. A 15%, Vit. C 10%, Calcium 40%, Iron 10%**

Absolutely Ultimate Potato Soup

Serves 8

3 slices bacon, chopped
2 stalks celery, diced
1 onion, chopped
3 cloves garlic, minced
8 potatoes, peeled and cubed
4 cups chicken stock or enough to cover potatoes, low sodium
3 tablespoons butter
¼ cup all- purpose flour
1 cup skim milk
1 teaspoon dried tarragon, optional
3 teaspoons chopped fresh cilantro, optional
pepper to taste

1. In a Dutch oven, cook the bacon over medium heat until done. Remove bacon from pan, and set aside. Drain off all but ¼ cup of the bacon grease.
2. In the bacon grease remaining in the pan, sauté the celery and onion until onion begins to turn clear. Add the garlic, and continue cooking for 1 to 2 minutes. Add the cubed potatoes, and toss to coat. Sauté for 3 to 4 minutes. Return the bacon to the pan, and add enough chicken stock to just cover the potatoes. Cover, and simmer until potatoes are tender.
3. In a separate pan, melt the butter over medium heat. Whisk in the flour. Cook stirring constantly, for 1 to 2 minutes. Whisk in the skim milk, tarragon and cilantro. Bring the milk mixture to a boil, and cook, stirring constantly, until thickened. Stir the milk mixture into the potato mixture. Puree about ½ the soup, and return to the pan. Adjust seasonings to taste.

Per serving – **Calories 594: Total Fat 41.5g, Cholesterol 91mg, Sodium 237 mg, Total Carbohydrate 44g, Dietary Fiber 5.2g, Protein 12.6g**

Tuna Cakes

Serves 4

2 cans (6 ½ ounces each) tuna in water – undrained
1 sleeve no salt tops saltines – crushed
2 egg whites
1 tablespoon soy sauce
¼ teaspoon garlic powder
2 tablespoons each finely diced red, yellow and green pepper

1. Heat oven to 350 degrees and lightly grease a baking sheet.
2. Place crushed saltines in a bowl and add tuna with water, egg whites, soy sauce and garlic powder. Mix until well blended.
3. Add peppers and stir until well distributed.
4. Form mixture into 8 evenly sized patties and place on greased baking sheet.
5. Bake for 8 minutes and turn over. Bake for another 8 minutes.

Per serving with bun – Calories 363; Total Fat 16g, Cholesterol 71mg, Sodium 962 mg, Total Carbohydrate 36g, Dietary Fiber 2g, Protein 18g

***Please Note**

In the per serving notes, if the sodium content is above 500 mg. you can do one or more of the following:

1. Make your own cream soup base or use a low sodium cream soup;
2. Substitute turkey ham for pork ham;
3. Reduce or eliminate the added salt;
4. When possible, use fresh or frozen vegetables as canned vegetables will increase the sodium content of the dish a lot.