

Strawberry Salsa *From the kitchen of Joelle Garcia*

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| 1 peach sliced | 1 pound strawberries (diced) |
| 1 Golden Delicious apple (peeled & diced) | 2 Tbl sugar |
| 1 Granny Smith apple (peeled and diced) | 1 Tbl brown sugar |
| 8 oz blueberries | 3 Tbl strawberry preserves |

Directions: Mix together and refrigerate until ready to serve.



Chips for Strawberry Salsa *From the kitchen of Joelle Garcia*

- 10 whole wheat tortillas
- Butter flavored spray
- 2 cups cinnamon sugar

Directions: Cut tortillas into small triangles. Place on cookie sheet. Spray with cooking spray, sprinkle with cinnamon sugar. Bake at 350 for about 10 minutes.



6 Week Muffins *From the kitchen of Barb Peterson*

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| 15 oz. Raisin Bran (Add last)
(this is equal to 7 cups) | 1 qt. buttermilk |
| 1 cup oil | 5 cups flour |
| 3 cups sugar | 5 tsp. baking soda |
| 4 eggs (beaten) | 2 tsp. salt |

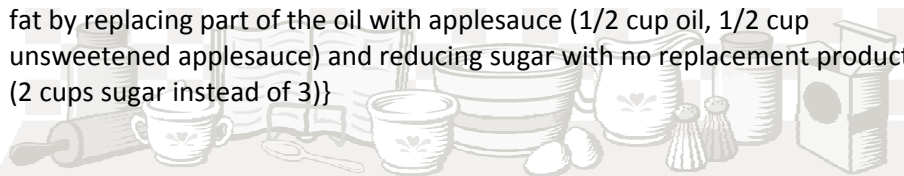
Directions: Let sit one day. Bake at 400 degrees for 20 minutes.



Pumpkin Bread *From the kitchen of Barb Peterson*

3 cups sugar	1 tsp cinnamon
2 cups canned pumpkin	1 tsp nutmeg
1 cup oil	2 tsp baking soda
2/3 cup water	1 1/2 tsp salt
	2 tsp vanilla

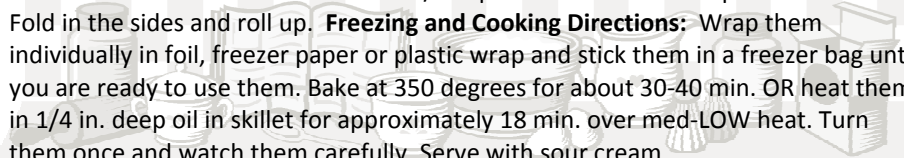
Directions: Mix all ingredients and beat well. Bake at 350 degrees for 1 hour. {In the past, I have played around with the recipe - although this is the original recipe. It seems flexible to changing to part wheat flour, reducing fat by replacing part of the oil with applesauce (1/2 cup oil, 1/2 cup unsweetened applesauce) and reducing sugar with no replacement product (2 cups sugar instead of 3)}



Make-ahead Chimichangas (for 16) *From the kitchen of 30 Day Gourmet*

1 lb. cooked beef, pork or chicken	4 cups Monterey Jack or cheddar cheese, shredded
16 oz. jar salsa (as spicy as you want)	Oil for frying
16 oz can refried beans (fat free will work)	1 1/2 oz. env. Burrito or taco seasoning mix
16-8" flour tortillas	

Directions: Shred chicken (or crumble ground beef). In skillet, combine chicken, salsa beans, and seasoning mix. Cook and stir over medium heat until heated through. Heat oil in frying pan; set tortillas in, one at a time, over med-low heat about 30 seconds each side. Fill with 1/3 cup meat mixture and top with cheese. Fold in the sides and roll up. **Freezing and Cooking Directions:** Wrap them individually in foil, freezer paper or plastic wrap and stick them in a freezer bag until you are ready to use them. Bake at 350 degrees for about 30-40 min. OR heat them in 1/4 in. deep oil in skillet for approximately 18 min. over med-LOW heat. Turn them once and watch them carefully. Serve with sour cream.



