

Mini Pizzas

45 min/30 min prep/serves 20 (20 mini pizzas)

10 English muffins
2 (15 ounce) cans pizza sauce
1 (16 ounce) package Mozzarella cheese
2 pounds hamburger browned
2 green peppers, diced
2 onions, diced
2 (10 ounce) cans black olives, sliced
2 (6 ounce) cans mushrooms, sliced

1. Break muffin in half.
2. Spread 1 to 1½ tablespoons tomato sauce on each muffin half.
3. Sprinkle toppings on sauce.
4. Top with hamburger and shredded cheese.
5. Bake at 400 degrees until cheese melts.

Per serving **calories 250: Total Fat** 11.7g (Saturated Fat 5.3g), **Cholesterol** 48mg, **Sodium** 497mg, **Total Carbohydrate** 17.9g, Dietary Fiber 1.2g, Sugars 5.0g, **Protein** 17.8g

Spaghetti with Meat Sauce

30 min/10 min prep/serves 6

13¼ ounces whole-wheat spaghetti
26 ounces spaghetti sauce (any kind you like)
1 pound lean ground beef
1 cup sliced mushrooms
1 green pepper, sliced
1 onion, sliced
½ cup Parmesan cheese

1. Brown ground beef and drain set aside.
2. In same pan sauté mushrooms, pepper and onion until firm.
3. Put sauce in pan, add veggies and ground beef.
4. While sauce is warming cook pasta per package directions.
5. Sauce is ready when hot.
6. Drain pasta, cover with sauce add Parmesan cheese.

Per serving **calories 498: Total Fat** 14.0g (Saturated Fat 5.1g), **Cholesterol** 56mg, **Sodium** 809mg, **Total Carbohydrate** 65.4g, Dietary Fiber 1.2g, Sugars 13.1g, **Protein** 30.8g

Chili

2½ hours/20 min prep/serves 8

2 pounds ground beef
1 large onion chopped
2 garlic cloves minced
2 (15 ounce) cans tomato sauce
1 (6 ounce) can tomato paste
1 (15 ounce) can tomatoes
2 teaspoons chili powder
1-teaspoon oregano
½ teaspoon pepper
1 teaspoon Worcestershire sauce, optional
1 (28 ounce) can chili beans

1. Sauté meat, onions and garlic until done.
2. Add remaining ingredients simmer for 2-hours.

Per serving **calories 466: Total Fat** 18.2g (Saturated Fat 6.9g), **Cholesterol** 77mg, **Sodium** 1349mg, **Total Carbohydrate** 44.8g, Dietary Fiber 9.2g, Sugars 9.5g, **Protein** 33.3g

Yummy Fruit Pizza

1 package English muffins
1 (8 ounce) carton Philadelphia cream cheese
2 kiwis
1 banana
5 strawberries

1. Cut English muffins in half and toast.
2. Spread muffin halves with softened cream cheese.
3. Slice all fruits as thick as you like.
4. Drop randomly or you can decorate with your toppings.
5. Chill or serve immediately.

Per serving **calories 312: Total Fat** 14.8g (Saturated Fat 6.2g), **Cholesterol** 32mg, **Sodium** 221mg, **Total Carbohydrate** 43.0g, Dietary Fiber 1.0g, Sugars 25.7g, **Protein** 3.4g

Tator Tot Casserole

1 ½ hours/20 min prep/serves 8-10

2 pounds ground beef
½ cup diced onions
2 (10 ¾ ounce) cans cream of chicken soup OR cream of celery (low sodium soup)
½ cup milk
1 (16 ounce) can mixed vegetables OR French style green beans, drained
1 (16 ounce) can corn, drained
16 ounces frozen tater tots
1½ cups shredded cheddar cheese

1. Brown ground beef and onion, drain well.
2. Spread beef in bottom of 9x13 inch pan.
3. Layer soup, milk, vegetables and cheese.
4. Top with tater tots.
5. Bake at 350 degrees for 1-hour.

