

COOKING WITH 5 OR LESS

Cheesy Flat Bread Serves 8.

1 (1 pound) loaf frozen wheat bread dough, thawed

2 Tbsp. finely chopped fresh onion

1 cup (8 ounces) shredded cheese

Optional ingredients: chopped green pepper, thinly sliced tomatoes, ½-teaspoon dried oregano, basil or garlic powder

1. To quickly thaw the frozen bread dough, place frozen loaf on a plate in the microwave with a separate cup of room temperature water. Microwave on high for 1 minute and let set for 10 minutes. Repeat if necessary.
2. Pat the thawed dough onto the bottom and up the sides of a greased 14-inch pizza pan, jelly roll pan or baking stone.
3. Sprinkle dough with vegetables and spices.
4. Prick the crust several times with a fork. Sprinkle with cheese.
5. Cover and let rise in a warm place for 30 minutes.
6. Bake at 375 degrees F for 20-25 minutes or until golden brown.

NUTRITION FACTS (per serving) - Calories 190 ~ fat 6 g ~ calories from fat 60 ~ sodium 330 mg ~ total carbohydrate 27 g ~ fiber 4 g

Quesadillas Serves 4.

2 cups shredded cheese

1 cup salsa or picante sauce

8 flour tortillas

2 cups cooked meat, cut into small pieces

1. Spray a nonstick skillet with cooking spray and heat.
2. Warm tortillas on heated skillet.
3. Sprinkle 1/4 cup cheese, 2 Tbsp. salsa and 1/4 cup hot meat evenly on the open-faced tortillas.
4. Warm tortilla on skillet or in microwave until cheese melts.
5. Fold tortilla in half and serve.

NUTRITION FACTS (per serving) - Calories 430 ~ fat 15 g ~ calories from fat 130 ~ sodium 1030 mg ~ total carbohydrate 40 g ~ fiber 2 g

Dilled Zucchini Serves 4.

2 Tbsp. margarine

1 1/2 Tbsp. dried dill weed

4 medium zucchini, grated

Salt and pepper

1. In a skillet melt the butter and sauté the zucchini and dill weed.
2. Cook on medium heat for 5 minutes or just until tender.
3. Add salt and pepper to taste and serve hot.

NUTRITION FACTS (per serving) - Calories 80 ~ fat 6 g ~ calories from fat 50 ~ sodium 80 mg ~ total carbohydrate 6 g ~ fiber 2 g

Breakfast Parfait Serves 6.

2 cups canned fruit, drained, chopped or crushed
 2 bananas, peeled and sliced
 1 cup frozen berries, thawed
 1 1/2 cups low fat plain or vanilla yogurt
 1/2 cup granola

1. In glasses or bowl, layer chopped fruit, sliced banana and berries.
2. Spread yogurt over layered fruit.
3. Sprinkle granola over the top.

NUTRITION FACTS (per serving) - Calories 190 ~ fat 3 g ~ calories from fat 25 ~ sodium 85 mg
 ~ total carbohydrate 37 g ~ fiber 3 g

Italian Green Beans Serves 4.

1 package (16-ounce) frozen green beans
 3 green onions, chopped
 2 Tbsp. margarine
 1 tsp. mixed Italian seasoning or 1/2 tsp. basil + 1/2 tsp. oregano

1. Mix all ingredients in a 2-quart saucepan.
2. Cook according to package directions and to desired doneness.

NUTRITION FACTS (per serving) - Calories 90 ~ fat 6 g ~ calories from fat 50 ~ sodium 210 mg
 ~ total carbohydrate 7 g ~ fiber 3 g

Mushrooms and Corn Serves 6.

1 can mushroom pieces 2 Tbsp. margarine
 1 small onion, chopped 1 package (15-ounce) frozen corn.

1. Place all ingredients in a 2-quart saucepan and cook on medium heat for 5-10 minutes.
2. Add salt and pepper to taste.

NUTRITION FACTS (per serving) - Calories 110 ~ fat 5 g ~ calories from fat 40 ~ sodium 140 mg
 ~ total carbohydrate 17 g ~ fiber 2 g

Three Bean Pasta Salad Serves 6.

1 (15 ounce) can of three bean salad, chilled
 2 cups pasta
 1 cup halved cherry tomatoes

1. Cook pasta in boiling salted water until desired doneness as directed on package. Drain.
2. Combine with undrained three-bean salad and cherry tomatoes in medium bowl.
3. Mix gently, cover and chill.

NUTRITION FACTS (per serving) - Calories 190 ~ fat 1 g ~ calories from fat 5 ~ sodium 290 mg
 ~ total carbohydrate 39 g ~ fiber 3 g

Easy Chicken Serves 6.

6 boneless chicken breasts 1 can each cream of mushroom and chicken soup
 3 slices of processed cheese 1/2 cup seasoned bread crumbs, crushed

1. Place chicken breasts into a baking dish or casserole sprayed with non-stick spray.
2. Lay a 1/2 slice of cheese on top of each chicken breast.
3. Spread soup over meat and cheese.
4. Sprinkle bread crumbs on top until evenly covered.
5. Bake uncovered at 350 degrees for 45 minutes to one hour.

NUTRITION FACTS (per serving) - Calories 220 ~ fat 8 g ~ calories from fat 70 ~ sodium 1350 mg ~ total carbohydrate 12 g ~ fiber 0 g

Electric Skillet Pizza Serves 6.

1 tube pizza crust 2 cups shredded cheese
 1 can or jar of pizza sauce

Optional toppings:

1 cup vegetables – chopped green peppers, onion, mushroom
 1 1/2 cups cooked meat – chicken, beef, ham, sausage, pepperoni

1. Use cooking spray to cover bottom and sides of cold electric skillet.
2. Press dough on bottom and up the side of the skillet about 1/2-1 inch.
3. Spread pizza sauce over the dough.
4. Use any of the optional toppings to layer on sauce.
5. Top with shredded cheese.
6. Put lid on skillet and turn to 325 degrees F. Cook for about 20 minutes. Check for brownness by lifting edge of crust.

NUTRITION FACTS (per serving) - Calories 370 ~ fat 16 g ~ calories from fat 150 ~ sodium 720 mg ~ total carbohydrate 28 g ~ fiber 2 g

Skillet Spaghetti Serves 6.

1 (28-ounce) jar of spaghetti sauce 8 oz. spaghetti pasta, broken in half
 1 1/2 cups water 1/2 cup grated parmesan cheese
 2 cups cooked meat

1. In a 12-inch skillet, combine spaghetti sauce and water and stir to combine. Bring to a boil.
2. Add spaghetti. Stir well keeping spaghetti under the sauce.
3. Cover, and reduce the heat to simmer for 20-25 minutes, stirring frequently. (Add more water if the mixture appears too dry.)
4. Add cooked meat and simmer a few more minutes until meat is heated through.
5. Serve with cheese.

NUTRITION FACTS (per serving) - Calories 430 ~ fat 16 g ~ calories from fat 140 ~ sodium 640 mg ~ total carbohydrate 48 g ~ fiber 4 g

