

**MULTI-QUICK  
HEALTHY SNACK  
MEALS & RECIPES  
IN 30 MINUTES OR...**

**TERRY D. CLARK**

# **Multi-Quick Healthy Snack Meals & Recipes In 30 Minutes or Less. Vol.1**



**"For the Busy Moms In Mind"**

*by Terry D. Clark*

## **Introduction**

**Let me first say, Thank You for downloading my ebook and all this would not have been possible if it wasn't for the support of my wife, kids and friends -- this is one of many cook books and delicious recipes that I plan to publish soon.**

**Living in (Chicago, IL) has taught me a valuable lesson in being more frugal. This economy has changed the way my wife and I feed our family, pay bills, etc -- And I suspect that to be with most American families and people around the world too!**

**I have put together some of my favorite recipes created by myself (grandma, mom, wife, friends)-- with their permission of course (LOL). These are delicious recipes meals you can use and quick & easy to make in 30 minutes or less!!**

**Busy moms all over the world are searching for better ways to cook a quick meal for their kids and family members without spending all day in the kitchen and would like it to be healthy at the same time.**

**My quick and easy to make recipes at home will have you cooking good healthy meals in no time flat -- even your kids will enjoy to eat and not get enough of. And we all know how hard it is to get kids to eat anything, besides junk food!!**

**Times are hard these days and money is very tight -- families are forced to re-think their budget (mortgage, gas, clothing, school, etc) -- especially groceries. Finding deals at the grocery store, are becoming an adventure now; You have to go to 2 or more stores to find stuff on sale (produce, meats, can goods, etc) in order to save money.**

**I hope these recipes will help make your life much easier in your home kitchen when preparing each dish -- their cheap and delicious to make recipes that your family will LOVE to EAT...or just a treat for yourself.**

**Note: Sometimes throughout the ebook I may suggest a beverage (wine, beer, etc) to go with your meal.**

**Finally, spend less time in the kitchen...And more time with your kids.**

**Enjoy!**

**Now for the LEGAL stuff/DISCLAIMER NOTICES:**

**The information presented herein represents the view of the author as of the date of publication. Because of the rate with conditions change, the author reserves the right to alter and update his/her opinion based on new conditions. The cook book and recipes are for cooking purposes (only). While every attempt has been made descriptively -- we have know way of knowing your cooking skills. Neither the authors, nor their affiliates or partner or partners, assume ant**

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## Table of Content

- 1. Almond Dairy Cream Cheese-Packed Olives**
- 2. The apple Cooked/Baked Compote**
- 3. Bananas Peanut Butter Shake'em Up**
- 4. Banana Split with A Healthy Twist**
- 5. The Chicken Sausage Flavored Sliders**
- 6. The Chilly Spinach Mushroom Veggie Finger Dip**
- 7. The Crunchy Honey Oat Fruits And Nuts Snack**
- 8. The Cucumber Greek Yogurt Dip**
- 9. The Curried Cabbage Late Night Craving Soup Dish**
- 10. The Double Cheese Baked Artichoke Dip Dish**
- 11. The Double Cheese Whole Wheat Bread-sticks**
- 12. The Fresh Berries With White Chocolate Sauce Drizzle-Fizzle**
- 13. The Frosty Banana Peanut Butter Sticks**
- 14. The Garden Time Quesadillas**
- 15. The Healthy Anytime Freezer Pops (Great Summer Treat)**
- 16. The Hungry Late-Night Thai Noodles**
- 17. The Italian Style Seasoned Mixed Snack**
- 18. The Late Night Breakfast Sandwich**
- 19. The Little Whole Wheat Mixed Veggie Pizzas Snacks**
- 20. The Mid-Night Sweet Pumpkin Pudding Snack**
- 21. The Mixed Veggie Salsa**
- 22. The Quick Black Bean Burgers**

- 23. The Easiest Salsa Deviled Egg Snack Treat**
- 24. The Honey Carrots Dish (No Mess) Recipe**
- 25. The Cranberry Apple Sweet Potato Packet Dish**
- 26. The Greek Style Grill Chicken Salad**
- 27. My Chicago Style Potato Wedges**
- 28. The Crunchy Style Spring Roll Dish**
- 29. The Mock Guacamole Dish**
- 30. The Creamy Style Spinach Dip (Great Party Platter)**
- 31. The Tangy Party Style Spread Dip**
- 32. My Fruit Style Platter Fantasia (Healthy Any Time Snack)**
- 33. The Healthy Homemade Chi-Town Pizza**
- 34. My Chicago Style Nachos Treat**
- 35. The Deluxe Style 'BLT' Sandwich**
- 36. The Golden Chicken Satay**
- 37. The Super-Dupper Quick Clam Dip Treat**
- 38. The Homemade Cheese Spread Dish**
- 39. The Quick and Easy Cocktail Shrimp Snack Treat**
- 40. The Meatball Grinder Sandwich Treat**
- 41. The Sausage Pepper Kebabs Treat**
- 42. My Crispy Baked Potato Skin Treats**
- 43. My Favorite Potato Salad Treat**
- 44. The Vegetarian Green Bean Salad**
- 45. The Asian Style Chicken Salad Dish**
- 46. My Favorite Macaroni Salad (Any Time 15 Minute Meal)**
- 47. The Chicken Caesar Salad Lunch Time Treat**
- 48. Homemade Style Lasagna Meal**
- 49. The Spaghetti Style Casserole Family Dish**
- 50. The American Style Macaroni & Cheese**

**Resource:**

**Don't Know What to Cook; Let "Menu Planning Central" Help Plan Your Meals.**

**<http://www.menuplanningcentral.com/order/go.php?r=10822>**

## RECIPES:

### 1. Almond Dairy Cream Cheese-Packed Olives

#### Need:

- \* Twelve very huge natural green olives, pitted
- \* half to one cup (more or less) cream cheese, softened
- \* Twelve Whole cooking salted almonds

Set olives on a small dish. To make them take a position up directly, cut just a small bit off the end.

Smash the cream cheese until tender and creamy.

Stuff the olives complete with cream cheese.

insert one almond into the cream cheese in the olive until cream cheese ooze- out.

Serve instantly.

This recipe is a high sodium, crispy, creamy treats that meets the taste-buds and explodes with satisfaction.

### 2. The apple Cooked/Baked Compote

#### Need:

- \* Two oranges
- \* Two Tablespoons of honey
- \* Quarter Teaspoon or 1/4 of cinnamon
- \* Quarter Teaspoon or 1/4 of ground cloves
- \* Three green 'Granny Smith Apples' peeled, cored and cut in half inch pieces.
- \* Quarter or 1/4 cup of raisins
- \* Quarter or 1/4 cup of chopped up walnuts, separated
- \* Quarter or 1/4 cup vanilla yogurt

**Preheat the stove to 450 degrees. Get out small cooking bowl or whatever you have available.**

**Zest one orange into a bowl; set aside.**

**Juice both orange into a bowl; set aside.**

**Now grab the bowl with the orange juice, include the honey, cinnamon, cloves, and 50 percent of the orange zest and mix to merge well.**


**In a cooking bowl, arrange 50 percent the apple pieces, then top with the raisins and ( two tablespoons of the walnuts). Equally add 50 percent the orange juice/honey/spice combination on top.**

**Top with the rest of the apple pieces and add more -- of the last orange juice combination.**

**Put the last of the walnuts in the cooking bowl with the orange zest, mix together , then spread over the top of the apples.**

**Cover cooking bowl with aluminum foil.**

**Bake in pre-heated stove for 25 to Half an hour or until the apples are soft and the liquid is boiling hot.**

**Remove and let sit for 5 moments, then scoop into your favorite fruit  containers and top with whipped cream or Breyer's ice cream.**

**Will serve 4.**

### **3. Bananas Peanut Butter Shake'em Up**

**Need:**


**\* One cup milk (2% or Whole) will do just fine.**

**\* Half of cup vanilla flavor yogurt**

**\* One frozen banana, cut up**

**\* Two Tablespoons of peanut butter**

**Put all the components in your mixer and combination until it looks like a smoothy drink. You can add a sugar if you like.**

**Note: Before you start this recipe, whatever glass or glass's  your going to drink out of -- make sure you put it in the freezer first -- so it can be nice and frosty for about 30 minutes. Once done now start the recipe!**

**Pour into frosty glass.**

**Wonderful summer beverage!**

**Will provide 2 serving- if you want to make more for friends, just double the 'Shake'em Up' drink.**

#### **4. Banana Split with A Healthy Twist**

**Need:**

- \* Two large clean/ripe bananas**
- \* Eight watermelon 'scoops' (use your ice cream scooper)**
- \* Two Cups of freshly clean blueberries**
- \* Half of cup vanilla yogurt (Dannon yogurt)**
- \* Quarter or 1/4 cup sliced nut products (your choice)**