Per serving **calories 643: Total Fat 37.9g** (Saturated Fat 15.3g), **Cholesterol 106mg, Sodium 1147mg, Total Carbohydrate 44.2g**, Dietary Fiber 4.8g, Sugars 4.1g, **Protein 33.5g**

Tiger Snacks

20 min/20 min prep/serves 10

½ cup creamy peanut butter
⅓ cup sunflower seeds
½ cup instant milk
2 teaspoons honey
¼ cup raisins, chopped
¼ cup dates, chopped

1. Blend together peanut butter and sunflower seeds.
2. Stir in rest of ingredients.
3. If mixture is too dry add a little milk.
4. Shape into balls, could roll in crushed cereal or graham cracker crumbs.

Per serving **calories 189: Total Fat 13.0g** (Saturated Fat 2.9g), **Cholesterol 6mg, Sodium 83mg, Total Carbohydrate 14.1g**, Dietary Fiber 2.3g, Sugars 10.0g, **Protein 7.3g**

Sloppy Joes

1½ hours/20 min prep/serves 6-8

1½ pounds ground round
¾ cup ketchup
2 tablespoons sugar
2 tablespoons mustard
2 tablespoons vinegar
2 tablespoons Worcestershire sauce
1 small onion

1. Cook meat slowly in skillet with onion, drain (not much to drain if you use ground round).
2. Meanwhile, make sauce by mixing together all other ingredients cooking slowly over low heat for 15 minutes.
3. Add meat and sauce together letting simmer for at least an hour stirring from time to time to let meat absorb the sauce.
4. Serve on toasted hamburger buns.

Per serving **calories 346: Total Fat 23.0g** (Saturated Fat 8.7g), **Cholesterol 80mg, Sodium 619mg, Total Carbohydrate 14.4g**, Dietary Fiber 0.4g, Sugars 12.2g, **Protein 20.3g**

Veggie Dill Dip

10 min/10 min prep/serves 12

8 ounces sour cream
8 ounces mayonnaise (not Miracle Whip)
1 teaspoon seasoning salt
2 teaspoons parsley
2 teaspoons dill
2 teaspoons onion flakes

1. Mix all ingredients together and refrigerate for at least ½ hour.
2. Serve cold with cut up veggies.

Per serving **calories 117: Total Fat 10.5g** (Saturated Fat 3.5g), **Cholesterol 13mg, Sodium 145mg, Total Carbohydrate 5.6g**, Dietary Fiber 0g, Sugars 1.3g, **Protein 0.8g**

Camper's Meal

1¾ hours/45 min prep/serves 16

2 pounds lean hamburger
2 onions sliced
2 pounds potatoes peeled and sliced
2 pounds carrots peeled and sliced
2 green peppers chopped
2 (8 ounce) cans mushrooms sliced

1. Preheat oven to 350 degrees.
2. Tear off foil for each of the 16-packets you are making.
3. Make 16-hamburger patties and place one on each large piece of foil.
4. Top with vegetables.
5. Seal foil up and bake for 1-hour.

Per serving **calories 190: Total Fat 6.8g** (Saturated Fat 2.5g), **Cholesterol 38mg, Sodium 82mg, Total Carbohydrate 18.4g**, Dietary Fiber 3.6g, Sugars 4.4g, **Protein 14.5g**

Frozen Fruit Mold

20 min/20 min prep/serves 4

½ cup fresh strawberries
½ cup pineapple chunks
1-cup fruit cocktail drained
8 ounces unflavored yogurt

1. Combine all fruits with yogurt and freeze in paper cups or in a loaf pan.
2. If frozen in a paper cup add a stick or eat as a frozen dessert.

