



Beef and Cheese Quesadillas

1 serving: 4 pieces per serving

Ingredients

- 2-six-inch whole wheat tortillas
- 4 oz ground beef, raw
- ¼ tsp cumin
- ¼ tsp onion powder
- 1/8 tsp garlic powder
- 1 oz cheese

Optional toppings: shredded lettuce, hot sauce, sour cream, guacamole, tomatoes, avocado

Preparation

In a small sauté pan, add raw ground beef and seasonings. Cook well, until the meat is no longer pink and is 165 degrees. In a skillet, add ½ tbsp of oil to prevent sticking, and heat to medium low. Add tortilla to the bottom of the pan. Add cheese, beef and top with second tortilla. Cook on both sides until crispy and the cheese is melted. Get creative with additional toppings. Cut in fourths.



This institution is an equal opportunity provider.

Carrots with Tomatoes and Macaroni

4 servings: 1 ½ c serving size

Ingredients

- 1 tablespoon olive oil
- 1 onion (small, chopped)
- 4 plum tomatoes (chopped, from a can)
- 1/2 cup tomato juice (from a can)
- 6 carrots (large, peeled and sliced)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon sugar
- 2 tablespoons fresh parsley (chopped, or 1 teaspoon dried)
- 1 teaspoon butter
- 1 cup elbow macaroni, cooked

Preparation

In a saucepan, cook the onion in the oil until soft but not brown. Add the tomatoes, carrots, salt, pepper and sugar. Cover and cook over low heat for 5 minutes. Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the carrots are tender and the tomatoes are cooked down to a sauce. Stir in the parsley. Mix the butter with the cooked elbows. Stir in the carrot mixture and serve.

Fruit Crisp

8 servings: ½ c servings

Ingredients

- ¾ cup whole wheat flour
- ¾ cup rolled oats
- 3 tablespoons white sugar
- 1/4 cup brown sugar
- 1/2 teaspoon salt
- 1/3 cup canola oil (or unsalted butter, melted)
- 6 cups apples (peeled and diced)
- 1 tablespoon white whole wheat flour
- 3 tablespoons white sugar

Preparation

Preheat the oven to 350 degrees. Lightly grease a baking dish with butter or oil. To make the topping: Place the flour, oats, sugars and salt in the mixing bowl and toss together. Add the oil (or butter) and toss again. For the filling, fill the baking pan with the fruit and the remaining 1 tablespoon flour and 3 tablespoons sugar. Mix well and then cover with the topping. Transfer to the oven and bake until the fruit is tender and the topping is golden, about 45 minutes. Serve right away or cover and refrigerate up to 2 days. *Note: substitute frozen blueberries for apples.*

Burger for One

1 serving: 1 burger per serving

Ingredients

- 1 whole grain hamburger bun
- One-4-ounce raw ground beef patty, seasoned if desired
- 1 ounce of cheddar cheese, optional

Preparation

Toast the bun lightly on a plancha or stove top. In a medium frying pan, add ½ tsp olive oil to prevent sticking. Add hamburger patty. Cook on both sides until well done, and at least 145 degrees in the center. Top with cheese, if desired. Also good to top with pickles, tomato, lettuce, and/or onion.



PRO TIP: If you don't have any applesauce on hand, any mashed fruit or fruit puree will work well as a vegetable oil substitute when baking. Try pureeing bananas, pears, or even pumpkin or sweet potato for some delicious flavor in your baked goods!

Homemade Tortilla Chips

6 servings: 4 chips per serving

Ingredients

- 3 whole wheat flour tortilla
- cooking oil spray
- salt (dash, optional)

Preparation

Preheat oven to 400. Spray both sides of tortillas lightly with cooking spray. Slice into 8 pieces, as though it were a pizza. Spread on non-stick baking sheet, and bake for 8-10 minutes, or until the chips are a light golden color. Try with white bean hummus!

