

BAKED TORTILLA CHIPS

Serves 4

INGREDIENTS

Whole-wheat tortillas

Olive oil or canola oil

Any topping of your
choice, such as:

- Cinnamon sugar
- Garlic powder
- Parmesan cheese

PREPARATION

- Preheat the oven to 350°F.
- Using a pizza cutter, cut each tortilla into approximately 8 wedges.
- Lightly coat each wedge with oil and sprinkle with toppings.
- Bake for 10-15 minutes or until crisp, being careful not to burn the tortillas.
- Enjoy as a crispy snack or with your favorite dip.



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BANANA SPLIT WITH A TWIST

Serves 4

INGREDIENTS

1 cup miniature marshmallows
1 8-oz can crushed pineapple,
drained
1 6-oz container low-fat vanilla
Greek yogurt
½ cup light whipped topping
2 bananas
Chocolate syrup
4 maraschino cherries

PREPARATION

- In a medium bowl, combine the marshmallows, pineapple, yogurt and whipped topping.
- Cut the bananas into quarters.
- Place 2 banana quarters onto each plate.
- Place two scoops of the marshmallow mixture between the bananas.
- Drizzle with chocolate syrup and top with a cherry. Serve immediately.

Nutritional Information: Per serving: 223 calories; 2g total fat; 1g saturated fat; 42g carbohydrate; 2g fiber; 5g protein; 1% Vitamin A; 19% Vitamin C; 2% Calcium; 2% Iron.



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BLACK BEAN FIESTA SALAD

Serves 6

INGREDIENTS

- 3 15-oz. cans black beans (or 1½ cups dry beans, cooked)
- 2 cups frozen corn, thawed
- 2 large tomatoes, diced
- 1 large green bell pepper, diced
- 1 large red or yellow bell pepper, diced
- ¼ cup chopped red onion
- ¾ cup chopped fresh cilantro (optional)
- ½ - 1 tsp. salt

Dressing Ingredients

- 2 Tbsp. seasoned rice vinegar
- 2 Tbsp. apple cider or distilled vinegar
- 1 lime or lemon, juiced
- 2 garlic cloves, minced
- 2 tsp. cumin
- 1 tsp. coriander
- ½ tsp. crushed red pepper OR a pinch of cayenne

PREPARATION

Drain and rinse beans. Combine beans with the corn, tomatoes, bell peppers, red onion and fresh cilantro. Whisk together dressing ingredients and pour over salad. Toss gently to mix.



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BROILED TUNA BURGERS

Serves 4

INGREDIENTS

2 6-oz. cans light tuna, drained
1 egg
½ cup whole-wheat bread
crumbs
½ teaspoon garlic powder
¼ teaspoon ground black pepper
½ cup red bell pepper, diced
¼ cup onion, minced
Cooking spray

Nutritional Information: Per serving: 174 calories;
3 g total fat; 1 g saturated fat; 12 g carbohydrate;
1 g fiber; 24 g protein; 2% Vitamin A; 1% Vitamin
C; 4% Calcium;

PREPARATION

- Preheat the oven to 400°F.
- Spray a baking sheet with cooking spray.
- Mix the ingredients together in a medium bowl.
- Form the mixture into 4 patties and place onto baking sheet.
- Bake until burgers are golden brown. About 12 minutes. Flip the burgers and broil for 5 minutes or until golden brown and crisp. Serve with a whole-wheat bun, lettuce, tomato, and light mayonnaise, if desired.



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CHOCOLATE CHIP CHEERIOS MUFFINS

Serves 12

INGREDIENTS

2 cups Cheerios cereal
1¼ cups all-purpose flour
⅓ cup light brown sugar,
packed
1 teaspoon baking powder
1 teaspoon ground cinnamon
¾ teaspoon baking soda
1 cup applesauce
⅓ cup fat-free milk
2 tablespoons vegetable oil
1 egg
⅓ cup miniature semisweet
chocolate chips

PREPARATION

- Preheat the oven to 400°F. Place paper baking cups in a regular 12 muffin pan.
- Place cereal in a resealable plastic bag and seal bag. Using a rolling pin, crush cereal.
- Pour into a large bowl. Add flour, brown sugar, baking powder, cinnamon and baking soda. Mix well.
- Stir in remaining ingredients, just until moistened.
- Divide batter evenly among muffin cups.
- Bake 18-22 minutes or until golden brown. Immediately remove from muffin tins. Cool 5 minutes before serving.



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CRISPY KALE CHIPS

Serves 6
(1/2 cup servings)

INGREDIENTS

1 bunch kale (about 7 cups)
1 tablespoon olive oil
½ teaspoon garlic powder
Salt and pepper, to taste

Nutritional Information: Per ½ cup serving:
60 calories; 3g total fat; 0g saturated fat; 9g
carbohydrate; 2g fiber; 3g protein; 270%
Vitamin A; 180% Vitamin C; 10% calcium;
8% iron.

PREPARATION

- Wash kale thoroughly. Remove leaves off of the stems. Discard the stems.
- Thoroughly dry leaves with a salad spinner or by blotting with paper towels.
- Tear leaves into bite sized pieces. Place the kale leaves into a large bowl and mix with olive oil, garlic powder, salt, and pepper.
- Line a baking sheet with parchment paper and arrange the kale leaves in a single layer.
- Bake at 350°F for 12-15 minutes, or until the edges are crispy and brown. Serve immediately.



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FRUIT SALAD

Serves 10

INGREDIENTS

- 1 medium apple, cored and diced
- 1 cup strawberries, sliced
- 2 medium kiwis, peeled and sliced
- 2 medium bananas, peeled and sliced
- 1 tablespoon lime juice
- 1 tablespoon sugar
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 4 maraschino cherries

PREPARATION

- In a medium bowl, mix together the ingredients.
- Cover and chill in the refrigerator for approximately 20 minutes.
- Serve with baked cinnamon tortilla chips, if desired.

Nutritional Information: Per serving: 40 calories; 0g total fat; 0g saturated fat; 10g carbohydrate; 2g fiber; 0g protein; 43% Vitamin C.



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PURPLE CABBAGE SALAD

Serves 6

INGREDIENTS

½ head of purple
cabbage, shredded
4 carrots, grated
4 green onions, chopped
½ bunch cilantro,
chopped
3 tablespoons apple cider
vinegar
2 tablespoons canola oil
1 tablespoon lemon juice
Salt and pepper to taste

PREPARATION

- In a large bowl, combine cabbage, carrots, green onions and cilantro.
- In a smaller bowl, whisk together apple cider vinegar, canola oil and lemon juice.
- Toss dressing with vegetables.
- Season with salt and pepper to taste.



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ROASTED BEETS WITH GINGER

Serves 4-6

INGREDIENTS

3-4 medium red beets,
peeled and cut into bite
sized cubes
1 tablespoon fresh
ginger, grated
1 teaspoon olive oil

PREPARATION

- In a bowl, toss beets with grated ginger and olive oil.
- Place in an ovenproof dish and bake at 350°F for about 45 minutes.

Nutrition Tip: *Don't throw away the beet greens! They are also very nutritious and can be easily prepared by steaming, then sautéing with garlic and olive oil.*



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