



### **Grilled Chicken Mojito Sandwich**

2 tbsp low-fat mayonnaise  
1 tbsp fresh lime juice  
1 tbsp fresh chopped mint  
1 tsp grated lime peel  
1/2 tsp minced serrano chili  
1/4 tsp sugar  
4 slices tomato  
1 (6 oz) boneless chicken breast, sliced  
1/4 c. onion, chopped  
2 lettuce leaves  
1/4 c. fresh mint leaves  
4 slices bread

#### **Directions**

1. Preheat grill or grill pan to medium high.
2. Combine mayo, lime juice, chopped mint, lime peel, chilies and sugar together in small bowl.
3. Grill chicken breast, onions and bread over medium-high heat until desired degree of doneness; remove from grill.
4. Spread two slices with mayonnaise mixture, dividing evenly. Top with chicken, mint leaves, tomato, lettuce, and remaining bread slices to create 2 sandwiches.

### **Cold Tuna Macaroni Salad**

1 (12 oz) package macaroni  
3 tomatoes – peeled, seeded and diced  
3 stalks celery, chopped  
1 (12 oz) can tuna  
1 ½ c. light mayonnaise  
1 tbsp Italian-style salad dressing  
1 tbsp white sugar  
1 pinch ground black pepper



### Directions

1. In large pot of salted boiling water, cook pasta until al dente, rinse under cold water and drain.
2. In large bowl, combine the pasta, tomatoes, celery and tuna.
3. Prepare the dressing by whisking together the mayonnaise, salad dressing, sugar and pepper. Add to pasta salad, mix together, and refrigerate for 1 hour.

### **Pasta With Fresh Tomato Sauce**

- 1 (16 oz) package dry penne pasta
- 8 roma (plum) tomatoes, diced
- 1/2 c. Italian dressing
- 1/4 c. finely chopped fresh basil
- 1/4 c. diced red onion
- 1/4 c. grated Parmesan cheese

### Directions

1. Boil large pot of lightly salted water. Place the penne pasta in the pot, cook 10 minutes, until al dente, and drain.
2. In large bowl, toss cooked pasta with tomatoes, Italian dressing, basil, red onion & Parmesan cheese.

### **Black Beans & Rice**

- 1 tsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 3/4 c. uncooked white rice
- 1 1/2 c. low sodium, low fat vegetable broth
- 1 tsp ground cumin
- 1/4 tsp cayenne pepper
- 3 1/2 c. canned black beans, drained

### Directions

1. In stockpot over medium-high heat, heat the oil. Add onion & garlic and sauté for 4 min. Add rice and saute for 2 minutes.
2. Add vegetable broth, boil, cover and lower heat. Cook for 20 minutes. Add the spices & black beans.



### **Gumbo Style Chicken Creole**

- 1/4 c. oil for frying
- 1/4 c. all-purpose flour
- 1 green bell pepper, chopped
- 1 onion, chopped
- 2 c. cooked, chopped chicken breast meat
- 1 (14.5 oz) can diced tomatoes with green chiles & liquid
- 1 (4.5 oz) can sliced mushrooms, drained
- 2 tbsp chopped fresh parsley
- 2 tsp Worcestershire sauce
- 3 cloves garlic, minced
- 1 tsp soy sauce
- 1 tsp white sugar
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 3 dashes hot sauce

#### **Directions**

1. Heat oil in large skillet over high heat. Stir in flour and cook, stirring constantly, for 5 min. or until mixture is the color of a penny. Reduce heat to low and stir in bell pepper & onion. Cook 10 to 15 min, or until tender, stirring occasionally.
2. Add chicken, tomatoes with green chile peppers, mushrooms, parsley, Worcestershire sauce, garlic, soy sauce, sugar, salt, pepper & hot sauce. Stir together, cover and simmer for 20 min.

### **All-Star Veggie Burger**

- 1 (15.5 oz) can garbanzo beans, drained & mashed
- 8 fresh basil leaves, chopped
- 1/4 c. oat bran
- 1/4 c. quick-cooking oats
- 1 c. cooked brown rice
- 1 (14 oz) pkg firm tofu
- 5 tbsp Korean bbq sauce
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 3/4 tsp garlic powder
- 3/4 tsp dried sage
- 2 tsp vegetable oil



### Directions

1. In large bowl, stir together mashed garbanzo beans & basil. Mix in oat bran, quick oats & rice. Mixture should seem a little dry.
2. In separate bowl, mash tofu with hands, trying to squeeze out as much water as possible. Drain water and repeat process until hardly any water remains. It is not necessary to remove all water. Pour bbq sauce over tofu, and stir to coat.
3. Stir tofu into garbanzo beans & oats. Season with salt, pepper, garlic powder & sage. Mix until well-blended.
4. Heat oil in large skillet over med-high heat. Form patties out of bean mixture, and fry in hot oil for approx 5 minutes per side. Serve as you would burgers.

### **Barbequed Turkey Pockets**

- 1 (10.75 oz) can condensed tomato soup
- 1/4 c. water
- 2 tbsp packed brown sugar
- 2 tbsp vinegar
- 1 tbsp Worcestershire sauce
- 1 lb thinly sliced, cooked turkey breast
- 3 (6 in.) pita breads, cut in half

### Directions

1. Heat soup, water, sugar, vinegar & Worcestershire in a 12-in. skillet over med. Bring to a boil.
2. Add turkey. Reduce heat to low. Cook until hot & bubbling. Serve turkey mixture inside pita halves.

### **Stuffed Red-Bell Peppers**

- 1 c. uncooked brown rice
- 2 1/4 c. water
- 4 red bell peppers, tops & seeds removed
- 1 tsp olive oil
- 1/4 onion, chopped
- 2 cloves garlic, chopped
- 1 (15 oz) can black-eyed peas, rinsed & drained
- 2 large Swiss chard leaves, chopped
- Salt & black pepper to taste



Directions

1. Bring brown rice & water to boil in saucepan over high heat. Reduce heat to med-low, cover & simmer until rice is tender and liquid is absorbed, 45-50 min.
2. Preheat oven 350 degrees F (175 degrees C). Spray baking sheet with cooking spray.
3. Place red peppers on prepped baking sheet and bake approx. 15 min. or until tender. Heat olive oil in skillet over medium heat. Cook and stir onion & garlic about 5 min. until onion is nearly transparent. Stir in black-eyed peas & chard. Bring mixture to a simmer, and cook until chard is wilted, 5-8 min. Mix in cooked brown rice, sprinkle with salt & pepper to taste, and lightly stuff mixture into red peppers. Serve hot.