Beef Tacos *From the kitchen of Susie Brown*

1/4 lb lean ground beef	1 tomato peeled, seeded & diced
1/2 onion, diced	1/2 tsp. mild chili sauce
1/2 red & green pepper, diced	1/2 tsp. chopped fresh cilantro
3 1/2 oz. kidney beans	lettuce
	soft or crispy taco shells

Directions: Cook meat in dry skillet until no longer pink. Add onions & cook about 2 minutes. Add red & green peppers and saute 2 minutes. Stir in beans, tomato, chili sauce, and half the cilantro. Cook over low heat 3-4 minutes. Warm taco shells in oven for a few minutes. Fill shells and enjoy!



Spaghetti *From the kitchen of Denise Dobrowolski*

1 lb. lean ground beef	1 large can of chopped tomatoes
1 chopped onion	1 large container of mild salsa
4 stalks celery (chopped)	2 Tbl sugar
1 clove garlic (crushed/chopped)	1 tsp (more or less) of fresh basil, oregano, salt, pepper

Directions: In a large pot, cook ground beef and drain. In a smaller pan, saute onion and celery until brown. Add garlic and saute for one more minute.

In the larger pot, add all ingredients together and bring to a boil. Then reduce to a simmer for 1-2 hours. Serve with spaghetti noodles, bread, salad.

Bran Flax Muffins *From the kitchen of Linda Herra*

1 ½ cup flour	½ tsp salt (optional)	2 tsp cinnamon
¾ cup flaxseed meal		
¾ cup oat bran	1 ½ cup carrots, shredded	
2 tsp baking soda	1 tsp baking powder	2 med. apples, peeled, shredded
		½ cup raisins (baking type)
		1 cup nuts, chopped
		¾ cup milk

Directions: Mix together flour, flaxseed meal, oat bran, br. sugar, b.soda, b.powder, salt and cinnamon in a large bowl. Stir in carrots, apples, raisins and nuts. Combine milk, beaten eggs and vanilla. Pour liquid into dry ingredients. Stir until ingredients are moistened. Do not over mix. Fill muffin cups ¾ full. Bake at 350 oven for 15-20 minutes. Yield 15 – 18 medium muffins.

Healthy Fried Rice *From the kitchen of Sara Bachrodt*

Heat 1 clove minced garlic in olive oil, in a wok or large pan.	Add: ¼ cup chopped green onions, 3-4 cups cooled (leftover) brown rice, 2-3Tbl Bragg's Liquid Aminos or Soy Sauce
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Directions: Add peas, broccoli or other veggies. Add scrambled eggs, if desired. Stir for approx. 10 min.

Summertime Salsa *From the kitchen of Linda Herra*

1-2 cans Progresso black beans; drained

1-2 cans shoepeg corn, tiny kernels, white; drained

finely chopped: 1 red pepper, 1 green pepper, 1 red onion

5-6 vine ripe tomatoes – chopped
Italian Dressing – Kraft Zesty Italian (lowfat)

Optional additions: (I've never used these) : yellow onion, green onion

Directions: Put ingredients into bowl and cover with dressing until all veggies are topped off. Let sit overnight. Serve with Doritos or Tostito chips



Quick & Easy Enchiladas *From the kitchen of Linda Herra*

Brown 1.5 lbs grd beef, drain and add 16oz. can refried beans (I use LaPreferida refried beans w/ green chiles)

12-15 Fajita style soft shell tortillas

Sauce Options:

1) 2-15oz Tomato Sauce w/ Enchilada seasoning envelop

2) 15oz tomato sauce + 10oz Enchilada sauce (LaPreferida)

Directions: Spray lasagna pan or I use a roasting pan w/ lid. Spread ½ c sauce mixture in bottom of pan. Roll meat/bean mix in tortillas. Top w/ majority of sauce. Top w/ shredded cheddar cheese. Bake 350 degrees about 20-30 minutes. Really just needs warming, melting of cheese. I do keep roasting pan lid on until last 5 minutes