**Get out 4 containers or banana split size dish.**

**Peel bananas and cut in 50 percent lengthwise, then in 50 percent crosswise.**

**Lay down two of the banana in a banana split bowl.**

**Add two small 'scoops' of fresh watermelon on your banana split, then spread the blueberries all over the banana, then spoon yogurt natural over and spread sliced nuts on top.**

**Repeat for each banana split recipe.**

**Will provide 4 serving.**

**If you want more sweet taste, drop a little raw honey over your yogurt. A healthy treat without the bad stuff!!!**

#### **5. The Chicken Sausage Flavored Sliders**



## **Need:**

- \* Half to 3/4 lb ground chicken breast**
- \* One tablespoon of black pepper**
- \* One garlic clove, minced**
- \* One Tablespoon of balsamic vinegar**
- \* Half cup of grated fresh onion**
- \* One teaspoon of fennel seed, finely crushed and chopped**

**Blend together all the ingredients in a glass bowl container; be sure it's blended but don't over-work the chicken or it will get hard.**

**Cover the bowl and let chill in the ❖ refrigerator for One hour.**

**To get ready, divide the chicken mixture into 3 or 4 evenly sized patties.**

**Grill or put under the stove broiler until cooked through.**

**Take out and serve on large or small-buns, pita bread, English muffins cut to size, or other rolls or bread.**

**Put on your favorite veggies; Tomato slices, lettuce, cucumbers -- whatever you like.**

**The raspberry vinegar and fennel seeds give the chicken a (Porky Sausage & beefy Steer) like flavor that me and my kids all love, while still keeping a healthy diet.**

**This recipe Goes great with "Barefoot" wine called: Riesling -- best served chilled.**

## **6. The Chilly Spinach Mushroom Veggie Finger Dip**

### **Need:**

- \* One box (10 oz size) frozen diced/chopped spinach, thawed and liquid squeezed out**
- \* One half of cups sour cream**
- \* One cup of mayonnaise ( your favorite)**
- \* One cup finely chopped fresh mushrooms**
- \* Three fresh green onions, chopped fine**

**Mix all the ingredients, mixing up well, in a glass bowl.**

**Place cover over the the bowl and put in the refrigerator for at least One hour.**

**Eat cool with fresh veggies for dipping, such as celery, carrots, cauliflower, bell peppers, and tomatoes.**

## **7. The Crunchy Honey Oat Fruits And Nuts Snack**

**Need:**

- \* Half of a cup of butter**
- \* Third or 1/3 of a cup of honey**
- \* Quarter or 1/4 of a cup packed brown sugar**
- \* One Teaspoon of ground cinnamon**
- \* Half or 1/2 Teaspoon of salt**
- \* Three cups squared-shape oat cereal**
- \* One & half or 1 1/2 cups old-fashioned oats**
- \* One cup of diced nuts, whatever you like**
- \* Half cup or 1/2 cup of dried cranberries**
- \* Half or 1/2 cup raisins**

**Pre-heat oven to about 250 degrees.**

**Preferably in a saucepan, mix the butter, raw honey, brown sugar, cinnamon, and salt, stir and cook over very low heat until the butter is melted and the sugar is dissolved; remove and set aside.**

**In a large bowl, throw together the cereal, oats, and nuts.**

**Drop heated mixture over and toss again until blended well.**

**Pour out the ingredients onto a large baking sheet.**

**Cook in preheated oven for 45 to 55 minutes, stirring around every 15 minutes.**

**Take out and let cool at room temperature, tossing a few times.**

**Pour out the chilled mixture into a large bowl container, add the cranberries and raisins and toss well.**

**Quickly serve or store in an airtight bowl container or tupperware.**

**Even though it's not a 30 minute recipe dish, 45 minutes isn't that bad -- but this treat is worth the**

**wait!!**

## **8. The Cucumber Greek Yogurt Dip**

**Need:**

- \* Two small fresh cucumbers**
- \* One cup of Greek yogurt**
- \* An eight or 1/8 teaspoon of garlic powder**
- \* light salt and pepper as needed to taste.**

**Clean and Scrub the cucumbers thoroughly , slice the long way and scrape out seeds with a spoon, throw-away.**

**Chop up the cucumbers and put in food processor.**

**Include the remaining ingredients and beat until well blended.**


**Take your spoon ans empty it into a bowl and cover with plastic. Put in the refrigerator for 30 minutes.**

**Serve with pita chips or fresh raw vegetables as a dip.**

**Goes very well with 'Barefoot' wine --called Riesling. Chilled!**

## **9. The Curried Cabbage Late Night Craving Soup Dish**

**Need:**

- \* One medium size head cabbage, cut/chop into shreds**
- \* Two onions, diced up**
- \* Two green bell peppers, chopped up**
- \* Two stalks celery, chopped up**
- \* One (28 oz) can of diced tomatoes by Hunts or Red Gold** 

- \* Two (15 oz) cans broth, chicken, veggie, or beef by 'College Inn'
- \* Half or 1/2 Tablespoon of curry powder, more or less to taste
- \* Kosher salt and pepper to taste

Add all the ingredients in a large soup pot, stir, and bring to a boil, cover and decrease heat to low; simmer for 15 to 20 minutes or until veggies are nice and tender.

Serve hot.

Will serve 2 -- for family of 4 -- you can double the recipe

This makes a soup to satisfy any late night cravings, and you can eat as much as you want because it's so healthy.

### **10. The Double Cheese Baked Artichoke Dip Dish**

**Need:**

- \* One can or glass jar (fourteen ounce) artichoke hearts, drained and chopped-up
- \* Half or 1/2 cup of your favorite mayonnaise
- \* Half or 1/2 cup light cream cheese by (Dannon) or your favorite, softened
- \* Half or 1/2 teaspoon of garlic salt
- \* Half or 1/2 teaspoon of black pepper
- \* One Tablespoon of freshly chopped-up green onions
- \* One Tablespoon of chopped-up fresh parsley
- \* One cup of shredded fresh Parmesan, separated
- \* One cup of shredded fresh Mozzarella, separated

Set or Preheat your oven to 350 degrees and grab out a small casserole dish bowl.

In your large tupperware container bowl, place the mayonnaise, parsley, green onions, pure ground black pepper, garlic salt, cream cheese & artichoke.

Include ( Half or 1/2 cup Parmesan and Half or 1/2 cup Mozzarella ) to the bowl and mix together until all is well combined.

Pour mixture out into the casserole dish.

**Spread the left-over cheeses evenly over the top.**

**Bake in preheated oven (uncovered) for 25 to 30 minutes or until bubbling hot and golden brown around the edges and on top.**

**Serve warm with pita points, crackers, or celery and carrot sticks.**

### **11. The Double Cheese Whole Wheat Bread-sticks**

**Need:**

- \* Half or 1/2 cup of grated Parmesan cheese**
- \* Quarter or 1/4 cup of finely shredded Cheddar cheese**
- \* Half or 1/2 teaspoon of Italian seasoning**
- \* Half or 1/2 teaspoon of garlic powder**
- \* An Eighth or 1/8 teaspoon of onion powder**
- \* One or (1 lb) loaf frozen whole wheat bread dough, thawed-out**
- \* Quarter or 1/4 cup butter, melted down**
- \* Sea salt or Kosher salt (optional)**

**Preheat your oven to 400 degrees and grease a baking sheet.**

**In a tupperware bowl, mix the cheeses and the seasonings; Put to the side for now.**

**Divide dough into 16 even pieces.**

**With your hands, roll each one piece into a thin 'stick' about six inches long. ♡ Do it again for each dough piece.**

**Slightly dip each stick into the dissolved butter, --now roll through the cheese and seasoning mixture and place them on prepared baking sheet, each one about two inches apart; let the dough 'rest' for 15 minutes before baking.**

**Bake in your preheated oven for about 10 to 12 minutes-- or so,-- until lightly golden brown.**

**Take out and sprinkle/spread immediately with Kosher salt if desired, then slide off onto a cooling rack to cool before eating.**

**You can serve with combination of hot melted cheese or your favorite hot mustard dips if desired.**

**You'll get at least several dozen bread-sticks --but, it depends on how thin you roll the each dough.**

**"Barefoot" wine goes great with this recipe-- called: Sweet Red**

## **12. The Fresh Berries With White Chocolate Sauce Drizzle-Fizzle**

**Need:**

- \* One or 1 1/4 cup of any brand combination of fresh berries**
- \* Two once bag of white chocolate chips**
- \* Quarter or 1/4 cup heavy cream -- by 'Reddi Wip' or your favorite whip cream.**

**Add the freshly bought berries on your baking sheet and put it in your freezer until it gets almost frosty. This will get the berries nice and cold to enhance the warm chocolate sauce.**

**Add the white chocolate chips and cream into the top of a double boiler.**

**Pour water into the double boiler-- just a little to cover the bottom --and now, turn on medium-high heat; Now, bring water to a boil, turn your heat down to let simmer, and set the top of the double boiler insert into the bottom.**

