Healthy Meal Planning For Children

The biggest challenge with getting kids to eat the right foods is giving them enough choices. Kids go through phases and like and dislike different foods at different times. If you give them enough healthy choices then they can choose a variety of foods based on their likes at that time. They will also be eating plenty of calories and nutrients to support a healthy growth process.

This program will allow you to easily track your child's food intake and provide them with plenty of healthy food choices so that they are eating enough calories and nutrients. The chart below is an easy way to track your child's food intake. Most children should be eating around 2200 calories. The number of servings below for each food groups gets your child around 2200 calories. If your child is a healthy eater and wants to eat more than the servings below that is perfectly fine. Encourage them to eat plenty of healthy food groups like those listed below.

Just put a checkmark in the appropriate category when your child eats a food from that food group. This is a real easy way to determine how well or poor your child is eating. It is also a great way to see where you need to try and improve their eating habits.

Servings Chart

Dairy/ Milk Group

☐ ☐ ☐

Meat/Protein Group

☐ ☐ ☐

Fruit Group

☐ ☐ ☐

Vegetable Group

☐ ☐ ☐ ☐

Bread/Grains Group

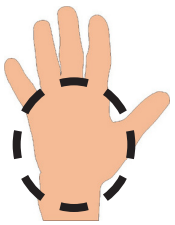
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Decoding Serving Sizes

What is a normal serving per food group?

Here is a general "rule of thumb" for determining food servings per food group.

Meat, poultry, or fish such as tuna or salmon steaks (3 oz) is the size of the palm of a female hand

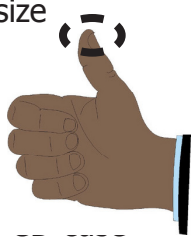


Veggies, fruit, berries (1 cup) is approximately the size of a closed fist. Or one piece of whole fruit is a serving.

Butter or oil (1/2 tsp) is approximately the size of a fingertip

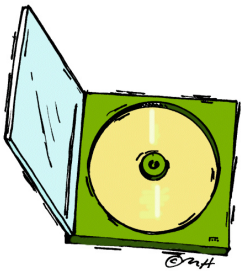
Peanut butter (1 Tablespoon) is approxi
the size of the tip of a thumb

Meat or cheese (1 oz) is approximately the size of an entire thumb



Bread (1 ounce) is approximately the size of a

Dairy servings such as milk or yogurt is 1 cup and other bread/grain servings such as rice, pasta, etc is ½ cup for 1 serving.



Below is a list of foods you can choose for your child or hemselves. It is broken down into main meals and snacks. They should each meal and don't forget to have them pick fruits and vegetables throughout the day and check them off the tracking chart listed above. Some of these entrées may fall into more than one food groups above. Use your best judgement when choosing which food groups they fit into. As for fruits and vegetables I suggest introducing a variety of different options to them. Don't fret over making sure they get in many different colored fruits or vegetables. While that is important it is more important that they are eating any vegetables or fruit. Once they are consistently eating their suggested servings of fruit and vegetables for the day then try to introduce new and different colored fruits or vegetables. As long as your child has a healthy appetite and is eating a variety of foods then it is a good bet they are eating plenty of nutrients and calories. There are recipes for many of these foods in the Appendix.

Breakfast:
Pancakes
French Toast
Apple Muffins
Scrambled Eggs and Hash Brown Pizza
Ham and Egg Sandwich
Breakfast Cookies
Waffles
Smoothies
Scrambled Egg Burritos
Mini Breakfast Pizzas
Pancake Roll-ups
Nutty Banana Cakes
Parfait

Homemade Granola
Cheerios Cereal
Kix Cereal
Honey Nut Cheerios Cereal
Life Cereal
Waffle Wheels
Oatmeal (variety of flavors)

Snacks:
Turkey Wheels
Ham and Cheese Pockets
Power Burritos
Pizza Braids
Mixed Fruit Trail Mix
Oatmeal Energy Bars
Homemade Trail Mix
Smoothie Pops
Peanut Butter Smoothie
Strawberry Energizer smoothies
Stuffed Celery
Fruit Leather
Every Day Parfait
Peanut Butter Dip
Creamy Fruit Dip
Banana Berry Smoothie
Tango Mango Smoothie

Crunchy Fruit Sundae
Tostadas
Chicken Salad
Fruity Salad
Fruit Pocket
Peanut Butter Fruit Wrap
Apple Pie Bars
Tropics Salad
Fruit Wontons
Crunchy Mix

Lunch:
Spaghetti Calzones
Sloppy Sandwiches
Cheese Steak Bagel Bites
Monte Cristo
Ranch Wraps
French Au Jus
Cheeseburger Bites
Grilled Double Cheese
Mini Melts
Popcorn Chicken Salad
Cheddar Cheese Baked Potato Soup
Mini Tacos
Top Secret Wraps
Pepperoni Pockets
Deep Sea Submarine Sandwiches
Southwest Sloppy Joes
Kid Loving Chowder
Homemade Mac N Cheese
Quesadillas
Chicken Pizza

Dinner:
Lasagna
Tortellini Alfredo
Pepperoni Pizza

Rodeo Chili
Hawaiian Stir Fry
Baked Chicken Strips
Quick and Easy Fajitas
Salsa Con Queso Baked Potato (side item)
Cheesy Taco Vegetables (side item)
Honey Mustard Vegetables (side item)
Asian Vegetables (side item)
Fish sticks
Pepperoni Chicken
Caesar Pasta
Chicken Parmesan
Tex Mex Turkey Burgers
Pineapple Pork Chops
Meatloaf
Glazed Carrots (side item)
Porcupine Meatballs
Chili Spaghetti
Barbecue Chip Chicken
Cheesy Chicken Enchiladas
Baked Chicken Pasta

Appendix

Apple Streusel Muffins

Ingredients:

12 muffin baking cups
1 ¾ cups all purpose flour
1/3 cup granulated sugar
2 tsp baking powder
¼ tsp salt
1 small apple
1 egg
¾ cup milk
¼ cup cooking oil
¼ cup apple butter

Streusel topping:

3 Tbsp all purpose flour
3 Tbsp brown sugar
¼ tsp ground cinnamon
2 Tbsp softened butter

Preheat oven to 400 degrees F. Grease twelve 2.5 inch muffin paper bake cups. Put flour, sugar, baking powder and salt in a medium bowl. Stir until mixed. Using a vegetable peeler peel the skin off the apple. Then cut the apple into 3 pieces. Cut out the core and cut apple into small pieces. You should have a ½ a cup.

Make streusel topping by putting the flour, brown sugar and cinnamon into a bowl and mixing. Use a fork to chop and mix in 2 Tbsp softened butter. Mixture when mixed should be crumbly.

Crack the egg into a small bowl and beat with a fork until the yolk and white are mixed together. Add milk, oil and apple butter to egg. Continue to beat with a fork until all ingredients are mixed. Add egg mixture to flour mixture and stir until the ingredients are mixed together. Stir in chopped apple.

Spoon some of the batter into each muffin cup and sprinkle the top of each cup with 1 tsp of the Streusel topping.

Put muffin pan in oven and bake for about 20 minutes or until muffins are golden brown and a wooden toothpick comes out clean. Let cool for 10 minutes before eating.

Scrambled Eggs and Hash Brown Pizza

Ingredients:
1 16-ounce loaf frozen whole wheat or white bread dough
Shortening
All-purpose flour
4 slices bacon
1 cup frozen diced hash browns potatoes
1/8 tsp black pepper
8 eggs
½ cup milk
1 Tbsp butter or margarine
1 cup shredded cheddar cheese

Thaw bread dough and pre-heat oven to 375 degrees F. Grease a pizza pan with shortening. Put thawed bread dough on the pizza pan. Flatten the dough by pressing the dough into the pizza pan covering the pan completely. Press edges of dough up into a rim with your fingers. Prick dough generously with a fork. Put pizza pan in the oven and bake for 15-20 minutes or until pizza crust is light brown.
Use scissors to cut bacon into bite-size pieces. Put bacon pieces, frozen potato mixture and black pepper in a medium skillet. Cook and stir about 5 minutes or until bacon pieces are crisp and potatoes are tender. Drain the skillet mixture in a colander to drain of extra fat. Crack eggs into a medium bowl and add the milk. Mix together. Place egg/milk mixture into a greased skillet. Scramble the eggs until firm. Sprinkle half of the shredded cheese over the baked pizza crust. Top with scrambled eggs, cooked bacon/potato mixture and the rest of the shredded cheese.

