

Quinoa Greek Salad

What you need:

2 cups	Water
1 cup	quinoa (pronounced "keen wa")
¼ cup	Light Greek salad dressing
2	Tomatoes, chopped
1	Sweet pepper (any color), chopped
½	English cucumber, chopped
½ cup	Diced red onion, chopped
1 cup drained,	Red beans, rinsed canned

Make It:

- ◆ Bring water to boil in a medium-sized saucepan. Stir in quinoa. Reduce heat to low, cover and simmer for 20 minutes.
- ◆ Let stand, covered, for 5 minutes. Transfer to bowl; let cool. Stir in remaining ingredients.

Makes 4 servings. **Variation:** In place of quinoa, use cooked macaroni or other shaped pasta.



Banana muffins

What you need

½ cup	All purpose flour
½ cup	Whole wheat flour
2 ½ tsp	Baking powder
¼ tsp	Baking soda
¾ cups	Rollled oats
½ cup	White sugar
¼ cup	Lightly packed brown sugar
½ cup	Raisins (optional)
2	Medium, ripe bananas
1	egg
½ cup	Milk (made from skim milk powder)
3 Tbsp	Margarine, melted



Make it:

- ◆ Put the all purpose flour, whole wheat flour baking powder and baking soda in a large bowl. Stir in oats, sugar, brown sugar and raisins, if desired. Set aside.
- ◆ Mash banana in a medium bowl. Add egg, milk and melted margarine. Mix well.
- ◆ Stir banana mixture into the dry ingredients. Stir just until blended. Do not overmix.
- ◆ Turn on oven to 375° F (190 C). Lightly grease 12 large muffin cups. Put the muffin batter into the muffin cups.
- ◆ Bake in oven until tops are firm when lightly touched with your finger, about 18 to 20 minutes.
- ◆ Remove muffins from tin and cool.

Italian Sub Wrap

What you need:

1	Small soft tortilla
1	Lettuce leaf
2	Thin tomato slices
1	Slice lean ham
1	Slice lean turkey breast
1	Cheese slice
3	Thin green pepper strips
1	Tbsp Italian salad dressing



Make it:

- ◆ Cover tortilla with all ingredients;
- ◆ Roll up.
- ◆ Cut in half.
- ◆ Serve dressing on the side for dipping.

Serving suggestion: Round out the meal by serving this wrap with a piece of fruit and 1% milk.

Makes 1 serving.

Taco Pasta Salad

What you need:

2/3 cup	Light ranch dressing
2 Tbsp	Lime juice
1 tsp	Chili powder
½ tsp	Ground cumin
3 cups cooked	Rotini pasta, cooked, rinsed
1 can (19 oz/540 ml)	Black beans, rinsed
4 cups loosely packed	Baby spinach leaves
1	Tomato, chopped
1 cup	Shredded cheese



Make it:

- ◆ Mix first 4 ingredients in large bowl.
- ◆ Add remaining ingredients; mix lightly.

Makes 10 servings, 1 cup each.