**Now stir the chocolate and cream together while sitting on the hot water. ♦ Continue to keep stirring until chocolate is melted into the cream and becomes a smooth sauce.**

**Now take the cold berries and put them into two small ice cream bowls and pour whats left-over of the warm white chocolate over the top.**

**Serve immediately.**

**This creates 2 snacks.**

## **13. The Frosty Banana Peanut Butter Sticks**

**Need:**

- \* Three ripe bananas**
- \* Quarter or 1/4 cup of peanut butter**
- \* Quarter or 1/4 cup chopped-up nuts**
- \* Six pop-sicle sticks**

**Peel and cut the bananas in half (crosswise.)**

**Force a pop-sicle stick into the cut end of each banana half.**

**Evenly spread your peanut butter onto the banana halves-- now then, roll and press into the chopped-up nuts.**

**Place in your freezer for about least 2 or 3 hours.**

**This is a great snack to eat, for when you wake up in the middle of the night. A healthy late night snack!**

#### **14. The Garden Time Quesadillas**

**Need:**

- \* One fresh large carrot, peeled and finely grated**
- \* Two little zucchini, wash with cold water and finely grated**
- \* Eight little sun-dried tomato tortillas by Red Gold or Store Brand**
- \* One cup of shredded 'Colby' Jack cheese**
- \* Your favorite 'Hot' sauce or Salsa sauce**

**Add the grated carrot and zucchini in a tupperware bowl and stir together.**

**Separate this mixture equally on 4 of the tortillas (the other four will be the tops.)**

**Separate the cheese equally over the top of the carrot & zucchini blend on tortillas.**

**Dab a some 'Louisiana Hot sauce or Salsa' (or both) on top of each tortilla blend.**

**Top each of the 4 filled tortillas with the other 4 tortillas and press down slightly.**

**Grab a skillet and heat -- over medium-low heat. (Use a little olive oil or use a non-stick spray).**

**After the skillet is hot, place a completed quesadilla in and cook until tortilla slightly golden brown (you can cover the skillet if you wish for the first few minutes to get the inside & outside for cooking better), ---Now, flip carefully and cook until other side is golden browned.🔁 Take out and put them to the side; repeat the process again for each quesadilla.**

**You may want to cover the quesadillas when you take them out to keep them warm and make sure that the cheese melts.**

**Creates 4 quesadillas.**

## **15. The Healthy Anytime Freezer Pops (Great Summer Treat)**

### **Need:**

- \* One (8 oz) container lemon yogurt**
- \* Two cups of seedless watermelon, cubed**
- \* One pint of fresh strawberries, hulled**
- \* One medium ripe banana, peeled and sliced**
- \* Eight (7 oz size) paper cups**
- \* Eight plastic spoons**

**Add your favorite yogurt brand and the fruits in your blender, cover, and blend until it looks like a smoothy.**

**Place Spoon or spoons in the paper cups and put them in your freezer.**

**Freeze until it looks slushy; For about 45 to 55 minutes.**

**Place a spoon into each of the cup or cups, then continue to freeze until solid, for a few more hours.**

**Once they are completely ready to eat, get out one paper cup and place them on your counter-top and let stand for about 5 minutes or so, then peel off paper cup and consume, using spoon as handle.**

**Kids Love This Treat -- And it's healthy too!**

## **16. The Hungry Late-Night Thai Noodles**

### **Need:**

- \* Four cups of water**
- \* Two (3 oz) packages Ramen noodles (without the seasoning packets)**
- \* Two cups of your favorite store brand bagged coleslaw mixture, or shredded head of cabbage**
- \* Three Tablespoon of peanut butter**



- \* Four teaspoon of fresh squeeze lime juice or natural store brand**
- \* One Tablespoon of hot chili sauce (Furmaro's Chilli sauce, Frank's Red Hot Chilli sauce)-- or store brand**
- \* peanuts, (optional)**

**Add cold water in a large saucepan or pot and let boil.**

**Take away saucepan from the heat, add the 'Ramen' noodles, toss to break up, cover saucepan and put to the side for a few minutes or so.**

**Strain the 'Ramen' noodles into a strainer -- place in a bowl, --don't forget to keep the liquid. **

**Put the strained 'Ramen' noodles into a big tupperware bowl and add (Half or 1/2 cup of the liquid.**

**Add the left-over ingredients to the tupperware bowl with the 'Ramen' noodles and stir or mix well together --until the peanut butter melts down.**

**Taste and season with sea salt and pure ground pepper if needed.**

**Serve warm.**

**serves 2.**

## **17. The Italian Style Seasoned Mixed Snack**

**Need:**

- \* Six cups of rice or corn cereal shaped squares**
- \* One bag (ten once sized) mini pretzels**
- \* One bag (ten once sized) little whole wheat crackers**
- \* One small box or bag of oyster crackers by (Nabisco or store brand)**
- \* One cup of almonds, chopped-up**
- \* Half cup of walnuts, chopped-up**
- \* Quarter or 1/4 cup olive oil (Bragg Organic or Your Favorite Store Brand)**
- \* Two Tablespoon dried Italian style seasoning**

**Turn your oven on and Pre-Heat oven to 350 degrees.**

**Add the cereal, pretzels, oyster crackers, and nuts in a large tupperware bowl.**

**In a different bowl, whisk together the olive oil and dried Italian style seasoning.**

**Sprinkle the seasoned oil over the snack ingredients and mix together.**

**Pour out on a large or medium size baking sheet and put in oven, cook/bake for 15 minutes or so, turning several times until crispy and lightly browned.**

**Take out and pour out onto a paper towel covered cooling rack.**

**Let the dish cool down--room temperature -- now, it's ready to serve.**

**You may store in airtight container for up to 1 month.**

### **18. The Late Night Breakfast Sandwich**

**Need:**

- \* Half or 1/2 cup 'Hellmann's mayonnaise' or your favorite brand**
- \* Two Tablespoon of 'French's Dijon mustard' or your favorite brand**
- \* One Tablespoon red wine vinegar**
- \* Half or 1/2 teaspoon Sea Salt or kosher salt**
- \* Quarter or 1/4 teaspoon pure ground black pepper**
- \* Half or 1/2 cup onion, diced/chopped**
- \* Three celery stalks, diced/chopped**
- \* Three hard-cooked boiled eggs, peeled and chopped**
- \* Two or Three slices of thick bacon, fried crispy and crumbled**
- \* Four slices of whole-wheat bread, toasted**
- \* Two big leaves romaine lettuce, (optional)**


**Grab a glass bowl, mix together the Hellmann's mayonnaise, french Dijon mustard, red vinegar, sea salt, and pure ground pepper.**

**Put the onion, celery, eggs, and bacon and mix together easy. Take the toasted slices and spread butter, or mayonnaise, or mustard if you like-- to give it more flavor...now spread mixture evenly on toasted wheat bread and add to each sandwich with a lettuce leaf or romaine.**

**A wonderful meal eat somewhere between dinner and breakfast, especially when you're not quite ready to eat bacon and eggs.**

## **19. The Little Whole Wheat Mixed Veggie Pizzas Snacks**

### **Need:**

- \* One Thomas whole wheat English muffin, break up and toasted**
- \* Half or 1/2 of cup 'Hunts tomato sauce' or your favorite store brand**
- \* One cup of mixed chopped fresh veggies of your choice (red onions, spinach, tomatoes, olives, eggplant, red bell peppers, green bell pepper, yellow bell pepper etc)**
- \* Half or 1/2 cup of 'Kraft Ricotta' or your favorite store brand**
- \* Half or 1/2 cup of 'Kraft Mozzarella or your favorite store brand shredded**
- \* One Tablespoon freshly chopped basil or One  teaspoon dried basil**

**Now, Preheat your oven to about 350 degrees.**

**Put the Thomas English muffin, cut side up, on baking sheet and add Hunts tomato sauce on top of each one.**

**Evenly distribute the cut up veggies between the two muffins.**

**Separate the ricotta in half and add over each muffin.**

**sprinkle a dash on each with the Mozzarella cheese.**

**Now cook/bake Thomas English muffins in the pre-heated oven for 7 minutes or so -- until nice and hot.**

**If you want like your cheese real gooey, you can turn the oven up a little  higher -- until cheese melts down and slightly browns.**

**Take out of the oven and sprinkle basil on top, then let cool on your counter-top enough to eat.**

**Makes 2 individual pizzas. If you want to make more -- you can double the recipe.**

## **20. The Mid-Night Sweet Pumpkin Pudding Snack**

**Need:**

- \* **One cup canned pumpkin puree**
- \* **One package 'Jell-O instant vanilla pudding mix (sugar free)**
- \* **One teaspoon 'McCormick' pumpkin pie spice**
- \* **One or 1/4 cup whole milk or 2% milk**