Bake pizza for 5-8 minutes or until cheese is melted.

Ham and Egg Sandwich

Ingredients:
1 tsp butter or margarine
1 egg
1 Tbsp milk
1 English muffin
2 tsp apricot or orange marmalade
1 slice American Cheese
1 slice Canadian style bacon or 1 oz thinly sliced cooked honey roasted ham

Put butter in a glass measuring cup and heat in microwave until melted. Crack the egg into the measuring cup. Add milk and beat mixture until it is well mixed. Microwave for 25 seconds and then stir with fork. Microwave for another 20 seconds until egg is slightly firm and not runny.
Spread English muffin with preservers and top of half of the English muffin with the cooked egg, cheese and Canadian bacon or ham. Put the other half of the English muffin on top. Place in microwave and heat until cheese melts.

Breakfast Cookies
Ingredients:
½ cup butter, softened
2/3 cup packed brown sugar
2 eggs
½ tsp vanilla
1 cup whole wheat flour
½ tsp baking powder
¼ tsp baking soda
¼ tsp salt
1 cup rolled oats
1 cup dried mixed fruit bits, dried cranberries or cherries, raisins and dried apricots
½ cup dried banana chips, broken into pieces
½ cup chopped walnuts, pecans, or almonds

Preheat oven to 350 degrees F. Grease a cooking sheet with Pam. Cut up butter and place in a large mixing bowl. Beat with an electric mixer on medium speed about 30 seconds or until butter is creamy. Add brown sugar and beat on medium speed until combined.
Add eggs and vanilla and beat on medium speed until combined. Put the whole wheat flour, baking powder, baking soda and salt in a small bowl and mix. Stir flour mixture into egg mixture and then stir in oats, mixed fruit bits, banana chips and nuts.
Scoop the dough with ¼ cup measuring cup and drop the dough mounds 2 inches apart onto a prepared cookie sheet. Put the cookie sheet in the oven and bake for 12-15 minutes.

Smoothies:

Banana Strawberry Smoothie
Ingredients
1 ripe banana
2 cups frozen unsweetened whole strawberries
1 8-ounce strawberry or vanilla low-fat yogurt
¾ cup milk

Cut the peeled banana into chunks. Place banana chunks, frozen strawberries, yogurt and milk into the blender. Blend on high speed until mixture is smooth.

Blue Pear Smoothie
Substitute the banana, strawberries and strawberry yogurt for 2 pears and ¾ cup blueberries. Use vanilla flavored yogurt instead of strawberry yogurt. Use the ¾ cup milk and blend until smooth.

Scrambled Egg Burritos

Ingredients
8 large eggs
1 cup shredded cheese
½ cup real bacon pieces
8 8-inch flour tortillas
1 cup medium picante sauce

Mix together the eggs until well beaten. Mix with the cheese and bacon. Add egg mixture to a nonstick skillet and cook until firm and not runny.
Place tortillas on a microwave safe plate and cover them with a paper towel. Heat for 20 seconds or until warm. Place ½ cup of the egg mixture into the tortilla and wrap the tortilla around the eggs to form a burrito. Top the burrito with ¼ cup picante sauce and serve.

Mini Breakfast Pizzas
Ingredients
2 tomatoes
4 English muffins
8 large eggs
¼ cup milk
½ tsp chopped garlic
½ tsp salt
¼ tsp ground black pepper
1 package Canadian bacon slices
2 cups shredded mozzarella cheese

Preheat oven to 350 degrees F. Slice tomatoes and set aside. Toast the English muffin halves in a toaster. In a bowl combine the eggs, milk, garlic, salt and pepper. Mix until egg yolks are broken mixed well. Add egg mixture to a non-stick skillet and cook until eggs are firm and not runny.
Arrange English muffin halves on baking sheet and top each English muffin half with 1-2 tomato slices, a slice of Canadian bacon and 1/3 cup of the egg mixture. Sprinkle each with ¼ cup cheese.
Bake for 10 minutes or until cheese is melted.

Pancake Rollups

Ingredients
2 cups just-add-water pancake mix
1 ½ cups apple juice
2 tsp pumpkin pie spice
Cooking spray
1 cup apple butter
1 package precooked turkey breakfast sausage links

In a medium bowl stir together pancake mix, apple juice and pumpkin pie spice until well mixed. Spray a large skillet with cooking spray and set temperature to medium. Drop 1/3 cup of the batter into the skillet for each pancake.
Cook pancakes on one side for 3-4 minutes or until bubbles that form begin to pop. Flip the pancake and cook for another 2-3 minutes.
Once cooked and removed from heat spread 1 Tbsp apple butter on each pancake. Place one sausage link at the edge of each pancake and roll up the pancake. Place a toothpick through the roll ups to hold them together.
Place in microwave and heat for 2-3 minutes until heated thoroughly.

Nutty Banana Pancakes

½ cup chopped walnuts
2 peeled bananas
2 cups baking mix
1 cup milk
2 large eggs
1 tsp ground cinnamon
Cooking spray

Place chopped walnuts and bananas in a bowl and mash together. In another bowl whisk the combined baking mix, milk, and eggs until well mixed. Stir in bananas and chopped walnut mixture as well as the cinnamon.
Spray a skillet with cooking spray and heat skillet to medium. Pour 1/3 cup batter into skillet for each pancake. Cook pancakes on one side for 3-4 minutes or until bubbles that form begin to pop. Flip the pancake and cook for another 2-3 minutes.

Waffle Wheels

Ingredients
2 peeled bananas
8 frozen waffles
8 Tbsp crunchy peanut butter
¼ cup raisins

Cut each banana into 10 slices. Toast waffles in toaster. Spread 2 Tbsp peanut butter on 1 waffle. Top peanut butter with 5 banana slices and 1 Tbsp raisins. Place second waffle on top and sandwich together.

Mixed Fruit Parfait

Ingredients
1 (6-ounce containers) vanilla yogurt
1/4 cup frozen mixed fruit, thawed
1/4 cup oats and honey granola

Put half the container of yogurt into a glass with the thawed fruit. Add some of the granola to the top. Add the remaining yogurt into the glass and then fruit and granola.

Homemade Granola

Ingredients
5 cups old fashioned oats
4 packets cinnamon roll flavor instant oatmeal
1 cup rice krispies cereal
1 cup raisin bran
1 cup sunflower seeds
1 cup slivered almonds
1 cup orange flavor raisins
2/3 cup canola oil
1 cup honey

Preheat oven to 300 degrees F. In a large bowl stir together old fashioned oats, instant oatmeal, rice krispie cereal, raisin bran cereal, sunflower seeds, almonds, and raisins. Drizzle with canola oil and mix until thoroughly coated. Drizzle with honey and mix until thoroughly coated. Spread mixture evenly on an ungreased baking sheet.
Place baking sheet in the pre-heated oven and bake for 1 hour. Stir granola every 15 minutes to ensure even baking.

Turkey Wheels

Ingredients
½ cup light garden vegetable flavor cream cheese
4 wrap size (10 inch) flour tortillas
2 cups mixed greens
1 package (8oz) turkey breast slices
½ cup shredded carrots

Spread 2 Tbsp cream cheese on each tortilla. On one half of each tortilla, add ½ cup mixed greens and ¼ of the turkey slices. Sprinkle with 2 Tbsp shredded carrots.
Fold in the sides of each tortilla. Starting from the edge where you placed the turkey roll up tortilla. Cut into 1-inch slices.

Ham and Cheese Pockets

Ingredients
1 egg
1 Tbsp milk
2 Tbsp all-purpose flour
1 can refrigerated cheddar biscuits (ex: Pillsbury Grands)
1 can condense cheddar cheese soup
1 (8oz) package shredded cheddar cheese
½ cup diced ham

Pre-heat oven to 350 degrees F. In a bowl beat together egg and milk. Sprinkle some of the flour onto a flat surface and onto a rolling pin. Roll each biscuit to make a 5-inch circle turning the biscuit with each roll so it doesn't stick.
To make each pocket using a spoon spread 1 tsp cheddar cheese soup in the center of each biscuit. Top with 1 Tbsp cheese and 1 Tbsp ham. Using a pastry brush, brush a little of the egg mixture around the outside of the circle. Fold the biscuit over to form a half circle. Pinch edges together to seal.
Place the pockets on baking sheet. Brush each pocket with a thin layer of egg mixture. Place baking sheet in oven for 15-18 minutes.