Per serving **calories 84: Total Fat 2.0g** (Saturated Fat 1.2g), **Cholesterol 7mg, Sodium 30mg, Total Carbohydrate 15.5g**, Dietary Fiber 1.2g, Sugars 13.7g, **Protein 2.5g**

Meatloaf

1½ hours/20 min prep/serves 4-5

1½ pounds ground beef (ground shoulder roast is good)
1 slice bread broken or chopped finely
1 whole fresh egg
1 small Vidalia onions or type sweet onion finely chopped
¼ teaspoon black pepper
4 tablespoons ketchup
½-¾ cup sweet milk or half and half

1. Combine meat loaf ingredients and place into a loaf-baking dish.
2. Smooth out top.

Sauce (optional)

4 tablespoons apple cider vinegar
2-4 tablespoons dark brown sugar, packed firm (to taste)
½ cup ketchup

1. Combine sauce ingredients and pour on top and sides of meatloaf.
2. Bake at 350 degrees about 1-hour to 1-hour 15-minutes or until done.
3. Enjoy.
4. The addition of 1 or 2 teaspoons of Kitchen Bouquet makes this recipe very good.
5. Recipe should be “plump” from the addition of the milk or half and half it should not be runny.
6. A second batch of sauce served hot is good to serve with the meatloaf.

Per serving **calories 490: Total Fat 28.0g** (Saturated Fat 11.0g), **Cholesterol 165mg, Sodium 1265mg, Total Carbohydrate 23.0g**, Dietary Fiber 0.4g, Sugars 18.9g, **Protein 35.3g**

Fruit Kabobs

30 min/30 min prep/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 1-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**

Tacos

20 min/5 min prep/serves 8

1-pound hamburger
1-tablespoon taco seasoning
1-cup lettuce
½ cup cheddar cheese
½ tomato
¼ onion
8 taco shells

1. Brown meat, add taco seasoning and ½-cup water and stir well.
2. Bring mixture to a boil then reduce heat and simmer 15 minutes.
3. Stir occasionally; slice tomatoes, chop onion and grate lettuce and cheese.
4. Assemble tacos.

Per serving **calories 202: Total Fat 11.8g** (Saturated Fat 4.4g), **Cholesterol 45mg, Sodium 132mg, Total Carbohydrate 9.2g**, Dietary Fiber 1.2g, Sugars 0.5g, **Protein 14.6g**

Green Eggs and Ham

15 min/5 min prep/serves 4

1-tablespoon butter or margarine
1-teaspoon butter or margarine
4 slices ham
8 eggs
2-tablespoon milk
1-2 drops green food coloring
¼ teaspoon pepper

1. Melt 1-teaspoon of butter or margarine in a pan over medium heat.
2. Add ham, brown until slightly crisp.
3. Remove ham from pan onto a plate and tent with foil to keep warm.
4. Beat eggs and milk with a whisk until frothy, add food coloring to your liking.
5. Heat 1-tablespoon of butter or margarine over medium heat.
6. Add egg mixture to the pan stir with a spatula until eggs are firm not runny.
7. Transfer to a plate and serve with ham and buttered toast.

Per serving **calories 241: Total Fat 18.4g** (Saturated Fat 7.2g), **Cholesterol 448mg, Sodium 577mg, Total Carbohydrate 1.6g**, Dietary Fiber 0g, Sugars 0.8g, **Protein 16.3g**

Special Strawberry Shake

10 min/10 min prep/serves 2

½ cup skim milk
1-tablespoon wheat germ (optional)
1-teaspoon honey
½ cup fresh strawberries, unsweetened

1. Put all ingredients in blender.
2. Run at high speed for 1-minute.
3. Pour into glasses.

Per serving **calories 61: Total Fat 2.3g** (Saturated Fat 1.4g), **Cholesterol 8mg, Sodium 30mg, Total Carbohydrate 8.5g**, Dietary Fiber 0.7g, Sugars 4.5g, **Protein 2.3g**

