

# Blueberry Bling

## Ingredients

3 cups frozen or fresh blueberries  
2 teaspoons soft butter or margarine  
1 tablespoon all-purpose flour  
1 tablespoon brown sugar  
1/2 cup rolled oats  
1/2 teaspoon cinnamon

## Directions

1. Preheat the oven to 375 degrees F.
2. If using fresh blueberries, wash and drain. Place fresh or frozen blueberries in a 9-inch pie plate.
3. In a small bowl, use a fork to mix butter, flour, sugar, oats and cinnamon.
4. Sprinkle oat mixture over the blueberries.
5. Bake for about 25 minutes. Enjoy while warm!



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# Chicken and Dumpling Casserole

## Ingredients

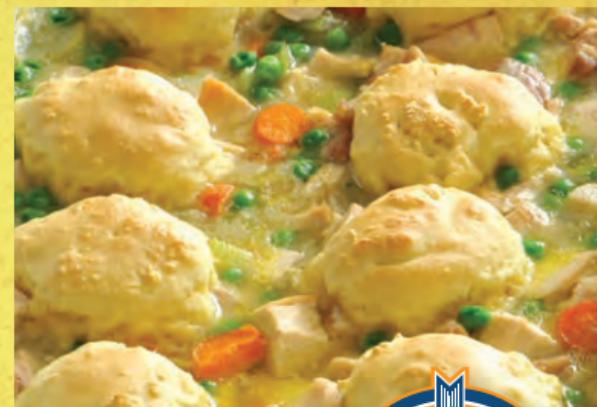
- 3 tablespoons oil
- 1 cup chopped onion (about 1 medium)
- 1 cup chopped celery (about 2 stalks)
- 1 cup chopped carrots (about 2 small)
- 3 cups low sodium chicken broth
- 3 tablespoons flour
- 2 cups cooked chicken, bite sized
- 1 cup frozen peas
- + salt and pepper (try 1/4 to 1/2 tsp.)

## Dumplings

- 1 cup flour
- 2 tablespoons baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/3 cup low fat milk

## Directions

1. Heat oil in a large skillet and saute onions, carrots and celery until soft.
2. Add a small amount of unheated broth to the flour and stir until smooth. Slowly stir in remaining broth and add to skillet. Stir over medium heat as the mixture thickens.
3. Add the chicken, peas, salt and pepper. Heat on low while making dumplings.
4. Dumplings: sift the flour, baking powder and salt together into a mixing bowl.
5. Add the egg to the milk and beat until well blended. Stir into the flour until well combined.
6. Pour the chicken mixture into a lightly oiled or sprayed casserole dish. Drop dumpling dough by spoonfuls onto chicken mixture. (makes about 8 dumplings)
7. Bake uncovered at 400 degrees for 15 minutes or until the dumplings are golden brown.
8. Refrigerate leftovers within 2 hours.



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# Fish Taco Salad

## Ingredients

- 2 pounds fish fillets (try cod, tilapia, snapper or others)
- + salt
- + pepper
- 2 cups shredded cabbage or lettuce
- 2 cups chopped vegetables (try tomatoes, cucumber, green onions, celery, avocado as desired)
- 1/2 cup low-fat ranch dressing
- 1/2 cup salsa

## Directions

1. Season fish with salt and pepper. Cook by your favorite method until it appears opaque and flakes apart easily. (see Notes)
2. Mix cabbage or lettuce with other vegetables of your choice. Divide onto plates. Add chunks of fish. Drizzle with ranch dressing and salsa.
3. Refrigerate leftovers within 2 hours.