Power Burritos

Ingredients
1 cup low fat black beans or refried beans
4 burrito size (10 inch) flour tortillas
12 ounces grilled chicken breast strips
1 cup shredded Mexican cheese blend
6 Tbsp mild chunky salsa

Heat beans in a microwave until warm. Using a spoon spread ¼ cup beans in the center of each tortilla. Top each with 3 ounces of chicken, ¼ cup shredded cheese and 1 ½ Tbsp salsa.
Fold two sides of the tortilla into the center and hold them in place. Starting with the edge closest to you, roll up the tortilla keeping the filling inside. Place the burritos in a microwave for 2-3 minutes until heated thoroughly.

Pizza Breads
Ingredients
1 large egg
1 Tbsp milk
¾ cup diced pepperoni
¼ cup grated Parmesan cheese
1 can (11 ounce) refrigerated breadsticks, Pillsbury
1 tsp dried Italian seasoning
Pizza sauce

Preheat oven to 375 degrees F. In a bowl beat together egg and milk with a fork. Spread pepperoni on 1 plate and spread the parmesan cheese on another plate.
Separate breadsticks dough into 12 individual pieces. Place on a cutting board and spread a thin coating of egg mixture on the dough pieces using a pastry brush. Place 1 breadstick into the pepperoni and press so pepperoni sticks to the bread dough. Place another breadstick into cheese pressing so the cheese sticks to the dough. Finally sprinkle some Italian seasoning on 1 breadstick.
Place all 3 breadsticks right next to each other. Starting at the top intertwine the breadsticks to form a braid. Place braided breadstick onto baking sheet. Repeat with the rest of the breadsticks.
Place baking sheet in the pre-heated oven and bake for 12-14 minutes. When finished serve with heated pizza sauce for dipping.

Mixed Fruit Trail Mix

Ingredients
1 can dry roasted peanuts
1 package dried cherries
1 package dried cranberries
1 package dried blueberries
1 package chocolate covered raisins

In a bowl stir together peanuts, cherries, cranberries and blueberries. Stir in raisins.

Oatmeal Energy Bars

Cooking spray
1 egg
¾ cup baking mix
2 cups quick-cooking oats
½ cup creamy peanut butter
½ cup cinnamon applesauce
1/3 cup honey
½ cup raisins
½ cup semisweet or milk chocolate pieces

Preheat oven to 350 degrees F. Lightly spray a 9 x 9 inch baking pan with cooking spray.
In a bowl lightly beat egg. In a separate bowl stir together baking mix and oats until well blended. Stir in peanut butter, applesauce, and honey until well combined. Stir in raisins and chocolate pieces.
Press mixture into baking pan and bake for 20-25 minutes.

Homemade Trail Mix
Ingredients
1 bag (6 oz) slivered almonds
½ cup shelled pumpkin seeds
½ cup shredded coconut
½ cup dried cranberries
½ cup milk chocolate pieces
Preheat oven to 350 degrees F. Evenly spread almonds, pumpkin seeds and coconut on baking sheet. Place the baking sheet in oven. Bake 8-10 minutes or until you begin to smell the nuts and coconut toasting.
In a large bowl stir together almond mixture, cranberries and chocolate pieces.

Smoothie Pops

Ingredients
3 (6 oz each) low fat vanilla yogurt
1 cup frozen mixed berries
¼ tsp coconut extract

In a blender add yogurt, berries and coconut extract. Blend until thoroughly mixed leaving the berries a little chunky. Spoon yogurt mixture into frozen pop stick molds. Put on tops of frozen pop stick molds and free for at least 6 hours.

Peanut Butter Smoothie

Ingredients
1 small banana
1 cup milk
¼ cup creamy peanut butter
1 (6oz) container banana yogurt

Cut banana into slices. Pour milk into a blender. Add yogurt, peanut butter, and sliced banana. Blend for 20-30 seconds or until well mixed.

Strawberry Energizer Smoothie

Ingredients
6 ounces strawberry nectar
1 cup frozen whole strawberries
1 (6oz) container nonfat strawberry yogurt

Place strawberry nectar in a blender. Add frozen strawberries and yogurt. Blend for 30-60 seconds or until smooth.

Stuffed Celery

Ingredients
1 (8oz) light cream cheese package
6 stalks of celery
1 cup honey
¼ cup chopped nut topping
¼ cup dried cranberries
Unwrap cream cheese and place in a bowl to let it stand at room temperature for 30 minutes to soften. Using a spoon stir honey, nuts, and cranberries into softened cream cheese. Spread 2 Tbsp cream cheese mixture onto each celery stalk.

Fruit Leather

Ingredients
1 (16 oz) bag loose pack frozen fruit, thawed

Pick your choice of fruit and preheat oven to 140 degrees F. Loosely line a rimmed baking sheet with plastic wrap leaving extra plastic wrap draping over the edges.
Place thawed fruit in a blender. Blend fruit until pureed. If needed add a small amount of sugar to taste. Pour puree onto prepared baking sheet. Tilt pan back and forth until there is a thin layer of fruit covering the bottom. Loosen plastic wrap from sides and fold edges over fruit.
Place baking pan in preheated oven. Leave oven door open about 4-6 inches to allow moisture to escape. Dry fruit about 6 hours in oven or until middle of puree is barely sticky. If the fruit doesn't dry enough it will mold during storage. To remove from pan, peel plastic wrap back. Roll fruit leather up peeling back the plastic wrap as you go.
Cut the fruit leather into 1-inch wide strips. Stores at room temperature for up to 3 weeks. For longer storage put into refrigerator for 2 months.
Note: If you choose fruits that brown such as peaches add 1 Tbsp of fresh lemon juice to fruit in the blender.

Every Day Parfaits
Ingredients
1 (8oz) carton low fat yogurt
¼ tsp vanilla
¼ cup frozen light whipped dessert topping, thawed
1 cup cubed mango or papaya
½ cup sliced fresh strawberries
1 Tbsp shredded coconut

Put yogurt and vanilla in the bowl. Gently stir in whipped topping. Put ½ cup of the mango or papaya in a parfait glass. Top glass with a fourth of the yogurt mixture. Then top with ¼ cup of the strawberries and half of the remaining yogurt mixture. Sprinkle with coconut if you'd like.

Peanut Butter Dip

Ingredients
½ (8oz) package of reduced fat cream cheese
½ cup creamy peanut butter
2-3 Tbsp milk
2 tsp honey

Place the cream cheese in a bowl. Let cream cheese stand at room temperature in the bowl for 30 minutes to soften. Beat cream cheese with the electric mixer on medium speed until smooth. Add peanut butter, milk and honey. Beat with mixer until smooth.
Serve the dip with assorted dippers such as celery sticks, animal crackers, apple slices, or graham cracker sticks

Creamy Fruit Dip

Ingredients
1 cup peeled sliced peaches, sliced strawberries, mandarin oranges
1 (8oz) carton light dairy sour cream
1 (8oz) package reduced fat cream cheese
½ tsp finely shredded orange peel
1 tsp vanilla

Place the fruit in a blender or food processor and blend until smooth. Add sour cream, cream cheese, orange peel and vanilla. Blend until smooth. Pour mixture into a serving bowl.

Banana Berry Smoothie

Ingredients
2 small ripe bananas
1 cup frozen unsweetened whole strawberries
1 (8oz) vanilla low fat yogurt
¾ cup fat free milk

Peel the banana and cut banana into chunks. Put banana chunks, frozen strawberries, yogurt and milk in blender. Blend on high until smooth.

Tango Smoothie

Ingredients
2 small ripe bananas
2/3 cup refrigerated mango slices, drained
1 (12oz) can mango peach, apricot or other fruit nectar
1 cup plain fat free yogurt
1 Tbsp honey

Cut the peeled bananas into chunks. Put the banana chunks, mango slices, fruit nectar, yogurt and if you like honey into the blender.
Blend on high until smooth.

Crunchy Fruit Sundae
Ingredients
1 cup assorted fresh fruit such as blueberries, grapes, strawberries and/or bananas
1 (8oz) carton vanilla low fat yogurt
½-1 cup ready to eat cereal such as cheerios
1 Tbsp almonds or walnuts

Cut the strawberries into bite sized pieces and cut the bananas into bite sized pieces. Divide the yogurt in half and spoon each half into a bowl. Divide the cereal and fruit in half and place into the bowls with the yogurt. Top with almonds or walnuts.