Chicken Enchiladas

1¼ hours/45 min prep/serves 6

1-pound chicken, cooked and diced
¼ cup onions diced
½ cup cheddar cheese, shredded
1-garlic clove finely chopped
1-tablespoon vegetable oil
1 (15 ounce) can tomato sauce
½ cup water
2 teaspoons chili powder
6 flour tortillas

1. Mix the chicken, onion and ½ cup cheese in a medium bowl set aside.
2. Cook the garlic in oil in a large skillet.
3. Stir in the tomato sauce, water and chili powder heat thoroughly.
4. Add the chicken mixture cook for 5-minutes.
5. Place the enchiladas seam side down in 8x10 inch baking dish.
6. Sprinkle the remaining cheese on top.
7. Bake at 350 degrees for about 30-minutes or until the cheese is melted and lightly browned.

Per serving **calories 404: Total Fat** 18.1g (Saturated Fat 5.6g), **Cholesterol** 44mg, **Sodium** 919mg, **Total Carbohydrate** 42.6g, Dietary Fiber 3.6g, Sugars 4.8g, **Protein** 17.8g

Chicken Soup with Rice

1¼ hours/45 min prep/serves 24

4 pounds chicken, diced (rotisserie-cooked)
1-cup rice uncooked
1-pound carrots sliced
1-pound celery diced
2 onions diced
6 quarts chicken broth, commercial

1. In a large pot heat 6-quarts of chicken broth to boiling.
2. Add vegetables, chicken and rice.
3. Boil approximately 20 minutes until the rice is cooked.
4. Serve.

Per serving **calories 180: Total Fat** 8.4g (Saturated Fat 2.4g), **Cholesterol** 34mg, **Sodium** 823mg, **Total Carbohydrate** 10.7g, Dietary Fiber 1.1g, Sugars 2.3g, **Protein** 14.3g

Frosty Fruit Dip

10 min/10 min prep/serves 8

1-cup yogurt
8 ounces cream cheese

1. Soften cream cheese.
2. Beat cheese and yogurt together.
3. Serve with fruit.

Per serving **calories 117: Total Fat** 10.9g (Saturated Fat 6.9g), **Cholesterol** 35mg, **Sodium** 98mg, **Total Carbohydrate** 2.2g, Dietary Fiber 0g, Sugars 1.5g, **Protein** 3.2g

Turkey and Swiss Tortilla Wraps

45 min/45 min prep/serves 8

1 cucumber peeled and sliced
6 ounces Swiss cheese sliced
½ pound smoked turkey, deli-sliced
1-cup lettuce shredded
1 tomato thinly sliced
8-floured tortillas
½ cup mayonnaise
1 tablespoon lemon juice
½ teaspoon dill dried
1-garlic clove pressed

1. Peel cucumber cut in half lengthwise and remove seeds.
 2. Cut each half into ¼-inch slices.
 3. Arrange 2-tortillas on flat surface overlapping edges to form a 12x8 inch surface.
 4. Spread 1½ tablespoons dill aioli over tortillas.
 5. Place 2-slices cheese on tortillas leaving 1-inch border on all sides.
 6. Top with ¼ of the turkey, lettuce, cucumber and tomato.
 7. Beginning at the short end of the overlapped tortillas roll the sandwich tightly jelly roll fashion.
 8. Repeat procedure 3-times with remaining ingredients.
 9. Wrap each tightly in plastic wrap chill 1-hour.
 10. Cut each wrap in half.
- Dill aioli: Combine mayonnaise, lemon juice, dill and garlic makes ½ cup.