## Notes

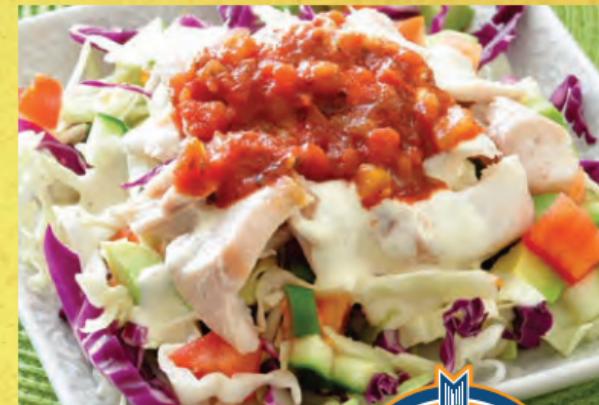
Cook fish:

**In a Skillet** - Spray or lightly oil a skillet. Add seasoned fish and cook over medium heat until flesh starts to appear white. Turn fish over and cook until it flakes easily.

**In the Oven** - Put seasoned fish in a baking pan; cover with foil; bake in a 350 degree oven until fish flakes.

**Under a Broiler** - Place seasoned fish on a broiler pan. Broil several inches from the heat until the fish is opaque throughout and flakes easily.

To make tacos instead of salad: Warm tortillas. Layer cabbage or lettuce, vegetables of your choice, and fish on the tortilla. Drizzle with ranch dressing and salsa. Fold in half



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# Pasta with Greens and Beans

## Ingredients

8 ounces **pasta** (try penne)  
1 tablespoon **vegetable oil**  
1 tablespoon minced **garlic**  
10 ounces frozen **spinach**  
1 can (15 ounces) diced **tomatoes** with juice  
1 can (15 ounces) **white beans**, drained and rinsed  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 cup grated **parmesan cheese**

## Directions

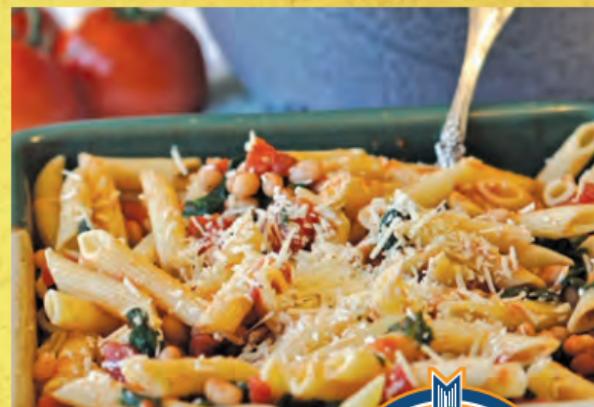
1. Cook pasta according to package directions. Set aside.
2. Meanwhile, heat oil in large sauté pan or skillet.  
Add garlic and cook on low until soft.
3. Add spinach, tomatoes with juice, drained beans, salt and pepper. Once the mixture bubbles, cook uncovered on low heat for 5 minutes.
4. Add drained pasta and parmesan to spinach mixture.  
Toss well and serve.
5. Refrigerate leftovers within 2 hours.

## Notes

No fresh garlic? Use 3/4 teaspoon garlic powder instead.  
Add in Step 3.

Substitute cleaned and chopped fresh spinach (about 6 cups).

Try other greens, such as Swiss chard or kale instead of spinach. Be sure to clean greens well and cook until soft.



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# Quick Chili

## Ingredients

- 1/2 pound lean **ground meat**
- 1/2 medium **onion**, chopped
- 1 can (15.5 ounces) **kidney beans**, rinsed and drained
- 1 can (14.5 ounces) **diced tomatoes** with liquid
- 1 1/2 tablespoons **chili powder**