Tostadas

Ingredients
1 ½ cup taco sauce
6-8 oz shredded chicken
4 (6 inch) tostada shells
¾ cup shredded carrot
¾ cup canned black beans
1/3 cup shredded Colby and Monterey jack cheeses

Mix the taco sauce and chicken in a saucepan. Cook until the chicken is heated through. Place the tostada shells on a plate. Divide the chicken mixture evenly among tostada shells. Sprinkle each tostada with carrots and beans. Then sprinkle with cheese.

Chicken Salad

Ingredients
1/3 cup chopped or shredded cooked chicken or turkey
2 Tbsp chopped celery
1 Tbsp light mayonnaise or salad dressing
1 Tbsp salsa
1 Tbsp shredded cheddar cheese

Put chicken, celery, mayonnaise/salad dressing, salsa and cheese in a bowl. Put chicken mixture in a container and chill for 1-4 hours.
Serve the chicken salad on top of shredded lettuce or if you like tortilla chips to scoop the salad.

Fruity Salad

Ingredients
1 sliced banana
2 handfuls of grapes
3 peach halves, cut up
4 strawberries halved
5 pineapple chunks
6 orange sections
7 apple slices halved
8 oz vanilla yogurt
1 Tbsp honey
2 Tbsp orange juice

In a small bowl stir the yogurt, honey, and orange juice together. Pour yogurt mixture over fruit and stir until combined.

Fruit Pocket

Ingredients
2 large whole wheat or white pita bread rounds, halved
¼ cup chunky peanut butter
¼ cup raisins
1 cup sliced or chopped fresh strawberries
2 Tbsp dry roasted sunflower kernels
Peanut Butter Fruit Wrap
Ingredients
4 (8 inch) flour tortillas
½ cup peanut butter
1 cup chopped red and/or green apple
¼ cup low fat granola

Place the tortillas on a cutting board and place 2 Tbsp of the peanut butter over each tortilla. Sprinkle each tortilla with ¼ cup of the apple and 1 Tbsp of the granola. Roll up the tortilla tightly and cut each tortilla in half.

Apple Pie Bars

Ingredients
1 (15 ounce) package rolled refrigerated pie crusts
1 (21 ounce) can apple pie filling
½ tsp ground cinnamon
½ cup powdered sugar
1 Tbsp fat free milk

Preheat oven to 375 degrees F. Take piecrusts out of the package and place on the cutting board. Allow piecrusts to stand at room temperature for 15 minutes. Unroll piecrusts and trim the rounded edges of the piecrusts to make 9 inch squares.
Put 1 piecrust in the baking pan and use your fingers to press the piecrust into an 8 x 8 baking pan. Put the pie filling and cinnamon in a medium bowl. Spoon apple mixture into the piecrust lined pan. Top with remaining piecrust. Fold the edges under and press into the piecrust on the sides of the pan. Prick the top piecrust all over with the fork. Use the pastry brush to brush lightly with milk.
Place pan in the oven and bake for 45 minutes or until the crust is golden brown. Put the powdered sugar and the 1 Tbsp milk in a small bowl. Use a whisk to combine and make a thin glaze. Use the pastry brush to brush glaze over the warm bars.

Tropics Salad

Ingredients
1 (8oz) can pineapple chunks, drained
½ cup miniature marshmallows
½ cup light dairy sour cream
1 (11oz) can mandarin orange sections, drained
1 Tbsp shredded coconut

Put the pineapple chunks, marshmallows, and sour cream in a bowl. Mix together and then fold in the mandarin oranges. Cover and chill.

Fruit Wontons

Ingredients
24 Wonton wrappers
2 tsp sugar
¼ cup seedless raspberry preserves
¼ tsp ground cinnamon
1 cup fresh raspberries
2/3 cup fresh blueberries
¼ cup packaged sliced almonds

Heat oven to 375 degrees F. Lightly coat 24 1 ¾ inch muffin cups with nonstick cooking spray. Press 1 wonton wrapper into each cup. Spray wonton wrappers with additional cooking spray and sprinkle with sugar. Place the pan in the oven and bake for 8-10 minutes or until crisp. Remove wontons from pan to cool completely.
Put preserves in the saucepan and heat until just melted. Use a rubber scraper to stir cinnamon into the melted preserves. Gently stir in raspberries and blueberries. Divide the mixture evenly among the prepared wontons. If you'd like sprinkle each wonton with almonds just before serving.

Crunchy Mix

Ingredients
4 cups bite size cheese crackers
5 cups wheat stick crackers
3 cups pretzel twists
2 cups mixed nuts
½ cup butter or margarine, melted
1 (0.5-0.7 ounce) envelope of cheese-garlic or Italian flavor dry salad dressing mix

Preheat the oven to 300 degrees F. Put cheese crackers and wheat crackers in a roasting pan. Place the pan in the oven and bake for about 5 minutes until warm. Add pretzel twists and nuts to the pan. Pour melted butter over the mixture and sprinkle with salad dressing mix. Bake for 10 minutes more. Remove from oven and stir thoroughly. Place back into oven for another 10 minutes.

Spaghetti Calzones

Ingredients
Cooking spray
1 large egg
1 Tbsp milk
1 can (13.8oz) refrigerated pizza crust dough
1 cup spaghetti and meatballs
¼ cup shredded mozzarella cheese

Preheat oven to 400 degrees F. Spray baking sheet with cooking spray. In a bowl beat milk and egg together. Sprinkle a little flour on a flat surface and sprinkle some of the flour onto a rolling pin. Unroll pizza crust and roll out to a 15 x 15 inch square. Cut into quarters making 4 squares equal in size.
Spoon ¼ cup of the spaghetti and meatballs and 1 Tbsp cheese onto half of each dough square. Using a pastry brush edge of square with egg mixture. Fold dough over to form a pocket. Pinch edges together to seal. Place calzones on baking sheet and brush tops of calzones with egg mixture. Bake for 18-20 minutes.

Sloppy Sandwiches

Ingredients
8 ounces ground beef
1 packet sloppy joes seasoning mix
1 can (6oz) tomato paste
1 large egg
1 Tbsp water
1 can (16.3oz) refrigerated biscuits
½ cup shredded mozzarella cheese

Preheat oven to 350 degrees F. In a skillet cook ground beef for about 10 minutes or until meat in browned. Mix the browned meat with the sloppy joe seasoning mix in a medium saucepan. Stir in tomato paste until well combined.
In a separate bowl beat together egg and water.
Lightly sprinkle flour on a flat surface and onto a rolling pin. Roll out each biscuit to make a 4 inch circle, turning a biscuit with each roll so it doesn't stick. For sandwiches spoon 2 Tbsp meat mixture and 1 Tbsp cheese on one side of each biscuit circle. Using a pastry brush, brush a thin layer of the egg mixture around the edge of each dough circle. Fold dough over meat mixture to form a half circle. Pinch edges together to seal. Place on a baking sheet and brush the top of each sandwich with more of the egg mixture.
Place baking sheet in preheated oven for 13-15 minutes

Cheese Steak Bagel Bites

Ingredients
8 mini bagels presliced
16 thin slices roast beef
1 can condensed cream of mushroom soup
8 slices Monterey Jack cheese

Preheat oven to 350 degrees F. Arrange the bottom halves of mini bagels on baking sheet. Top each with 2 slices roast beef, 1 Tbsp cream of mushroom soup and 1 slice cheese. Place the top halves of bagels on top to make sandwiches.
Bake for 10-12 minutes until cheese is melted and sandwiches are heated

Monte Cristo

Ingredients
3 large eggs
6 Tbsp milk
½ cup raspberry preserves
8 slices white sandwich bread
4 ounces thinly sliced turkey
4 ounces thinly sliced ham
4 slices Swiss cheese
3 Tbsp butter
Powdered sugar

Preheat oven to 375 degrees F. In a large bowl beat together eggs and milk. Spread 1 Tbsp of preserves on one side of each bread slice. Layer turkey, ham, and cheese on the jelly side of 4 bread slices. Top with remaining bread slices, jelly side down.
Soak 1 sandwich in egg mixture for 15 seconds on each side. Transfer sandwich to skillet. Cook for 3-4 minutes or until bottom is browned. Turn sandwich and cook for 3-4 minutes more. Transfer cooked sandwich to baking sheet and put in oven for 5-8 minutes or until cheese is melted.