Per serving **calories 270: Total Fat** 13.9g (Saturated Fat 5.3g), **Cholesterol** 35mg, **Sodium** 599mg, **Total Carbohydrate** 23.1g, Dietary Fiber 1.4g, Sugars 3.2g, **Protein** 13.8g

Fruit and Cheese Dessert Salad

30 min/30 min prep/serves 8

8 ounces sugar free vanilla pudding mix, cook-n-serve
15 ounces pineapple chunks packed in juice drain and reserve juice
¼ cup orange juice unsweetened
2 cups apples diced
2 cups bananas diced
2 cups strawberries unsweetened, sliced
3 ounces Mozzarella cheese shredded

1. Wash and prepare fresh fruits try to choose in season fruits.
2. In saucepan combine dry pudding, reserved liquid from pineapple and orange juice to make fruit glaze.
3. Cook over medium heat stirring constantly until thickened about 1-minute.
4. Cool.
5. Gently toss fruit glaze with pineapple chunks and fresh fruit chunks.
6. Cover and chill until ready to serve.
7. Top each 1-cup serving with 2-tablespoons cheese.

Per serving **calories 138: Total Fat 2.7g** (Saturated Fat 1.5g), **Cholesterol 8mg, Sodium 121mg, Total Carbohydrate 27.4g**, Dietary Fiber 2.9g, Sugars 18.0g, **Protein 3.4g**

Cheeseburger and Fries Casserole

45 min/45 min prep/serves 8

2 pounds lean ground beef
½ medium onion, chopped fine
½ teaspoon salt
½ teaspoon pepper
½ teaspoon garlic powder
10 ounces condensed golden mushroom soup
10 ounces cheddar cheese soup
16 ounces frozen French fries (crinkle cut)
2 cups cheddar cheese shredded

1. Brown ground beef and onion together in skillet, drain grease. Season with salt, pepper and garlic powder.
2. Stir in the soups and heat through.
3. Pour mixture into a 9x13 baking dish top with French fries.
4. Bake 20-25 minutes at 375 degrees until fries are golden brown.
5. Top with cheese and return to oven for 5-10 minutes until cheese is melted.

Per serving **calories 470: Total Fat 27.5g** (Saturated Fat 13.5g), **Cholesterol 113mg, Sodium 1152mg, Total Carbohydrate 21.1g**, Dietary Fiber 1.6g, Sugars 1.7g, **Protein 33.6g**

Creamy Fruit Dip

10 min/10 min prep/serves 20

8 ounces cream cheese
3 tablespoons orange juice concentrate
7 ounces marshmallow crème

1. In a mixing bowl beat cream cheese and concentrate until smooth.
2. Fold in marshmallow crème.
3. Serve with fruit.
4. Store in refrigerator.

Per serving **calories 77: Total Fat 4.0g** (Saturated Fat 2.5g), **Cholesterol 12mg, Sodium 42mg, Total Carbohydrate 9.6g**, Dietary Fiber 0g, Sugars 5.9g, **Protein 1.0g**

Mexican Pizza

30 min/15 min prep/serves 8 (4 pizzas)

2 pounds lean ground beef, cooked
4 flour tortillas (12 inches each)
16 ounces fat free refried beans
1-cup salsa
2 plum tomatoes diced
4 ounces green chilies drained and chopped
½ cup green peppers chopped
¼ cup onions chopped
2¼ ounces ripe olives drained and sliced
1 cup reduced fat cheddar cheese shredded

1. Place tortillas on 2-ungreased baking sheets spread with beans and meat.
2. Layer with salsa, tomatoes, chilies, green pepper, onion, olives and cheese.
3. Bake pizzas at 350 degrees for 10-minutes or until the cheese is melted.

Per serving **calories 431: Total Fat 24.6g** (Saturated Fat 10.3g), **Cholesterol 96mg, Sodium 697mg, Total Carbohydrate 22.1g**, Dietary Fiber 4.9g, Sugars 3.1g, **Protein 30.1g**

Snoopy Salad

15 min/15 min prep/serves 8 (8 salads)

16-ounce pears in syrup
11 ounces mandarin oranges
½ pound prunes
1½ ounces raisin
6 ounces maraschino cherries

1. On a plate arrange the pear half with pit side down as the face.
2. Take 2-prunes for the ears.
3. 1-mandarin orange is the dog's collar.
4. Use 2-raisins for the eyes and 1-maraschino cherry for the nose.