**Stir together all the ingredients above and pour into separate pudding cups or ice cream dessert bowls. Put in your refrigerator and let chill for at least 3 hours.**

**Serve cold.**

## **21. The Mixed Veggie Salsa**

**Need:**

- \* **One cup of diced/chopped zucchini**
- \* **One cup of diced/chopped onion**
- \* **Two cups of diced/chopped red bell peppers**
- \* **Two cups of diced/chopped green bell peppers**
- \* **Two cups of diced/chopped Roma tomatoes**
- \* **Two garlic cloves, minced**
- \* **Half or cup of chopped fresh cilantro**
- \* **Quarter or 1/4 cup real lime juice**
- \* **Half or 1/2 teaspoon Sea salt or Kosher salt**
- \* **Half or 1/2 teaspoon of pure ground black pepper**

**Grab a large glass or plastic tupperware bowl, add all the ingredients above, mixing gently together.**

**Cover with plastic wrap and put in your refrigerator for 1 hour or 2.**

**Serve as a dip with 'Tostito's tortilla chips or other snack cracker like 'Nabisco'. May also be used to top it off with scrambled eggs for a healthy late night meal or snack.**

## **22. The Quick Black Bean Burgers**

**Need:**

- \* One can of (Fifteen ounce size) black beans by (Bush's Best, Ortega or Progresso) drained One egg, Stir well**
- \* Half or 1/2 cup of breadcrumbs by (Progresso or Store Brand)**
- \* Quarter or 1/4 cup onion, diced/chopped**
- \* Quarter or 1/4 cup shredded fresh Parmesan cheese by (Kraft or Store Brand)**
- \* Half or 1/2 teaspoon cumin**
- \* Quarter or 1/4 teaspoon of Sea Salt or Kosher salt**
- \* A pinch black pepper**

**Add the can of black beans in a large tupperware bowl and mash down with a fork or a potato masher --until mostly smooth.**

**Pour the remaining ingredients and stir until well blended well together.**

**Now grab a portion of the mixture and pat them down into patties burger style.**

**Heat a small amount of olive oil in a large skillet over medium heat.**

**Once it gets hot, gently add the bean burgers to your skillet; let cook to your liking ( medium rare or cooked all the way)--now, turn and cook the other side and do the same thing. ♦ Get a wonderful crunchy finish.**

**Now, your 'Quick Black Bean Burgers' is ready to eat -- grab your favorite hamburger buns----  
And Enjoy.**

## **23. The Easiest Salsa Deviled Egg Snack Treat**

**Need:**

- \* One hard-boiled egg**

**\* One Tablespoon of 'Tostitos Chunky Salsa or your favorite Salsa brand)**

**\* One teaspoon Dice/Chopped parsley**

**Slice the hard-boiled egg in half and take out the yolk --and add to a small tupperware bowl (set whites on a small plate.)**

**Combine the white yolk, add your Tostitos salsa or store brand --now, smash down firmly with a fork--just like you when you make your devils-egg.**

**Spoon the mixture into the empty egg whites.**

**Now, add a pinch of parsley.**

**You may, with this recipe create more than one snack...just double up on the mixed ingredients.**

**I suggested 'Tostitos Chunky Salsa' -- because it's made with all natural ingredients to enjoy a very healthy snack. It's okay to use store brands -- but read the label for to be safe and healthy when feeding your family!!**

#### **24. The Honey Carrots Dish (No Mess) Recipe**

**Need:**

**\* One Sheet of (18x24 inches)Heavy Duty Store Brand Foil or Reynolds Wrap Heavy Duty Aluminum Foil.**

**\* One package of (Sixteen ounce) peeled baby carrots.**

**\* Two tablespoon of brown sugar.**

**\* Two tablespoons of raw honey or store brand (Natural).**

**\* Two tablespoons of butter or margarine.**

**\* Two tablespoons of chopped fresh parsley**

**\* Two teaspoon of fresh lime juice**

**Get your oven ready and set/preheat to 450 degrees or if you so choose, you may Grill instead -- medium to high heat.**

**Center baby carrots on sheet of 'Heavy Duty Foil' - sprinkle with brown sugar -- drizzle with raw honey and top with butter.**

**Take up foil both sides -- double fold top and ends to seal making one large packet -- making room for heat circulation inside.**

**Bake for 22 to 25 minutes on a cookie/baking sheet in oven.**

**or**

**Grill 12 to 14 minutes in covered grill -- open foil...Stir in fresh parsley and lime juice before serving.**

**This recipe serves 4.**

**Enjoy!!**

## **25. The Cranberry Apple Sweet Potato Packet Dish**

**Need:**

- \* One Sheet of (18x24 inches) of Heavy Duty Store Brand Foil or Reynolds Wrap Heavy Duty Aluminum Foil.**
- \* Four medium size sweet potatoes -- peeled and cut-up into Quarter or 1/4 slices.**
- \* Two Green Apples or Granny Smith Apples -- cored -- thin sliced into rings.**
- \* Half or 1/2 of cup dried cranberries or you can add raisins instead.**
- \* Half or 1/2 of cup brown sugar.**
- \* Three tablespoons of butter or margarine, melted down.**
- \* Half or 1/2 teaspoon of ground cinnamon.**

**Now get your oven set/preheated to 450 degrees.**

**or**

**You can Grill -- medium to high heat.**

**Now position or center the sweet potatoes, green apples and cranberries on the sheet of heavy duty foil -- sprinkle with brown sugar -- now, add butter/margarine and cinnamon -- drizzle over brown sugar.**

**Now, take up both sides of foil -- double fold top and ends to seal making large foil packet, leaving enough room so the heat can circulate inside.**

**Baking time: 26 to 31 minutes on a baking/cookie sheet in your oven.**

**Grilling time: 22 to 26 minutes in covered grill -- once the sweet potatoes are tender -- it's ready to serve.**

**A Wonderful dish!**

**Serves 4**

**26. The Greek Style Grill Chicken Salad**

**Need:**

- \* Quarter or 1/4 cup of low sodium chicken broth -- (your favorite brand).**
- \* Two tablespoon of your favorite brand of 'Red Vinegar'**
- \* One teaspoon of sugar.**
- \* One dried oregano.**
- \* Two teaspoons of olive oil (your favorite brand)**
- \* Half or 1/2 teaspoon of Sea Salt.**
- \* Half or 1/2 teaspoon of fresh pure ground black pepper.**
- \* One minced garlic clove**
- \* Four (4 once) boneless & Skinless chicken breast halves**
- \* Cooking spray**
- \* Eight cups of torn romaine lettuce.**
- \* One cup of sliced cucumber -- on small or medium size will do just fine.**



- \* Eight pitted kalamata olives, halved.**
- \* Four plum tomatoes, quartered cut or to your liking.**
- \* Sliced red onions, cut into ring style.**
- \* Quarter or 1/4 cup of ( one once ) crumbled feta cheese**

**Now get your boiler or grill ready.**

**Add the first 8 ingredients into a small tupperware bowl - put two tablespoons of dressing into another bowl and stroke or brush the chicken -- now put the remaining dressing to the side.**

**Place chicken breasts on your grill/boiler pan coated with cooking spray -- now cook for 6 minutes on both sides until the chicken breast are done.**

**Now, cut the chicken breasts into thin slices -- now, add the romaine lettuce and the next 4 ingredients in a large tupperware bowl and toss with the remaining dressing.**

**Now, separate the salad into 4 salad plates -- top each serving with sliced chicken breasts and sprinkle with feta cheese.**

**Great with wine by 'BareFoot' called: Sweet Red**

**Serving 4.**

## **27. My Chicago Style Potato Wedges**

**Need:**

- \* Three Large 'Idaho Potatoes' or Russet Potatoes -- scrubbed and cut into large wedges.**
- \* Two teaspoon of hot red pepper sauce**
- \* One tablespoon minced dried onion flakes.**
- \* One teaspoon of paprika.**
- \* Half or 1/2 teaspoon of spice supreme cayenne pepper.**
- \* Half or 1/2 teaspoon of sea salt**
- \* Half or 1/2 teaspoon of pure ground black pepper.**

**(Optional) if you'd like -- Half or 1/2 teaspoon 'file' powder.**

**Now, get your oven set/preheat to 350 degrees.**

**Once the oven has heated up -- grab your baking/cookie sheet -- cover with heavy duty aluminum foil -- now, spray with vegetable or Canola oil cooking spray.**

**Now, it's time to mix the ingredients spices in large tupperware bowl -- Add (onion flakes, paprika, spice supreme cayenne pepper, pure ground black pepper, sea salt, and file powder)-- Stir together well -- now, add the potato wedges to the bowl -- too to coat.**

**Now, put the potato wedges on the baking/cookie sheet in a single line. Now, put the potato wedges in your oven and bake for about 20 minutes or until golden brown on each side.**