Ranch Wraps

Ingredients
Romaine lettuce
1 tomato
¼ cup ranch salad dressing
¼ cup honey mustard
8 slices ready to serve bacon
4 (8 inch) flour tortillas
6 ounce chicken breast strips

Shred romaine lettuce and measure out 2 cups. Slice tomato into ¼ inch thick slices and set aside. In a small bowl stir together ranch salad dressing and honey mustard.
Wrap bacon in paper towels and cook in microwave for 1 minute. Spread 1 Tbsp dressing mixture onto each tortilla. Top with a tomato slice, 2 slices bacon, ¼ of the chicken strips, and ½ cup lettuce. Tightly roll up tortilla and cut wrap in half.

French Au Jus

Ingredients
2 Tbsp butter
1 (14oz) can reduced sodium beef broth
1 packet beef onion soup mix
8 ounces thinly sliced roast beef
4 pre-sliced French Rolls

Preheat oven to 400 degrees F. Place butter in a bowl and let stand until softened. In a saucepan stir together beef broth and beef onion soup mix. Heat mixture until simmering and cook for 2-3 minutes. Add roast beef to saucepan and return to simmer then remove from heat.
Separate rolls and butter each half and place on a baking sheet. Place baking sheet in pre-heated oven and bake for 4-6 minutes or until toasted. Place rolls on plates and transfer roast beef from mixture to the rolls. Use the remaining broth to dip sandwiches into.

Cheeseburger Bites
Ingredients
1 ¼ pound extra lean ground beef
¼ cup ketchup
2 Tbsp meat loaf seasoning
1 package sliced cheese
8 hamburger buns
6 Tbsp Thousand Island salad dressing
16 cherry tomatoes
16 pickle chips

Preheat oven to 375 degrees F. In a large bowl mix ground beef, ketchup, and meat loaf seasoning. Form into 16 patties slightly larger than 2 inches wide. Place patties on a baking sheet. Then place baking sheet in oven and bake for 14-16 minutes. Top each patty with a slice of cheese and return to oven to bake for another 2 minutes or until burgers are done. Arrange halves of the hamburger buns on a cutting board with cut sides up. Using a 2 inch round cookie cutter, cut mini buns from the large hamburger buns. Assemble cheeseburgers by placing one patty on a hamburger halve and add 1 tsp Thousand island dressing. Add bun top and skewer 1 cherry tomato and 1 pickle chip on each of the cocktail toothpicks. Then push the toothpick through the center of the assembled burgers.

Grilled Double Cheese Sandwich

Ingredients
2 Tbsp butter
12 slices white sandwich bread
4 slices American Cheese
4 slices Monterey Jack Cheese

Heat butter in microwave until melted. Using a pastry brush lightly butter both sides of 4 bread slices. Place a large skillet on a burner and turn burner to medium high. Cook buttered bread slices in skillet for about 3-4 minutes per side or until golden brown. These are the center pieces for the sandwiches.
Layout for slices of untoasted bread. Top each bread slice with a slice of American cheese and a toasted bread slice. Next add a slice of Monterey jack cheese. Top with remaining untoasted bread slices. Lightly brush the outside tops and bottoms of the sandwiches with some of the melted butter. Place 1 sandwich in skillet and cook for 3-4 minutes until bread is toasted. Flip sandwich and cook for another 3-4 minutes until bread is toasted and cheese is melted.

Mini Melts

Ingredients
2-3 Tbsp butter
2 (6oz) cans water packed chunk white tuna
3 Tbsp mayonnaise
½ tsp salt free lemon pepper seasoning
8 slices white sandwich bread
4 slices cheddar cheese
Cooking spray

Place butter in a small bowl and let stand until softened. In a medium bowl combine tuna, mayonnaise and lemon pepper seasoning. Place 4 bread slices on a cutting board and put 1 cheese slice on each bread slice. Place ¼ cup tuna mixture in center of cheese. Place a second bread slice on each sandwich and gently press together.
Using a 3 inch cookie cutter, cut sandwiches into fun shapes such as star, smiley faces, etc. Once cut spread both sides of sandwich with softened butter. Place sandwiches in a skillet and cook for 3-4 minutes until bread is toasted. Flip sandwich and cook for 3-4 more minutes until bread is toasted and cheese in melted.

Popcorn Chicken Salad

Ingredients
1 (12oz) package popcorn chicken
½ cup ranch salad dressing
2 tsp barbecue seasoning
Romaine lettuce
2 tomatoes
1 cucumber
16 baby carrots

Preheat oven to 425 degrees F. Place popcorn chicken on a baking sheet and bake for 8-10 minutes. For dressing stir together ranch salad dressing and barbecue seasoning in a small bowl.
Tear lettuce into bite size pieces and measure out 8 cups. Place lettuce in a large bowl and add dressing. Toss until well coated. Cut tomato into 8 wedges and cucumber into 16 slices. Place 4 tomato wedges, 4 cucumber slices and 4 baby carrots on top of lettuce on each plate. Top each salad with ¼ of the chicken pieces.

Cheddar Cheese Baked Potato Soup

Ingredients
1 potato
2 (10.75oz) condensed cheddar cheese soup
2 ½ cups reduced sodium chicken broth
¼ cup real bacon pieces

Place potato in microwave and cook on high for 7-8 minutes until potato is soft to the touch. Cut potato into ½ inch cubes and set aside. In a large saucepan stir together cheddar cheese soup, chicken broth and bacon. Bring this mixture to a simmer on the stove stirring occasionally. Stir in potato and heat stir for 5 minutes.

Mini Tacos

Ingredients
Cooking spray
1 pound ground beef, ground chicken or ground turkey
½ cup bottled salsa
½ tsp dried oregano, crushed
4 lettuce leaves
24 mini taco shells
¼ cup finely shredded cheddar cheese

Spray skillet with cooking spray and add either your ground beef, chicken or turkey. Cook until meat is no longer pink and cooked thoroughly. Cook for about 6-10 minutes. If using ground beef put cooked meat into colander and drain fat off the meat. Place meat back into skillet. Stir ½ cup salsa and the oregano into meat. Cook on medium for 5 minutes.
While meat is cooking tear lettuce into bite size pieces. Spoon meat mixture into taco shells and add lettuce and cheese. Top with chopped tomato and extra salsa if you'd like.

Top Secret Wraps

Ingredients
4 (8inch) flour tortillas
1/3 cup bacon flavored ranch salad dressing
4 lettuce leaves
6 ounces thinly sliced cooked beef or ham from the deli
1 cup shredded cheddar cheese
1 small apple

Lay out the tortillas and spread dressing over tortillas with the table knife. Place a lettuce leaf on each tortilla and arrange meat on each tortilla near one edge. Top meat with cheese. Cut apple into thin slices and arrange apple slices on top of the cheese.
Roll up the tortilla starting from the edge nearest the filling. Cut tortilla in half crosswise and serve.

Pepperoni Pockets

Ingredients
1 (10oz) package refrigerated pizza dough
¼ cup pizza or spaghetti sauce
20 slices pizza style pepperoni
2 slices mozzarella, American, or provolone cheese
1 Tbsp milk
2 Tbsp grated parmesan cheese

Preheat oven to 400 degrees F. Grease a baking sheet with shortening and unroll pizza dough on baking sheet. Use a pizza cutter to cut dough into four equal size squares. Spread 1 Tbsp of pizza sauce over each square leaving ¼ inch border around the edges. Place 5 slices of pepperoni on each square.
Cut each cheese slice in half diagonally and place cheese on top of pepperoni. Fold the top left corner of the square down over the bottom right corner to make a triangle. Press the edges of dough together to keep filling inside the pocket. Use a pastry brush to brush the tops of the pockets with milk. Sprinkle with parmesan cheese. Put the pockets in the oven for 15-17 minutes or until golden brown.

Submarine Sandwich
Ingredients
1 cup shredded carrots
1 cup shredded lettuce
1 small cucumber
1 (16oz) loaf French Bread
½ of an 8 oz container light dairy sour cream ranch dip
8 ounces thinly sliced assorted deli meats (roast beef, ham, and/or turkey)
4 ounces thinly sliced mozzarella or provolone cheese

Cut cucumber into thin slices and set aside. Layout of the two halves of the sliced French bread and spread ranch dip onto the cut halves. Place carrot, cucumber, lettuce, meat and cheese on bottom half of the bread. Place the top half of the bread on top. Cut sandwich into 8 pieces and serve.