Per serving **calories 173: Total Fat 0.4g** (Saturated Fat 0.1g), **Cholesterol 0mg, Sodium 3mg, Total Carbohydrate 45.5g**, Dietary Fiber 5.4g, Sugars 32.1g, **Protein 1.4g**

Tuna, Cheese and Noodle Casserole

1¼ hours/15 min prep/serves 4

2 cups cooked elbow macaroni
8 ounces low fat Velveeta cheese melted
2 (6 ounce) cans tuna in water drained
10¾ ounces condensed cream of mushroom soup
1-cup milk
2 eggs beaten
1/3 cup chopped green olives
1-teaspoon powdered garlic
¼ teaspoon ground mustard

1. Combine all ingredients in a greased ovenproof casserole dish.
2. Bake covered in 350 degree oven for 35-minutes.
3. Uncover, bake additional 15-minutes.

Per serving **calories 620: Total Fat 25g** (Saturated Fat 12.1g), **Cholesterol 196mg, Sodium 1735mg, Total Carbohydrate 52.9g**, Dietary Fiber 1.7g, Sugars 6.8g, **Protein 43.5g**

Egg Salad Sandwich Spread

13 min/5 min prep/serves 4

4 hard-boiled eggs chopped
2-3 tablespoons Hellman's mayonnaise (according to taste)
1-2 stalk celery chopped
2 green onions chopped
1 shredded carrot
salt and pepper to taste

1. Mix all ingredients together and spread on lightly toasted bread (rye bread).
2. Enjoy.
3. Mixture can be kept in the refrigerator for up to 2-days.

Per serving **calories 116: Total Fat 7.8g** (Saturated Fat 2.0g), **Cholesterol 213mg, Sodium 133mg, Total Carbohydrate 4.6g**, Dietary Fiber 0.8g, Sugars 2.1g, **Protein 6.7g**

Homemade Vegetable Soup

2 hours/30 min prep/serves 16

46 ounces tomato juice plain
16 ounces beef broth
4 carrots peeled and sliced
4 potatoes peeled and sliced
½ teaspoon powdered garlic
½ teaspoon pepper (optional)
10 ounces corn drained
10 ounces green beans
1 head cabbage shredded (optional)

1. Combine tomato juice and beef broth bring to boil.
2. Add carrots and potatoes after slicing.
3. Add salt and pepper to taste.
4. Let boil then simmer for 1-hour.

Per serving **calories 91: Total Fat 0.7g** (Saturated Fat 0.1g), **Cholesterol 0mg**, **Sodium 462mg**, **Total Carbohydrate 20.0g**, Dietary Fiber 3.0g, Sugars 4.9g, **Protein 3.5g**

Smiling Bug

15 min/15 min prep/serves 1 (1-bug salad)

½ peach
1 lettuce leaves
2 raisins
1 maraschino cherry
1 carrot
1 celery rib

1. Put a peach half on a lettuce lined plate.
2. Use 2-raisins for eyes.
3. Cut maraschino cherry in half and use for mouth.
4. Slice the celery rib thinly to use 2-strips for antennae.
5. Use a vegetable peeler and make carrot curls to use for bug legs.

Per serving **calories 64: Total Fat 0.4g** (Saturated Fat 0.1g), **Cholesterol 0mg**, **Sodium 81mg**, **Total Carbohydrate 15.3g**, Dietary Fiber 3.6g, Sugars 10.4g, **Protein 1.7g**

Boston Market Macaroni and Cheese

30 min/10 min prep/serves 6

3 cups spiral shaped pasta
¾ cup milk
1-pound Velveeta cheese cubed
¼ teaspoons dry mustard
½ teaspoon ground turmeric
salt and pepper

1. Cook pasta drain well.
2. While pasta is cooking put remaining ingredients in top of double boiler over simmering water.
3. Stir with wire whisk until smooth.
4. Keep cheese mixture warm until pasta is cooked and drained.
5. Stir pasta into cheese.

