Quinoa Greek Salaq

What you need:

2 cups Water

1 cup quinoa (pronounced "keen wa")

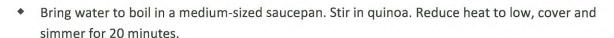
4 cup Light Greek salad dressing

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:



• 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 cupAll purpose flour½ cupWhole wheat flour2 ½ tspBaking powder¼ tspBaking soda¾ cupsRolled oats½ cupWhite sugar

¼ cup Lightly packed brown sugar

½ cup Raisons (optional)
2 Medium, ripe bananas

1 eg

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 raisons, 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.



What you need:

Small soft tortilla
Lettuce leaf
Thin tomato slices
Slice lean ham
Slice lean turkey breast
Cheese slice
Thin green pepper strips

Thin green pepper strips
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)
4 cups loosely packed
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.