Southwest Sloppy Joes

Ingredients
12 ounces lean ground beef
½ of a 15 ounce can of refried beans
1 (4.5 ounce) can diced green chile peppers
½ cup bottled salsa
1 small onion
¼ cup water
½ tsp bottled minced garlic
6 hamburger buns
Add these below if you'd like:
shredded cheddar cheese
sliced pitted ripe olives
sliced pickles

Put ground beef in the skillet and cook on medium-high heat until browned and fully cooked. This should take about 8-10 minutes. Spoon meat into a colander to drain off excess fat. Spoon meat back into skillet once fat is drained.
Put half of the refried beans and all the chile peppers into the skillet. Add the salsa to the skillet. Cut the onion into small pieces and add this to the skillet as well along with the water and minced garlic.
Cook on medium-high heat until mixture comes to a boil stirring occasionally for 10-15 minutes or until most of the liquid is gone. Spoon mixture into buns and if you like top with cheese, lettuce, olives, pickles.

Kid Loving Chowder

Ingredients
1 ½ cups water
2 cups frozen diced hash brown potatoes
2 medium carrots
1 stalk celery
1 (10 3/4 oz) can condensed cheddar cheese soup
1 (15 oz) can cream style corn
1 ½ cups milk
1 ½ cups diced cooked ham
¼ tsp black pepper

Put the water and frozen potatoes in a saucepan. Peel the carrots and then cut into small pieces. Cut the celery into small pieces as well. Add both to the saucepan and stir until mixed.
Place saucepan on burner and heat to medium-high and bring vegetable mixture to a boil. Turn burner to low. Cover the pan and cook for 10 minutes.
Pour soup and cream style corn into saucepan and stir until well mixed. Add milk, ham and if you'd like pepper to saucepan. Cover pan and cook until hot, but not boiling. Serve immediately.

Homemade Mac N Cheese

Ingredients
1 small onion
8 slices American cheese
2 2/3 cups dried rotini or elbow macaroni
¾ cup milk
2 Tbsp grated Parmesan cheese

Cut onion into small pieces and set aside. Tear cheese into bite size pieces and set aside. Cook macaroni in a saucepan following the package directions, except add the onion to the water along with the uncooked macaroni so they cook together. When macaroni is cooked remove from saucepan and pour macaroni mixture into colander to drain water. Return macaroni mixture to saucepan and add American cheese, milk and pepper.
Put saucepan back on burner and cook on medium heat for 4-5 minutes or until cheese is melted, stirring entire time.

Quesadillas

Ingredients
1 (11oz) can whole kernel corn
4 (8inch) flour tortillas
¼ cup dairy sour cream
1 cup chopped cooked chicken
1 cup shredded Colby and Monterey Jack cheese
Shredded lettuce (if you'd like)
Salsa (if you'd like)

Empty the corn into a colander to drain the liquid. Lay out the tortillas and spread sour cream on half of each tortilla. Arrange ¼ cup of the chicken on top of the sour cream. Sprinkle with 2 Tbsp of the corn. Sprinkle with ¼ cup of the shredded cheese.
Fold the tortillas in half and pressing gently. Place 2 of the quesadillas in the skillet and place skillet on burner over medium heat.
Cook over medium heat for 3-4 minutes or until cheese begins to melt. Turn quesadilla over and cook other side for another 1-2 minutes or until bottom is brown. Cut quesadilla into wedges and serve.

Chicken Pizza

Ingredients
1 (16oz) package pizza dough
3 Tbsp extra virgin olive oil
2 Tbsp grated parmesan cheese
1/3 pound trimmed broccoli
3 cloves garlic
1/3 pound chicken breast (cut into thin strips)
1 cup part skim ricotta cheese
10 sun-dried tomatoes, drained and sliced
1 cup shredded mozzarella cheese
12-15 basil leaves, torn and thinly sliced

Preheat oven to 500 degrees F. On a 12 inch nonstick pizza pan, stretch out the dough and form the crust. Drizzle 2 tsp olive onto crust and spread with a pastry brush to the edges. Sprinkle with parmesan cheese.
In a small saucepan bring 2 inches of water to a boil. Separate broccoli tips into florets and discard lower stalks. Add broccoli to water. Cook covered for 3-5 minutes and then drain and cut broccoli florets into small pieces.
Heat a small nonstick skillet over medium-high heat. Add 2 Tbsp oil, garlic, and chicken. Season with salt and pepper. Brown chicken until lightly golden brown and cooked for about 5 minutes then transfer chicken and garlic to a cutting board and chop into small pieces.
To assemble pizza, sprinkle broccoli, garlic and chicken. Add spoonfuls of ricotta throughout and spread gently with the back of a spoon. Add sliced sundried tomatoes, scattering them around the pizza to the edges. Top with a thin layer of shredded mozzarella. Place pizza in oven on middle rack and lower heat to 450 degrees F. Bake for 10-12 minutes until cheese is golden and crust in brown and crisp at the edges. Remove from oven and top with basil. Let it sit for 5 minutes and then serve.

Lasagna

Ingredients
12 ounces ground beef
2.5 cups spaghetti sauce
6 dried lasagna noodles
1 ½ cups cottage cheese
1 ½ cups shredded mozzarella cheese
2 Tbsp grated Parmesan cheese

Preheat oven to 350 degrees F. Put ground beef in the skillet and cook on medium-high heat until no longer pink and cooked thoroughly. Once cooked pour meat into a colander and let the fat drain off. Put meat back into skillet.
Spoon 1 cup of spaghetti sauce into the bottom of a 2 qt baking dish. Stir remaining spaghetti sauce into meat in skillet. Place 2 uncooked noodles on sauce in bottom of dish. Spread 1/3 of the meat mixture on top of the noodles. Spread ¾ cup of the cottage cheese over meat. Sprinkle ½ cup of the mozzarella cheese over cottage cheese.
Add another layer of 2 uncooked noodles, one third of the meat mixture, the rest of the cottage cheese and ½ cup of the mozzarella cheese. Layer remaining uncooked noodles, meat mixture and mozzarella cheese. Sprinkle parmesan cheese on top.
Cover baking dish with foil and put covered dish in oven and bake for 1 hour. Remove from oven and let stand for 15 minutes before serving.

Tortellini Alfredo

Ingredients
8 oz thick cut ham slice
1 (9oz) package refrigerated three cheese tortellini
1 ½ cups packaged broccoli florets
1 Tbsp butter
½ tsp bottled minced garlic
1 (8oz) tub cream cheese
½ cup milk
¼ cup grated Parmesan cheese

Cut ham into small pieces and set aside. Cook tortellini in a large saucepan following the package directions, adding the broccoli with the pasta so they cook at the same time. Pour tortellini mixture into the colander to drain.
Add the butter to the empty saucepan and heat until butter is melted. Carefully add the garlic and cook for 30 seconds. Put 4oz of the cream cheese into the saucepan and add milk to saucepan. Use a wire whisk to stir until mixture is smooth. Stir in the ham and pepper. Cook and stir for two more minutes. Add the tortellini mixture to the ham mixture and stir until combined.

Pepperoni Pizza

Ingredients
1 (10oz) package refrigerated pizza dough
1 (14.5oz) can diced tomatoes with basil, oregano and garlic
1 (8oz) can pizza sauce
½ of a 3.5oz package sliced pepperoni or turkey pepperoni
1 cup vegetable toppings of your choice
2 cups shredded mozzarella cheese
2 Tbsp grated Parmesan cheese

Preheat oven to 425 degrees F. Grease the pizza pan with shortening. Unroll the pizza dough and press into the pizza pan building up the edges to make a rim. Put pizza pan in the oven and bake for about 12 minutes or until crust is light brown. Open tomatoes can and pour into colander to drain liquid from tomatoes. Put drained tomatoes in a small bowl. Open pizza sauce and add to bowl with tomatoes. Mix together and then spoon mixture over crust.
Top sauce with pepperoni and then add vegetable toppings. Sprinkle with cheese and parmesan cheese. Put pizza pan into oven and bake for 12-15 minutes or until cheese is melted and bubbly. Let stand for 5 minutes and then cut and serve.