**Once done, sprinkle a little red pepper sauce -- now your ready to eat!**

**If your really busy and just don't have the time to prepare this recipe. Try going to your local grocery store and pick up a ready season mix -- like "Cajun Seasoning Spice" mixture.**

## **28. The Crunchy Style Spring Roll Dish**

**Need:**

- \* One Half or 1 1/2 cup of sliced mushrooms.**
- \* One cup of sliced celery.**
- \* Half or 1/2 cup of sodium free chicken broth.**
- \* Half or 1/2 red bell pepper, cut/chopped into thin strips.**
- \* Half of 1/2 cup of chopped green onions.**
- \* Two once's of firm 'Tofu' cut into little pieces.**
- \* Four egg roll wrappers.**
- \* Half or 1/2 cup of bean sprouts.**
- \* Four romaine lettuce leaves.**
- \* Quarter or 1/4 cup low-sodium soy sauce.**
- \* Two tablespoons of chopped green onion**

**Now grab a medium size skillet -- add the mushrooms, celery, chicken broth, pepper & green onions.**

**Now, cook over medium heat, while stirring until tender -- do this for 5 minutes -- now, add the 'Tofu' -- let cook, while stirring at the same time -- once the liquid is absorbed for 5 minutes -- take skillet from heat and let cool down for a minute or so.**

**Now for the sauce; Grab a small tupperware bowl -- add the soy sauce & green onion -- mix together well -- now, put to the side**

**Now, spoon feed the mushroom mixture evenly into the center of each egg roll wrapper -- place bean sprouts over filling. Now brush edges of wrappers with water-- now, tightly roll up wrappers -- squeeze ends together to seal.**

**This recipe would be perfect if you had a 'Wok' -- but, if you just have a regular skillet, that would be okay too!**

**Now, spray the "Wok or Skillet" with Canola cooking non-stick spray -- Heat skillet over medium heat -- add rolls to skillet and let cook until golden brown on each side about 10 minutes or so.**

**Now, grab some romaine leaves and put them on dinner plates -- and add each roll on top of the romaine & serve sauce on the side.**

**Your now ready to eat!!**

## **29. The Mock Guacamole Dish**

**Need:**

- \* Two cups of frozen asparagus -- thawed out.**
- \* Half or 1/2 regular size ripe avocado -- peeled -- pitted & chopped.**
- \* Three tablespoons low-fat ricotta cheese.**
- \* Three tablespoons of freshly squeezed lemons or Store Brand Real Lemon juice.**
- \* 1/8 teaspoon of sea salt.**
- \* 1/8 teaspoon of cayenne pepper**
- \* Three ripe plum tomatoes -- seeded & coarsely chopped-up --- that equal to about (One Cup)**
- \* One small chopped red onion (1/2 of cup)**
- \* Quarter or 1/4 red bell pepper --chopped-up (1/4 of cup)**
- \* Three cups of low-fat tortilla chips -- fresh cilantro for garnish.**

**Now, in a your blender or food processor -- add the asparagus -- and blend until smooth.**

**Now, grab a medium size tupperware bowl -- now, add together -- asparagus, avocado, ricotta**

**cheese, lemon juice, sea salt & cayenne pepper. Stir the ingredients together well.**

**now, once thats done -- include the tomatoes, onion & red bell pepper to the avocado mixture. Now, make sure to cover the tupperware bowl tightly with top or plastic wrap and put it in the refrigerator -- until you are ready to serve.**

**Make sure you have a large plate, to put the 'Mock Guacamole' -- surrounded by fresh 'Tortilla Chips' & Small Tomatoes & Carrots thinly cut.**

**A little taste of Mexico dish, that only takes 15 minutes to make.**

**Can serve 12**

### **30. The Creamy Style Spinach Dip (Great Party Platter)**

**Need:**

- \* One cup of cherry tomatoes.**
- \* One yellow bell pepper -- cut into strips**
- \* Six cups of assorted fresh veggies**
- \* One cup of frozen chopped spinach -- thawed out & drained**
- \* Half or 1/2 cup of low or nonfat sour cream**
- \* One cup of low-fat cottage cheese**
- \* One tablespoon of dried onion flakes**
- \* One tablespoon of freshly squeezed lemon or store brand real lemon juice**
- \* Half or 1/2 teaspoon cayenne pepper**
- \* 1/8 teaspoon sea salt**
- \* 1/8 teaspoon pure ground black pepper**

**Now, in your blender or food processor -- add the spinach & sour cream -- now blend together until smooth.**

**Now, in a medium size tupperware bowl -- mix together, the spinach, cottage cheese, onion flakes,**

**real lemon juice, cayenne pepper, sea salt & black pepper.**

**Now, transfer the spinach dip into a small dish bowl -- and place the bowl on a large dish plate -- surrounded by ( carrots thin sliced, tomatoes cut, celery sliced thin, mushrooms, cucumbers, etc ) whatever your favorite veggies are -- goes well with this dip.**

**Serves 6**

### **31. The Tangy Party Style Spread Dip**

**Need:**

- \* Two celery stalks -- sliced**
- \* 16 crackers or low-fat**
- \* One loaf of Italian or French bread -- toasted golden brown -- cut into wedges.**
- \* One package ( eight ounces ) low-fat cream cheese, softened.**
- \* 2/3 cup of low-fat cottage cheese.**
- \* Six tablespoons of prepared mango chutney.**
- \* Quarter or 1/4 cup of chopped-up fresh parsley.**
- \* Two tablespoons minced green onions.**
- \* One tablespoon of 'French Dijon Mustard'.**
- \* 1/8 teaspoon pure black pepper**
- \* 1/8 teaspoon cayenne pepper.**

**Now, grab your blender or food processor -- and add together in a small tupperware bowl the cream cheese & cottage cheese -- blend until smooth.**

**Now, transfer the mixture to a small bowl -- mix in chutney, parsley, green onions, mustard, black pepper & cayenne pepper -- now, mix together well.**

**Now, place the cream cheese spread in a bowl on a large tray or platter plate -- surrounded by (celery, crackers, toasted bread wedges).**

**Takes about 5 or 10 minutes to make -- and serves 8.**

### **32. My Fruit Style Platter Fantasia (Healthy Any Time Snack)**

**Need:**

- \* One cup of orange or grapefruit -- sections**
- \* One peach -- sliced (one cup)**
- \* One cup of watermelon balls**
- \* One cup of seedless red grapes or green grapes -- clustered**
- \* One cantaloupe or honey dew melon -- peeled & cut into thin wedges.**
- \* Mint leaves & grated orange peel for garnish**
- \* Four ounces of low-fat cream cheese -- soften.**
- \* Two tablespoons of sugar-free orange marmalade.**
- \* One teaspoon of grated lemon peel**
- \* Quarter or 1/4 teaspoon of ground ginger.**
- \* One container (eight ounce) vanilla non-fat yogurt.**

**Now, in a medium size bowl & your electric mixer (on high speed) -- beat the cream cheese until fluffy -- now, beat in marmalade, lemon peel & ginger -- stir in the yogurt -- now, mix together well.**

**Now, place the dip in a serving bowl -- cover with top or plastic wrap -- put in the refrigerator and let chill for one hour.**

**Now, once the dip is ready -- garnish/surround with mint leaves & orange peel -- serve fruit with dip.**

**A healthy any time snack. Serves 6**

### **33. The Healthy Homemade Chi-Town Pizza**

## **Need:**

- \* One package (sixteen ounce) frozen french bread pizza dough -- thawed out.**
- \* One tablespoon olive oil.**
- \* Twelve cloves garlic**
- \* One red onion -- halved**
- \* One tablespoon low or non-fat Italian salad dressing.**
- \* Two tablespoon of yellow cornmeal.**
- \* One red bell pepper -- cut into thin slices.**
- \* One green bell pepper -- cut into chunks (one cup).**
- \* One yellow bell pepper -- cut into chunks (one cup).**
- \* Quarter or 1/4 cup crumbled blue cheese.**
- \* Quarter or 1/4 cup thinly sliced basil leaves.**

**Now, set your oven rack to it's lowest position -- set/preheat oven to 450 -- place garlic & onions in a small baking dish. Toss with salad dressing -- now, bake until garlic & onions are tender -- bake 20 minutes -- now take out and let cool down slightly -- slice the garlic & onions.**

**Now, spray your baking/cookie sheet with 'Vegetable or Canola' cooking spray. -- Now, sprinkle with cornmeal -- separate the dough into 4 pieces, using a floured rolling pin -- roll each dough piece into seven inch circle. Now place on prepared baking/cookie sheets.**

**Now, brush dough with oil -- now, add the ingredients -- garlic, onions, red bell pepper, green bell peppers & yellow bell pepper over dough - make sure to leave at least an 1/2 inch border.**

**Now, put the pizza in the oven -- cook 15 minutes or until cheese & crust golden brown -- once the pizza is ready, take out the oven and slice into wedges -- it's now ready to eat.**

**Serves 6.**

**Enjoy!!!**



**Need:**

- \* 32 unsalted baked tortilla chips by 'Santitas Chips or Tostitos Chips' (three ounces)
- \* Quarter or 1/4 cup of shredded low-fat 'Monterey Jack Cheese'.
- \* Quarter or 1/4 cup of low-fat 'Colby Cheddar Cheese'.
- \* Two tomatoes -- chopped (two cups)
- \* Quarter or 1/4 cup thinly sliced green onions
- \* One garlic clove -- minced
- \* Two tablespoons chopped fresh -- cilantro or parsley.
- \* One tablespoon of red wine vinegar or cider vinegar.