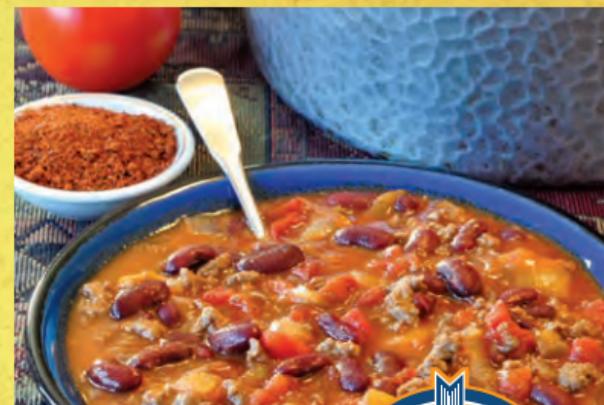
## Directions

1. Brown meat and onions in a large skillet over medium-high heat (350 degrees F in an electric skillet). Drain fat.
2. Add beans, tomatoes, and chili powder.
3. Reduce heat to low (250 degrees F in an electric skillet), cover, and cook for 10 minutes.
4. Serve hot. Top with cheese, if desired.
5. Refrigerate leftovers within 2 hours.

## Notes

Use pinto or black beans instead of kidney beans, if desired.

Add dried cumin and/or oregano in Step 2 for extra flavor!



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# Skillet Mac and Cheese

## Ingredients

2 cups water  
1 1/2 cups uncooked macaroni  
1 teaspoon butter or margarine  
2 tablespoons flour  
1/4 teaspoon salt  
1/4 teaspoon dry mustard  
1 1/4 cups non-fat or 1% milk  
1 1/4 cups (5 ounces) grated cheddar cheese

## Directions

1. In a non-stick skillet or pan, bring 2 cups water to a boil.
2. Add the macaroni and butter. Stir a few times to prevent sticking.
3. Cover the pan and reduce heat to low. Simmer for 5 minutes. Meanwhile, mix flour, salt and mustard in a small bowl. Add 1/4 cup milk and stir until smooth. Add remaining milk. Set aside.
4. Take the lid off the skillet and cook macaroni until most of the water is gone.
5. Stir milk mixture and add to skillet. Add cheese. Mix well.
6. Cook and stir until all the cheese melts and sauce is bubbly and thick.
7. Refrigerate leftovers within 2 hours.

## Notes

Add your favorite fresh, frozen, or leftover vegetable in step 2 to add variety and increase nutrition. Try onions, celery, carrots, zucchini or others.



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# Veggie Quiche Muffins

## Ingredients

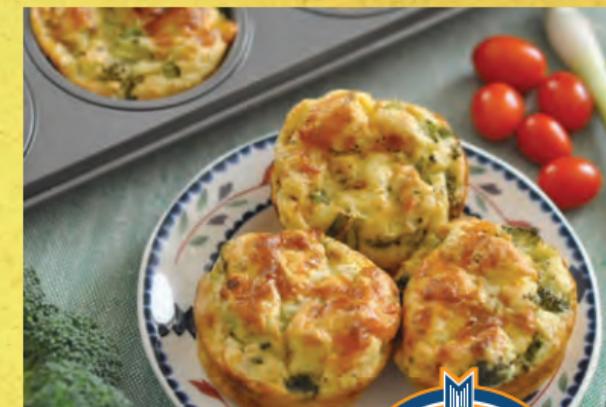
3/4 cup low fat cheddar cheese, shredded  
1 cup green onion or onion, chopped  
1 cup broccoli, chopped  
1 cup tomatoes, diced  
2 cups low fat milk  
4 eggs  
1 cup baking mix (for biscuits or pancakes)  
1 teaspoon Italian seasoning (or dried leaf basil and oregano)  
1/2 teaspoon salt  
1/2 teaspoon pepper

## Directions

1. Heat oven to 375 degrees. Lightly oil 12 muffin cups.
2. Sprinkle cheese, onions, broccoli, and tomatoes in muffin cups.
3. Place remaining ingredients in a bowl and beat until smooth. Pour egg mixture over other ingredients in muffin cups.
4. Bake until golden brown or until knife inserted in center comes out clean, 35-40 minutes. Cool 5 minutes.
5. Refrigerate leftovers within 2 hours.

## Notes

- Try chopped zucchini or mushrooms as part of the vegetables
- Use any variety of cheese your family enjoys
- Bake in a pie pan instead of muffin cups (baking time will be longer)



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