Rodeo Chili

Ingredients
1 (15oz) can pinto, kidney, or garbanzo beans
1 (14.5oz) can stewed tomatoes or whole tomatoes, undrained
1 (15oz) can chili beans, undrained
1 medium green sweet pepper
1 medium onion
1 cup tomato juice
2-3 tsps chili powder
¼ cup shredded cheddar cheese

Pour pinto, kidney or garbanzo beans into colander to drain. Rinse under cold water in sink and drain water. Cut the green pepper in half from top to bottom. Remove seeds and soft white parts from inside the pepper. Cut pepper halves into small pieces. Cut onion into small pieces.
Put stewed tomatoes, green pepper and onion pieces, tomato juice, and chili powder in a saucepan. Place saucepan on stove and heat at medium-high heat. Bring tomato mixture to a boil. Once boiling turn heat to low and cover pan with lid and simmer for 10 minutes.
Add drained pinto beans and undrained chili beans to saucepan. Stir mixture then cover and cook for 10 minutes or until heated through. Sprinkle cheese on top of each serving and serve.

Hawaiian Stir Fry

Ingredients
1 pound packaged skinless, boneless chicken breast strips
1 Tbsp cooking oil
1 (16oz) package frozen stir fry vegetables
1 (8oz) can pineapple chunks
2 (3oz) packages dried ramen noodles
2/3 cup bottled stir-fry sauce
½ cup water

Cut chicken strips into bite size pieces. Pour cooking oil into the skillet and heat on medium-high. Once hot add chicken strips and cook for about 6 minutes or until chicken is no longer pink. Add vegetables to skillet and cover skillet with lid. Cook for 5-7 minutes or until vegetables are tender, but still slightly crunchy.
Break up dry noodles into small chunks and place in a bowl. Add pineapple chunks and juice, noodles, stir-fry sauce and water to the vegetables and chicken in the skillet. Stir until the liquid covers all the pieces. Bring to a boil and turn heat to medium low. Cover and cook about 3 minutes or until noodles are tender stirring occasionally. Serve immediately.

Baked Chicken Strips

Ingredients
Shortening
4 medium skinless, boneless, chicken breast chicken breast halves
1 cup bite size cheese crackers
¼ cup fine dry bread crumbs
½ cup buttermilk or milk
1 recipe Honey-Mustard dip

Preheat oven to 400 degrees F. Grease the baking pan with shortening. On a cutting board cut each chicken breast half into 6 strips. Put crackers in a plastic bag and seal. Use a rolling pin to crush the crackers. Pour the crushed crackers into a pie plate and add bread crumbs to mixture and mix.
Pour buttermilk into a medium bowl. Dip each piece of chicken into the buttermilk, turning to coat completely. Roll each chicken piece in the crumb mixture in a pie plate. Press crumbs onto chicken pieces so that they stick. Place coated chicken pieces in prepared baking pan. Put baking pan in the oven and bake for 15-20 minutes or until no pink color is left in the center of the chicken. While the chicken is baking make the Honey-Mustard dip.

Honey-Mustard Dip:
In a small bowl put ½ cup low-fat mayonnaise dressing or salad dressing, 4 tsps Dijon-style mustard, and 1 Tbsp honey and stir to mix.

Quick and Easy Fajitas

Ingredients
1 small onion
1 small green or red sweet pepper
4 (8 inch flour tortillas)
12 beef or chicken stir-fry strips
½ tsp bottled minced garlic
1 cup shredded lettuce
½ cup finely shredded Mexican blend cheese
Salsa

Heat oven to 350 degrees F. Cut onion into small pieces also cut half of pepper into small pieces. Wrap tortillas tightly in foil. Put tortillas in oven and bake for about 10 minutes or until heated through. Spray a non-stick skillet with cooking spray and heat to medium-high heat. Add half of the beef or chicken and cook and stir for 2-3 minutes or until beef is done or chicken is no longer pink. Remove the beef using a slotted spoon and put in a colander. Add the remaining beef or chicken to skillet along with green pepper, onion, and garlic. Cook and stir for 2-3 minutes until meat is cooked. Spoon beef and vegetables into colander along with liquid from skillet.
To serve place a warm tortilla on a plate and spoon some of the meat mixture along one edge of each tortilla. Roll up each tortilla and serve with lettuce, cheese and salsa.

Salsa Con Queso Baked Potato

Ingredients
4 large baked potatoes
1 cup bottled salsa con queso
Chopped fresh tomato (as topping on potato)

Heat oven to 375 degrees F. Use a fork to poke holes in the potato in several places. Put in microwave and cook for 6-8 minutes until potatoes are tender when pierced with a fork. Use a knife to cut a small oval in the top of each potato. Push the ends of each potato toward the center to make an opening. Spoon salsa con queso topping on top of potato and serve. Garnish with chopped tomatoes if you want.

Cheesy Taco Vegetables

Ingredients
16oz package frozen mixed vegetables or a vegetable of your choice
1 (15oz) can cheddar cheese sauce
¼ tsp dry taco seasoning mix

Cook the package of frozen mixed vegetables following the packages instructions. Drain into colander once done cooking. Return vegetables to the saucepan. Add 1/3 cup double cheddar cheese sauce and ¼ tsp dry taco seasoning mix. Heat saucepan until hot and stir until well mixed.

Honey-Mustard Vegetables

Ingredients
16oz package frozen mixed vegetables or a vegetable of your choice
1/3 cup honey mustard dipping sauce

Cook the package of frozen mixed vegetables following the packages instructions. Drain into colander once done cooking. Return vegetables to the saucepan. Add 1/3 cup honey mustard dipping sauce. Heat saucepan until hot and stir until well mixed.

Asian Vegetables

Ingredients
16oz package frozen mixed vegetables or a vegetable of your choice
¼ cup orange marmalade
1 Tbsp soy sauce

Cook the package of frozen mixed vegetables following the packages instructions. Drain into colander once done cooking. Add ¼ cup orange marmalade and 1 Tbsp soy sauce to saucepan and stir. Return the vegetables to the saucepan. Heat saucepan until hot and stir until well mixed.

Fish Sticks

Ingredients
Cooking spray
40 round crackers (Ritz)
1 pound fresh cod or other firm white fish
1 cup all purpose flour
2 large eggs
2 Tbsp ranch salad dressing mix
2 Tbsp water
Tartar sauce (optional)

Preheat oven to 350 degrees F. Spray baking sheet with cooking spray and set aside. Place crackers in a large sealable plastic bag. Use a rolling pin to crush crackers into very small pieces.
Rinse fish under cold water and pat dry with paper towels. Cut fish into 1 x ½ inch strips. In a sealable bag combine fish and flour. Seal and shake to coat fish.
In a medium bowl combine eggs, ranch salad dressing mix and water. Mix together and pour into a pie plate. Remove fish strips from bag and dip into egg mixture. Coat with crushed crackers and place on a baking sheet.
Place baking sheet in oven for 10-12 minutes.

Pepperoni Chicken

Ingredients
4 boneless, skinless chicken breast halves
1 tsp garlic salt
1 tsp dried Italian seasoning
½ cup shredded mozzarella cheese
¼ cup diced pepperoni

Preheat oven to 350 degrees F. Place chicken halves between two pieces of wax paper and using the smooth side of a meat mallet pound the chicken breast to ¼ inch thickness. Sprinkle both sides of each chicken breast half with garlic salt and Italian seasoning. Lay each chicken breast half smooth side down and sprinkle with 2 Tbsp shredded cheese and 1 Tbsp pepperoni.
Roll up each chicken breast half. If necessary secure each chicken breast with wooden toothpicks. Place seam sides down on prepared baking sheet.
Place baking sheet in oven for 30 minutes. Remove from oven and let cool for 3-5 minutes and then serve.