**Now, set/preheat your boiler/oven -- place tortilla chips in a single layer on a non-stick baking/cookie sheet -- now, put to the side.**

**Now, in a small bowl, add the 'Monterey Jack Cheese & Colby Cheddar Cheese -- mix together well -- now put to the side**

**Now, get ready to prepare the salsa. Now, in a medium size bowl -- mix together the tomatoes, green onions, garlic cloves, cilantro & red wine vinegar -- now, mix together well. Now, add 2 teaspoons of salsa in the center of each tortilla chips and top each chip with 3/4 teaspoon of cheese mixture.**

**Now, put baking sheet into the oven -- let bake for about 2 or 3 minute or until the cheese melts. Once done, take out of the oven -- use your spatula -- place nachos on a serving platter & salsa on the side -- your now ready to eat.**

**Your kids will love this special treat -- and it only takes 15 minutes to create and 2 or 3 minutes cooking time.**

**Serves 4. **

### **35. The Deluxe Style 'BLT' Sandwich**

**Need:**

- \* Eight slices of 'Turkey Bacon' (use Oscar Myers for best taste & flavor)-- if your not into turkey -- 'Pork Bacon' will do just fine too.**
- \* Eight slices of Italian bread or French Toast Bread ( by Wonder Bread). Toast each slice.**
- \* Eight romaine lettuce leafs**
- \* One large tomato -- slice thin**
- \* Four fresh basil leaves**
- \* Two tablespoons of low-fat mayonnaise (your favorite) -- I prefer 'Miracle Whip Dressing Olive Oil' by Kraft...It really kicks up the flavor.**
- \* Two tablespoons of low-fat sour cream.**
- \* Two tablespoons chopped fresh basil or Half or 1/2 teaspoon dried basil.**
- \* One tablespoon of freshly squeezed lemon juice.**

**Now, grab a medium size skillet (non-stick)-- add bacon and cook over medium heat -- if, your bacon is cooking to fast, turn the heat down a bit. Make sure you turn the bacon frequently, until it's nice and crispy -- don't burn or your sandwich won't taste good!!**

**Now, once your finish cooking the bacon -- grab some paper towels and a plate, place bacon on top and drain grease (do the same with Pork Bacon)--this is an healthy 'BLT' ...not a greasy sandwich!!!**

**Now, grab a small bowl add your favorite mayonnaise -- now, add sour cream, basil & fresh lemon juice -- mix together well.**

**Now, spread mayonnaise evenly over each slice of toasted bread -- now, add romaine lettuce, tomato, bacon & basil leaves evenly on top of 4 slices. Top the remaining toast slices the same way.**

**Now, cut each sandwich in half -- serve on a plate with french fries or just the sandwich alone.**

**This recipe only took 15 minutes to complete and taste great ---especially, when you just don't have the time to cook a large meal.**

**Serves 4.**

### **36. The Golden Chicken Satay**

#### **Need:**

- \* Two skinless boneless chicken breasts halves (four ounces each) -- cut into eighteen cubes.**
- \* One large red or green bell pepper, will do fine -- cut into 12 to 18 squares.**
- \* Quarter or 1/4 teaspoon of Sea Salt.**
- \* Quarter or 1/4 teaspoon of pure ground black pepper.**
- \* Two teaspoon of olive oil.**
- \* Two tablespoon of low-sodium chicken broth.**
- \* One & Half or 1 1/2 tablespoon of freshly squeezed lime juice.**
- \* One tablespoon of low-sodium soy sauce.**
- \* One tablespoon of creamy peanut butter -- Skippy or your favorite store brand.**
- \* Quarter or 1/4 teaspoon of hot pepper sauce**
- \* One garlic clove -- peeled**
- \* Green leaf of lettuce & sliced green onion for garnish/surrounding the dish.**

**Now, for the dip ingredients -- grab a small bowl and mix together, the chicken broth, lime juice, soy sauce, peanut butter & hot pepper sauce -- mix together well...now add the garlic and let dip stand at room temperature for 25 or 30 minutes or so. While, your waiting for the dip -- soak 6 wooden skewers in cold water**

**Now, set/preheat your oven/boiler -- now, alternate 3 chicken cubes & 3 bell pepper squares on each wooden skewer -- season the skewers with sea salt & pepper -- now, brush with olive oil.**

**Now, place skewers on the rack in the boiler pan -- it must be 4 inches from the heat -- make sure you turn the skewers at least 3 or 4 times. until chicken breasts are golden brown and cooked through -- should take you about 7 minutes or so!!!**

**Now, line your serving dish or platter with -- lettuce -- top of skewers -- now, remove garlic from the dip and discard. -- Garnish dip with green onions and serve.**

**Serves 6 -- Goes great with "Gallo Red Wine Moscato"**

**Note: This recipe also goes well with (shrimp, beef, pork & veggies only)-- substitutes instead of**

**chicken breasts!!!**

### **37. The Super-Dupper Quick Clam Dip Treat**

**Need:**

- \* One cup of low-fat sour cream by 'Dannon' or (your favorite)**
- \* One package (eight ounces) low-fat cream cheese by 'Dannon' or(your favorite) --soften.**
- \* One tablespoon of dried onion flakes.**
- \* One teaspoon of paprika.**
- \* Half or 1/2 teaspoon of sea salt.**
- \* Two cans of (six & half or 6 1/2 each)-- minced clams.**
- \* tablespoons chopped-up fresh parsley.**
- \* Fresh veggies & low-fat crackers.**

**Now, in a your food processor -- mix together the Dannon sour cream, Dannon cream cheese, onion flakes, paprika & sea salt -- blend until smooth.**

**Now, place the cream cheese mixture on the top of your stove/double boiler -- set to very low heat, not to boil-- water; for example ( a double boiler, is a stacked sauce-pot used to heat foods -- that protects them from direct heat -- food is heated by simmering water in the bottom pot).**

**Now, add clams with juice too -- now, add the parsley -- cook clam mixture, stirring frequently, until heated through -- 6 minute should do -- don't boil!!**

**Now, switch clam dip to a small or medium sized bowl -- now, place in the center of your serving dish or platter -- garnish/surrounded by veggies & crackers -- your now ready to serve!!!**

**Cooking time to complete 15 to 20 minutes tops.**

**Serving 8.**

### **38. The Homemade Cheese Spread Dish**

#### **Need:**

- \* Half or 1/2 cup of low-fat ricotta cheese**
- \* Half or 1/2 cup of low-fat cottage cheese**
- \* One clove garlic -- crushed**
- \* Quarter or 1/4 cup of chopped-up fresh basil**
- \* Quarter or 1/4 cup chopped-up fresh parsley**
- \* Two tablespoons chopped-up fresh chives or green onion tops**
- \* One tablespoon chopped-up fresh marjoram or One teaspoon of dried marjoram.**
- \* Two teaspoon chopped-up fresh oregano or 3/4 teaspoon dried oregano.**
- \* One teaspoon of freshly squeezed lemon juice.**
- \* 1/8 teaspoon of pure ground black pepper.**
- \* Fresh chives & oregano sprigs for garnish/surround**

**Now, in your food processor or counter-top blender -- mix together the ricotta cheese, cottage cheese & clove garlic -- now, add the basil, parsley, chopped-up chives, marjoram, oregano, lemon juice & black pepper -- now, blend until smooth for 30 seconds.**

**Now, once you are finish blending -- scrape out the mixture with rubber spatula into a bowl -- now, add cheese spread into that small bowl -- now, cover it with a top or plastic wrap and refrigerate for an hour to allow the flavor mix well.**

**Once the hour is complete, grab a platter dish and garnish/surround with chives, oregano sprigs -- also with veggies & crackers -- whatever you like.**

**Now, Lets Eat!!!Serving 6**

### **39. The Quick and Easy Cocktail Shrimp Snack Treat**

#### **Need:**

- \* Two bottles of (twelve ounce each) beer 'Millers High Life' or 'BudLight' or your favorite brand of beer -- if, you don't want alcohol you can use (3 cups of water) instead.**
- \* Eight cloves garlic -- peeled & crushed.**
- \* Three bay leaves.**
- \* One teaspoon dried thyme.**
- \* One teaspoon fennel seeds.**
- \* 1/8 teaspoon of hot pepper sauce.**
- \* Two pounds medium size shrimps -- peeled & deveined -- tails intact.**
- \* Quarter or 1/4 cup of 'Hentz Ketchup' or (your favorite store brand).**
- \* One tablespoon of horseradish.**
- \* One clove garlic -minced.**