Per serving **calories 400: Total Fat 18.1g** (Saturated Fat 11.5g), **Cholesterol 63mg**, **Sodium 1134mg**, **Total Carbohydrate 40.1g**, Dietary Fiber 1.4g, Sugars 6.8g, **Protein 18.6g**

Deluxe Macaroni and Cheese

50 min/serves 8

2 cups small curd cottage cheese
1-cup sour cream
1 egg lightly beaten
½ teaspoon garlic and pepper
2 cups sharp cheddar cheese shredded
1 (7 ounce) package elbow macaroni cooked and drained
paprika (optional)
buttered breadcrumbs

1. In a large bowl combine the cottage cheese, sour cream, egg, salt, garlic salt and pepper.
2. Add cheddar cheese mix well.
3. Add macaroni and stir until coated.
4. Transfer to a greased 2½-quart dish.
5. Top with breadcrumbs.
6. Bake uncovered at 350 degrees for 25-30 minutes or until heated through.
7. Sprinkle with paprika if desired.

Per serving **calories 340: Total Fat 18.9g** (Saturated Fat 11.6g), **Cholesterol 77mg**, **Sodium 646mg**, **Total Carbohydrate 22.9g**, Dietary Fiber 0.9g, Sugars 0.9g, **Protein 19.2g**

Ants on a Log

30 min/30 min prep/serves 18

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

Peanut Butter and Jelly Sandwiches

15 min/15 min prep/serves 4 (4 sandwiches)

¼ cup creamy peanut butter
¼ cup strawberry jam
8 slices whole wheat bread

1. Place 4-slices of bread on cutting board.
2. Spread 4-slices of bread with peanut butter.
3. Spread jam/jelly on other 4-slices of bread and stack one slice each on one slice each of peanut butter bread.
4. Cut each sandwich in half.
5. Serve.

Per serving **calories 309**; **Total Fat** 10.5g (Saturated Fat 2.2g), **Cholesterol** 0mg, **Sodium** 377mg, **Total Carbohydrate** 47.9g, Dietary Fiber 5.1g, Sugars 17.9g, **Protein** 9.6g

Trail Mix

20 min/20 min prep/serves 8

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

1. In a bowl combine all ingredients.

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

Easy Deviled Eggs

15 min/15 min prep/serves 3 (6 deviled eggs)

3 large eggs hard cooked
2 tablespoons mayonnaise
½ teaspoon prepared mustard
1 dash pepper

1. Cut eggs lengthwise into halves.
2. Slip out yolks and mash well with a fork.
3. Mix in remaining ingredients.
4. Fill whites with yolk mixture heaping it up lightly.

Per serving **calories 112**; **Total Fat** 8.3g (Saturated Fat 2.0g), **Cholesterol** 214mg, **Sodium** 149mg, **Total Carbohydrate** 2.8g, Dietary Fiber 0g, Sugars 1.0g, **Protein** 6.4g

Chicken Salad

15 min/15 min prep/serves 4

13 ounces chicken, canned
1 cup green grapes, seedless and diced
¾ cup celery diced
½ cup mayonnaise
½ teaspoon pepper

1. Dice grapes.
2. In a large bowl combine mayonnaise, salt, pepper and remaining ingredients.
3. Mix well.
4. Chill.

Per serving calories 266; Total Fat 18.4 g; (Saturated Fat 3.9g); Cholesterol 49 mg; Sodium 845 mg. Sugars 8.4 g. Protein 11.1 g.

In recipes with a higher sodium/salt content you can –

- 1. Not add additional salt**
- 2. Make your own cream soup rather using a commercial soup or use one that is low sodium**
- 3. Use fresh or frozen vegetables when possible as canned will be higher in sodium.**