Caesar Pasta

Ingredients
8 ounces dried bow tie pasta
1 cup or more shredded Parmesan cheese
½ cup creamy Caesar salad dressing
½ tsp salt
½ tsp ground black pepper

In a large pot boil 3-4 quarts of water. Stir in pasta and bring back to a boil. Cook for 9-10 minutes or until tender stirring occasionally. Using a colander drain pasta and return to pot. Add 1 cup of the Parmesan cheese, the salad dressing, salt and pepper to combine. Serve warm

Chicken Parmesan

Ingredients
4 boneless, skinless chicken breast halves
1 cup Italian salad dressing
1 ½ cups Italian seasoned bread crumbs
½ cup grated Parmesan
4 slices Mozzarella cheese
1 (14oz) jar marinara sauce

Place chicken breasts and salad dressing in a large sealable plastic bag. Squeeze out excess air from bag and seal. Gently move chicken around to mix the salad dressing with the chicken. Place in refrigerator and marinate for 1-4 hours.
Preheat oven to 350 degrees F. In a separate sealable bag combine bread crumbs and Parmesan cheese. Seal bag and shake to mix. Remove chicken from marinade and place in the bag with the bread crumbs. Seal bag and shake to coat chicken. Place chicken on a baking sheet and bake for 20-25 minutes.
Remove from oven and top each chicken breast with a slice of mozzarella cheese. Return pan to oven and bake for another 4-5 minutes or more until cheese is melted. Heat marinara sauce in microwave for 2-3 minutes or until hot.
Place chicken on a plate and spoon marinara sauce of chicken and serve.

Tex Mex Turkey Burgers

Ingredients
1 ¼ pounds ground raw turkey
¼ cup real bacon pieces
¼ cup pasta sauce
½ packet chili seasoning
4 slices cheddar cheese
4 slices Monterey Jack cheese

Preheat oven to 400 degrees F. In a large bowl mix the turkey, bacon, pasta sauce and chili seasoning until well combined. Form mixture into 4 patties and place onto baking sheet.
Place baking sheet in oven and bake for 20 minutes or until cooked through.
Remove from oven and top each burger with 1-2 slices of cheese and place back in oven for 1-2 minutes. Serve immediately. You can serve on buns as an option.

Pineapple Pork Chops

Ingredients
4 loin pork chops
1 tsp garlic salt
1 tsp salt free lemon pepper seasoning
1 (8oz) can pineapple slices
4 maraschino cherries
4 tsp packed light brown sugar

Preheat oven to 350 degrees F. Sprinkle both sides of pork chops with garlic salt and lemon pepper seasoning. Put pork chops in a 13 x 9in baking dish. Drain pineapple slices and discard liquid. Place a cherry in the center of each pineapple slice. Sprinkle each pork chop with 1 tsp brown sugar.
Place baking dish in oven and bake for 25-30 minutes. Remove from oven and serve.

Meatloaf

Ingredients
Cooking spray
1 ¼ pounds ground raw turkey
½ cup mexicorn
¼ cup precrumbled sharp cheddar cheese
1 packet Santa Fe chicken seasoning
2 slices bacon
Preheat oven to 400 degrees F. Spray an 11 x 8 inch baking dish with cooking spray. In a large bowl mix the turkey, mexicorn, cheddar cheese, and chicken seasoning. Form into a loaf and place in prepared meat loaf baking dish. Crisscross bacon slices on top of turkey loaf.
Place baking pan in oven and bake for 50-55 minutes or until done. Cool for 5 minutes and serve.

Glazed Carrots

Ingredients
½ stick butter
2 cups baby carrots
¼ cup pure maple syrup
½ tsp ground cinnamon

Cut butter into 4 pieces. Place carrots, maple syrup, cinnamon, and butter in a microwave safe bowl. Cover loosely with plastic wrap. Microwave on high setting for 8 minutes.
Using a spoon, stir mixture and return to microwave. Cook uncovered for 4 minutes stirring every minute. Serve hot

Porcupine Meatballs

Ingredients
1 ½ pounds ground beef
1 cup long grain rice
1 large egg
1 packet onion soup mix
1 can (10.75oz) condensed tomato soup
1 can (10.75oz) condensed cream of mushroom soup
1 soup can of water

In a large bowl mix ground beef, ½ cup of the uncooked rice, egg and 2 Tbsp on the onion soup mix. Mix well and form into 2-inch balls.
Place remaining rice on a plate and roll each ball in rice.
In a large saucepan, stir together tomato soup, cream of mushroom soup, water, and the remaining onion soup mix. Bring contents to a boil and then add meatballs and cover. Reduce heat to medium and simmer for 20-30 minutes or until meatballs are cooked stirring occasionally. Serve hot.

Chili Spaghetti

Ingredients
Cooking spray
1 pound dried spaghetti
2 cans (15oz each) turkey chili with no beans
1 can (14.5oz) diced tomatoes
1 (8oz) package precrumbled cheddar and Colby cheese
¼ plain bread crumbs
¼ cup grated Parmesan cheese
1 Tbsp extra virgin olive oil

Preheat oven to 375 degrees F. Lightly spray a 3 quart casserole dish with cooking spray. In a large pot, bring 4-6 quarts of water to a boil. Add spaghetti and stir until all of the pasta is covered by the water. Bring back to a boil and cook for about 9 minutes stirring occasionally. Drain the pasta into a colander and return spaghetti to pot.
Stir in chili, undrained tomatoes, and cheese. Transfer to prepared casserole dish. In a small bowl stir together bread crumbs, Parmesan cheese, and olive oil until well mixed. Sprinkle over pasta mixture.
Place casserole dish in oven for 30-35 minutes or until heated through.

Barbecue Chip Chicken

Ingredients
1 ¼ pounds chicken tenders
¾ cup Italian salad dressing
Plain potato chips
Barbecue potato chips
Ranch salad dressing

Place chicken tenders in a large Ziploc bag and pour Italian dressing over chicken. Seal and place in refrigerator to marinate for 1 hour.
Preheat oven to 350 degrees F. Place several handfuls of plain potato chips in a different large Ziploc bag. Using a rolling pin, crush chips into very small pieces. Measure out 1 cup and place in a shallow bowl and set aside. Place several handfuls of barbecue potato chips in a Ziploc bag and using a rolling pin crush the chips into several small pieces. Measure out 1 cup and place in a separate shallow bowl.
Using a slotted spoon remove chicken from marinade. Place chicken tenders on a large plate and press half the chicken tenders coating both sides. Press the other half of the tenders into the barbecue chips coating both sides. Arrange chicken tenders on the prepared baking sheet.
Place baking sheet in preheated oven and bake for 20-25 minutes. Cool for 5 minutes and divide chicken tenders evenly and serve. Serve ranch dressing with chicken tenders.

Cheesy Chicken Enchiladas

Ingredients
1 can (4oz) diced green chiles
1 can (2.25oz) sliced black olives
1 can (16oz) refried black beans
1 can (15oz) red or green enchilada
1 bag (14oz) corn tortilla
12 ounces fully cooked chicken breast strips
3 cups shredded Mexican cheese blend

Preheat oven to 350 degrees F. In a strainer drain green chiles and discard liquid. Put chiles in a bowl and set aside. Drain olives in a strainer and set aside as well.
Spoon beans into a bowl and cook in microwave for 2 minutes. Measure ¼ cup enchilada sauce and stir into beans. Set aside.
In a large bowl stack tortillas pour remaining enchilada sauce over tortillas. Layout 4 tortillas on the bottom of a 3 quart casserole. Tear tortillas to fit to edge of dish. Top with half of the beans, 6 ounces of chicken strips, 1 cup of cheese, and half of the green chiles. Repeat layers once more.
Place remaining tortillas on top of last layer of filling and pour any remaining enchilada sauce over tortillas. Sprinkle remaining cheese on top. Sprinkle with olives.
Place casserole dish in oven and bake for 40-45 minutes. Serve hot.

Baked Chicken Pasta

Ingredients
1 pound dried elbow macaroni
1 can (2.25oz) sliced black olives
1 jar (16oz) Alfredo sauce
1 can (14.5oz) diced tomatoes
12 ounces cooked chicken breast strips
½ cup half and half
½ cup Italian seasoned bread crumbs
2 Tbsp extra virgin olive oil

Preheat oven to 350 degrees F. In a large pot boil 3-4 quarts of water. Add pasta and bring back to a boil. Cooke for 10-12 minutes or until pasta is tender stirring occasionally. Drain pasta in a colander and return to pot.
While pasta is cooking strain olives and drain liquid. Too the cooked pasta add alfredo sauce, undrained tomatoes, chicken strips, half and half and olives. Stir ingredients together and place in a 13 x 9 inch baking dish.
In a medium bowl stir together bread crumbs and olive oil until well mixed. Sprinkle over pasta mixture.
Place baking dish in oven and bake for 35-40 minutes. Cool for 5 minutes and serve.