**Now, in your large saucepan -- add together the beer or (three cups of water), garlic, bay leaves, thyme, fennel seeds & hot pepper sauce -- mix together well. Next, let the ingredients boil over high heat for a few minutes or so -- now, reduce heat to medium and let simmer for 12 minutes.**

**Now, prepare the sauce in a small bowl -- add the ketchup, horseradish & garlic -- stir together well.**

**Now, add shrimp to beer mixture -- and simmer -- now cover, until the shrimp turns pink -- about 4 minute's or so.**

**Now, drain the shrimp in a colander -- serve hot or chilled -- whatever you pleasure -- great on a platter -- garnish/surround with lemons & parsley.**

**Serving 6**

#### **40. The Meatball Grinder Sandwich Treat**

**Need:**

- \* Ten ounces of lean 'Turkey Ground or Ground Beef Chuck'.**
- \* One small yellow onion -- grated.**
- \* One cup seasoned bread crumbs.**
- \* Two egg whites -- lightly beaten.**
- \* Quarter or 1/4 cup of water**
- \* Quarter or 1/4 cup of your favorite ketchup.**
- \* One tablespoon chopped-up fresh parsley.**
- \* Half or 1/2 teaspoon of pure ground black pepper.**
- \* One jar or can (sixteen ounce) no-salt added, tomato sauce by 'Hunts' or store brand.**
- \* Half or 1/2 teaspoon of dried oregano.**
- \* Six Kaiser rolls or Italian style grinder rolls.**
- \* Shredded parmesan cheese (optional).**

**Now, set/preheat your oven to 350 degrees --spray on your baking/cookie sheet Vegetable or Canola oil cooking spray.**

**Now, grab a large bowl -- mix together the ground beef or ground turkey, onion, bread crumbs, egg whites, water, ketchup, parsley & pure ground black pepper.**

**Now, grab with your hands the beef mixture and roll them in your hands into medium size meatballs -- now, put the meatballs on your baking sheet -- next it's time to bake, put the meatballs in the oven -- occasionally turning each one with a spatula, until brown and cooked all the way through (30 minutes).**

**Next, transfer the meatball once done -- to a plate lined with paper towel -- let drain.**

**Now, grab a large skillet -- add, tomato sauce & oregano -- mix together well -- now, add the meatballs -- cook over medium heat -- until cooked through -- 7 minutes.**

**Now, cut the roll/split almost half way and place on your plate -- spoon meatballs with the sauce between the rolls -- now, add Parmesan cheese -- it's time to eat!!**

**Enjoy!!**

**Serves 6**

### **41. The Sausage Pepper Kebabs Treat**

**Need:**

- \* One teaspoon of fennel seeds**
- \* Two tablespoons of freshly squeezed lemon juice.**
- \* One tablespoon of grated lemon peeled.**
- \* Half or 1/2 teaspoon dried oregano.**
- \* Three red bell peppers -- cut into (8) 1-inch pieces.**
- \* Two lean turkey, pork or chicken sausages (three ounces each) -- cut into (8) pieces.**
- \* (optional) Quarter or 1/4 cup of honey mustard or store brand (Natural)**

**Now, soak 8 wooden skewers in cold water for about 15 minutes.**

**Next, while skewers are soaking -- spray your skillet (medium size) with Vegetable or Canola cooking spray -- now, add the fennel seeds -- cook, while stirring -- until lightly browned for about 3 minutes.**

**Now, remove skillet from heat -- next add in the lemon juice, lemon peel & oregano -- and stir.**

**Next, set/preheat boiler -- now, in a medium bowl -- mix together bell peppers with fennel seeds mixture -- toss to coat.**

**Now, thread sausages and peppers onto skewers -- next, place skewers on the boiler pan =-- at least 4-inche from the flames -- now, boil -- turning frequently until sausages are cooked through & bell peppers are tender -- time: 10 minutes or so!!!**

**Once completed, take 'Kebabs' from the boiler and serve on a platter -- garnish/surrounded with or on top of salad mix veggie style -- simply wonderful!!!**



**Serves 8**

## **42. My Crispy Baked Potato Skin Treats**

**Need:**

- \* Four 'Idaho or Russet' potatoes -- scrubbed.**
- \* Half or 1/2 tablespoon Canola Oil**
- \* Half or 1/2 teaspoon of Sea salt.**
- \* 1/8 teaspoon or pure ground black pepper.**
- \* 1/8 teaspoon of hot red pepper sauce.**

**Now, set/preheat your oven to 450 degrees -- spray your baking/cookie sheet with Vegetable or Canola oil cooking spray.**

**Next, peel potatoes length-wise -- cut potatoe peeling into 1 inch wide strips -- leaving some skin intact -- make sure to save the excess potato for other use.**

**Now, in a medium size bowl -- mix together the sea salt, black pepper & hot pepper sauce -- now, add the potato skins to oil & toss to coat.**

**Next, lay potato skin strips on the baking/cookie sheet -- baked potato skins until golden brown & crispy. About 25 minutes cooking time. Once the potatoes are ready -- pull from the oven and serve 'Hot'!!**

**Also, goes great with ( colby cheddar cheese, Monterey Jack Cheese, etc) whatever your favorite cheese is!!! Enjoy**

**Serves 4**

## **43. My Favorite Potato Salad Treat**

## **Need:**

- \* Twelve red-skinned potatoes -- scrubbed and cut into 1/4 inch chucks (two pounds).**
- \* Half or 1/2 cup of chopped-up green onions**
- \* Half or 1/2 cup of chopped-up celery**
- \* One cup of low-sodium chicken broth.**
- \* 3/4 cup of cider vinegar.**
- \* Two tablespoons of all-purpose flour.**
- \* One tablespoon of Vegetable or Canola Oil.**
- \* One tablespoon of granulated sugar.**
- \* Half or 1/2 teaspoon of sea salt.**
- \* Quarter or 1/4 teaspoon of pure ground black pepper.**

**Now, grab a large saucepan/skillet -- mix together potatoes and enough water to cover potatoes.**

**Next, bring water to a boiling, heat heat -- let boil on high heat for about 5 or 6 minute or so -- now, reduce the heat to medium and let cook for about 13 minutes.**

**Now, while the potatoes are cooking -- it's time to make the dressing -- in a medium size saucepan -- add the, chicken broth, vinegar, flour, oil, sugar, sea salt & black pepper -- now, stir the ingredients and boil over medium heat -- stir slowly frequently for 2 minutes. Next, reduce heat to low and let simmer or once the ingredients thicken -- cook for about 11 minutes.**

**Next, drain the potatoes in a colander -- now, in a large bowl -- add the potatoes, green onions & celery --now, pour the dressing over the potato salad -- toss gently to coat -- you can serve this recipe warm or chilled.**

**I love this recipe dish -- Enjoy!!**

**Serves 6.**

## **Need:**

- \* One pound of fresh green beans -- trimmed.**
- \* One carrot -- cut shoe string style ( half or 1/2 cup)**
- \* Red & green bell peppers -- cut shoe string style (one cup).**
- \* One red onion -- thinly sliced (half or 1/2).**
- \* Quarter or 1/4 cup of low-fat Italian dressing.**
- \* Half or 1/2 teaspoon of pure ground black pepper.**

**Now, grab a saucepan fill with water -- now, boil the water over high heat -- once the water starts boiling, add green beans to saucepan and cook for 5 minutes -- next, add the carrots to pan -- let cook until veggies are crisp & a little tender -- not too soft -- check with a fork -- cook for 1 or 2 minute or so!!!**

**Next, remove from stove and drain the green beans & carrots in a colander. Now, rinse running cold water over the veggies -- now, using a paper towel, pat the veggie dry.**

**Now, grab a salad bowl or plate -- mix together the bell pepper, onion, salad dressing & black pepper -- mix together well -- next, add green beans & carrots -- toss gently to mix together with veggies and dressing.**

**Your dish is ready to serve.**

**Serves 4.**

## **45. The Asian Style Chicken Salad Dish**

### **Need:**

- \* Four skinless boneless chicken breast halves (four ounces each -- cut into thin strips. You can also, use 'Turkey Breast' -- which cost a little more money, but worth it.**
- \* 3/4 cup of Oriental style peanut sauce or black bean sauce.**
- \* One cucumber very finely sliced -- (two cups).**
- \* 2/3 cup of green onion -- sliced**

- \* **Two dried red chili peppers -- chopped-up.**
- \* **(optional) Half or 1/2 cup unsalted dry roasted peanuts.**
- \* **Green leaf romaine lettuce.**

**Now, grab a shallow glass dish -- add the chicken breasts & peanut sauce -- toss & coat -- next cover with plastic wrap and put in the refrigerator for at least 30 minutes.**

**Next, grab a large nonstick skillet and spray it with 'Vegetable or Canola Oil' cooking spray.**

**Now, take the chicken out of the refrigerator -- add chicken breasts to skillet -- leave the marinade sauce in the dish. Next, saute chicken breasts over medium heat -- until no longer pink -- do this about 5 minutes.**

**Now, add in the cucumber, green onions, chili pepper & peanuts -- mix together, while stirring for 2 minutes -- next, remove from heat -- on a platter place in the center -- romaine lettuce -- pour the recipe on top of the lettuce. Your now ready to eat!!!**

**A wonderful healthy dish -- Enjoy!!!**

**Serves 4**

#### **46. My Favorite Macaroni Salad (Any Time 15 Minute Meal)**

**Need:**

- \* **One pound box of 'Barilla Elbows' or your favorite store brand.**
- \* **One cup low-fat mayonnaise (your favorite brand).**
- \* **One tablespoon on cider vinegar.**
- \* **Half or 1/2 granulated sugar.**
- \* **Half or 1/2 teaspoon of sea salt.**
- \* **Half or 1/2 teaspoon of pure ground black pepper.**
- \* **One cup of chopped celery.**
- \* **One green bell pepper -chopped-up (one cup)**

- \* **One red bell pepper -- chopped-up (one cup).**
- \* **One yellow onion --chopped-up (one cup).**
- \* **Cherry tomatoes for garnish**

**Now, prepare the macaroni elbows according to the instruction on the back of the box -- don't add salt. Next, drain in a colander -- run cold water over macaroni elbows to cool down thoroughly.**

**Now, grab a large bowl -- add together the mayonnaise, vinegar, sugar, sea salt & black pepper -- mix together well.**

**Next, add macaroni, celery, green peppers, red peppers & onion in the bowl. Now, place on a platter -- arrange with Cherry tomatoes & a little romaine lettuce for color. This 15 minute dish is ready to serve!!!**

**Serves 6. **

#### **47. The Chicken Caesar Salad Lunch Time Treat**

**Need:**

- \* **One large head of lettuce (eight cups) --rinsed and torn into bite-size pieces.**
- \* **Two cups of shredded 'Ready Cooked Chicken Breasts'.**
- \* **Half or 1/2 cup of low-fat buttermilk.**
- \* **Half or 1/2 cup of low-fat plain yogurt.**
- \* **1/3 cup of grated Parmesan cheese.**
- \* **Quarter or 1/4 cup of freshly squeezed lemon juice.**
- \* **Three clove garlic -- minced.**
- \* **(optional) Three anchovy fillets -- minced.**
- \* **One teaspoon 'French Dijon Mustard'**
- \* **One teaspoon of Worcestershire sauce.**
- \* **1/8 teaspoon hot pepper sauce.**

**Now,for the dressing -- in your food processor/blender -- add together the buttermilk, yogurt,**

**Parmesan cheese, lemon juice, anchovies, Dijon mustard & Worcestershire sauce & hot pepper sauce -- blend together, until mixture is smooth.**

**Next, dry the lettuce thoroughly in your salad spinner or use paper towels and pat dry -- now, place the lettuce in a large bowl -- add (1 cup) of dressing and toss to coat.**

**Now, in another bowl medium size -- mix together the chicken breast strips with the remaining dressing -- mix together well.**

**Next, add the lettuce on six separate plates and place chicken on top of them. Now, lets eat!!!**

**Serves 6.**

#### **48. Homemade Style Lasagna Meal**

**Need:**

- \* Nine lasagna noodles**
- \* Eight ounces of ground beef or turkey ground lean**
- \* Half or 1/2 cup of chopped-up yellow onions**
- \* One package (ten ounces) frozen -- thawed out chopped-up spinach -- squeezed dry.**
- \* One cup part-skin ricotta cheese.**
- \* Quarter or 1/4 cup of feta cheese -- crumbled by (President Feta or store brand) .**
- \* (optional) Quarter or 1/4 cup of pitted black olives.**
- \* Three tablespoons chopped-up freshly mint -- separated.**
- \* One half or 1 1/2 cups low-sodium tomato sauce.**

**Now, set/preheat your oven to 350 degrees -- next, spray a medium size baking dish with Vegetable or Canola Cooking oil spray -- put the bowl to the side.**

**Next, cook the noodles according to the instruction on the box -- don't add salt -- drain, after cooking.**

**Now, grab a nonstick skillet -- spray with Vegetable or Canola cooking oil spray -- next, heat the skillet over medium heat -- add the beef or turkey ground, onions -- cook, while stirring at the same time, until brown -- should only take you 7 minutes or so.**

**Next, once the beef is ready -- grab a plate and line it with paper towel and let drain into the plate.**

**Now, grab the medium bowl you put to the side -- add the spinach, ricotta cheese, President feta cheese, black olives, and two tablespoons of of mint -- now, spread 1/2 of a cup tomato sauce in the prepare dish. Place on top with (3) noodles -- spread some spinach over noodles -- next, top that with some turkey/beef -- now, add 1/4 cup of tomato sauce over beef. Continue layering with remaining noodles -- add spinach, beef & sauce.**

**When finish, cover with aluminum foil and bake for about 30 minutes -- set your timer. Once the lasagna is ready, it's okay to sprinkle some more cheese.. for cheese lovers!!!**

**Let, the dish cool down for few minutes or so, your now ready to eat.**

**Serves 4.**

#### **49. The Spaghetti Style Casserole Family Dish**

**Need:**

- \* Six ounces 'Hot' Italian turkey sausage -- casing removed -- you may add Pork sausages if you don't like turkey.**
- \* Two small zucchini -- quartered lengthwise & sliced (two cups).**
- \* One yellow onion -- chopped-up (one cup).**
- \* Two cloves garlic -- chopped-up.**
- \* One can of (14 1/2 ounces) stewed tomatoes.**
- \* Three ounces spaghetti -- broken into (1 inch pieces) 3/4 cup.**
- \* Half or 1/2 cup water.**
- \* Quarter or 1/4 cup grated Parmesan cheese.**

**Now, set/preheat your oven to 375 degrees -- nest, spray your casserole cooking dish with**

**Vegetable or Canola cooking oil spray. Put to the side!**

**Next, grab a large nonstick skillet over medium heat -- cook the turkey/pork sausages, zucchini & onions -- breaking-up sausages with a spatula -- cook until the zucchini is crisp & tender and the sausages are well done or no longer pink. Cook about 12 minutes -- drain off all excess fat/grease.**

**Now, add the garlic -- cook for another 2 minutes -- add tomatoes, spaghetti & water. Next, transfer the ingredients to prepared casserole -- covering the spaghetti with the liquid -- now, cover casserole with aluminum foil.**

**Next, bake for 25 to 30 minutes or so -- once done you can sprinkle with Parmesan cheese -- now, put place on top of your stove and let stand for 5 minutes, until ready to eat. Enjoy!!!**

**Serves 6.**

## **50. The American Style Macaroni & Cheese**

**Need:**

- \* Twelve ounces of 'Barilla Elbows' macaroni**
- \* Two teaspoon Canola oil**
- \* One red onion -- chopped-up (One cup)**
- \* Half or 1/2 cup red bell pepper -- cut into strips**
- \* Quarter or 1/4 cup of chopped-up green onions**
- \* Half or 1/2 cup of sliced mushrooms**
- \* One cup of low-fat cottage cheese**
- \* Half or 1/2 cup of low-sodium tomato sauce**
- \* 1/3 cup of shredded low-fat cheddar cheese**

**Now, cook the elbow macaroni according to the instruction on the box -- while the macaroni is cooking -- grab a large skillet -- heat one teaspoon of canola oil over medium heat -- add red onions, red bell pepper & green onions...saute until veggies begin to soften -- should take 5 minutes -- now, add the remaining oil and mushrooms -- saute for another 5 minutes, after that remove from heat and put to the side.**



**Next, set/preheat broiler -- now, drain macaroni elbows -- return to pan -- next, add the veggies, cottage cheese, tomato sauce & three tablespoons of cheddar cheese -- mix together well. Now, heat over low heat, until cooked thoroughly for 5 minutes or so.**

**Now, transfer ingredients to a shallow baking dish -- next, sprinkle the remaining cheddar cheese over top of macaroni -- broil 4 inches from the heat until golden brown for 5 minutes.**

**Once done you can serve the macaroni & cheese dish.**

**serves 4.**

**I hope you enjoy these recipes as much as I and my family do -- here's to your health & good cooking.**

**Resource:**

**Don't Know What to Cook; Let "Menu Planning Central" Help Plan Your Meals.**

**<http://www.menuplanningcentral.com/order/go.php?r=10822>**

