ONE-MINUTE MEAL RECIPES

1. Tropical Wake-Up Smoothie
   ½ cup frozen fruit (banana, pineapple, or peach)
   1 cup nonfat yogurt (tropical flavor)
   ¼ cup orange juice
   - Mix all ingredients in a blender until smooth.

2. Hula Bagel
   1 bagel, sliced
   1/3 cup lowfat ricotta cheese
   ¼ cup crushed pineapple, drained
   Dash of nutmeg
   - Combine ricotta cheese, crushed pineapple, and nutmeg.
   - Spread mixture on bagel slices.

3. Banana Roll-Up
   ½ banana
   2 teaspoons natural-style peanut butter
   1 teaspoon honey
   1 tablespoon wheat grain
   2 tablespoons nugget-type cereal
   1 teaspoon allspice or pumpkin spice
   - Spread peanut butter on banana until covered.
   - Drizzle honey over banana and peanut butter.
   - Mix wheat germ, nugget cereal, and allspice together.
   - Roll the peanut butter covered banana in the wheat germ mix.

4. Zippy Turkey Hoagie
   1 deli-style roll
   2 tablespoons light Italian dressing
   1 slice deli turkey breast (about 1 oz)
   1 oz lowfat cheese
   Green leaf lettuce
   - Spread light dressing on roll.
   - Layer turkey and cheese.
   - Add lettuce.
5. Submarine Cheese Melt
   1 deli-style roll
   2 tablespoons light Italian dressing
   1 oz lowfat American cheese
   1 oz lowfat Swiss cheese
   Green leaf lettuce, shredded
   ¼ tomato, sliced
   - Open roll into an open-faced butterfly.
   - Spread dressing.
   - Add cheese on each part of the roll.
   - Microwave until cheese starts to melt. While microwaving, chop lettuce and tomato.
   - Add the lettuce and tomato to cheese melt.
   Note: This is one of my favorites.

6. Pita Chili Melt
   ½ large whole wheat pita bread
   ½ cup canned pinto beans
   2 tablespoons grafted lowfat cheddar cheese
   1 tablespoon diced green chili
   - Put beans, cheese, and chili into pita bread.
   - Microwave until cheese melts.

7. Tortilla Pinwheels
   2 leaves green lettuce
   2 thinly sliced pieces of deli-cut turkey
   ½ sliced tomato
   1 whole wheat tortilla
   - Place lettuce on tortilla.
   - Add turkey for the next layer, followed by the sliced tomato.
   - Roll up like a burrito.
   - Insert 4 toothpicks to prevent from unrolling. Then slice into 4 pinwheels (each will have a toothpick).
   Note: This elegant but simple recipe can also be used for quick appetizers.

8. Peanut Butter Banana Shake
   1 cup nonfat milk
   1 tablespoon chunky, natural-style peanut butter
   1 teaspoon vanilla
   1 frozen banana (best to freeze in thin slices)
   - Using blender, blend the milk, frozen banana slices, and vanilla
   - While blending, add peanut butter. Blend until smooth.
9. Mexican Pita Pizza
1 small whole wheat pita
2 tablespoons tomato sauce
¼ cup canned pinto beans, drained and mashed
1 oz mozzarella cheese, grated
Dash oregano
- Spread tomato sauce on pit bread.
- Add pinto beans.
- Sprinkle with cheese.
- Top lightly with oregano.

10. Peach Smoothie
1 cup frozen, unsweetened peaches
½ cup nonfat vanilla or peach yogurt
¼ cup nonfat milk
1 teaspoon vanilla
Dash nutmeg
- Combine all ingredients in blender until smooth.

11. Orange Reveille
6-oz can orange juice concentrate, thawed
2 cans water
¼ cup nonfat dried milk powder
9 ice cubes
1 teaspoon vanilla
- Mix all ingredients in blender until they reach desired consistency.
- Yields 2 servings.

12. Quesadilla
1 oz lowfat cheddar cheese, grated or sliced
1 tablespoon salsa
1 teaspoon cilantro
1 whole wheat tortilla
- Place cheese, salsa, and cilantro on tortilla.
- Heat until melted in microwave or broiler.

13. Banana Health Shake
1 whole ripe banana
¼ cup nonfat dried milk powder
½ cup orange juice
1 teaspoon vanilla
Dash of nutmeg
5 ice cubes
- Mix all ingredients in blender until creamy.
14. **Strawberry Yogurt Frappe**
   - 7 frozen strawberries
   - 1 cup nonfat strawberry yogurt
   - ¼ cup nonfat milk (liquid)
   - Dash of vanilla extract
   - Mix all ingredients in a blender until smooth.

15. **Quick Pizza**
   - 1 whole wheat English muffin
   - 1 oz grated or sliced lowfat mozzarella cheese
   - 2 tablespoons tomato sauce
   - 1 teaspoon Italian herbs
   - Spread tomato sauce on both slices of English muffin.
   - Sprinkle Italian herbs.
   - Place cheese on bread.
   - Microwave until cheese is melted.

16. **Fiesta Bean Burrito**
   - ½ cup vegetarian refried beans
   - 1 tablespoon salsa
   - 1 teaspoon chopped cilantro (optional)
   - 1 whole wheat tortilla
   - Spread beans over tortilla.
   - Sprinkle on remaining ingredients.
   - Heat in microwave until warm (approximately 40 seconds).
   - Roll tortilla and mixture into a burrito.

17. **Peanut Butter Melt**
   - 1 slice whole wheat bread
   - ½ banana
   - 2 teaspoons peanut butter
   - Toast bread (optional).
   - While bread is toasting, slice banana.
   - Spread peanut butter on toast and cover with banana.

18. **Abba Zabba**
   - 1 whole wheat tortilla
   - 2 teaspoons peanut butter
   - 2 tablespoons applesauce
   - 1 tablespoon raisins
   - Dash of cinnamon
   - Warm tortilla (optional).
   - Spread remaining ingredients down the center of tortilla.
   - Roll up tortilla.
19. Cottage Raisin Toast
   1 slice raisin bread
   ¼ cup lowfat cottage cheese
   1 teaspoon raisins (or 1 minibox)
   Dash of cinnamon
   - Toast bread.
   - Spread cottage cheese on bread.
   - Sprinkle raisins and cinnamon.

20. Tuna Salad Pita
   ½ large pita pocket bread
   3-½ oz water-packed tuna (or one small can)
   ¼ cup lettuce
   Dash of celery seed
   Dash of pepper
   Dash of onion powder
   - Line pita bread with lettuce.
   - Mix spices with tuna.
   - Stuff tuna mixture into pita.
   Note: You can add mayonnaise, but this will take more time and add more calories.
FIVE-MINUTE MEAL RECIPES

1. Almond Chicken Salad

- 1-8 can pineapple tidbits (in its own juice)
- 1-15 oz can Mandarin oranges
- 2 cups diced cooked chicken or turkey or 1-10 oz can white chicken rinsed & drained
- ¼ cup Miracle Whip light
- ¼ cup non-fat plain yogurt
- ¼ cup slivered almonds

- Open cans or pineapple and oranges. Drain.
- Place meat in a medium bowl with the fruit.
- In a separate 2 cup measuring cup, mix together Miracle Whip and yogurt.
- Fold this into fruit and chicken.
- Gently mix in slivered almonds.
- Use this to make a sandwich, stuff a pita, top lettuce, or fill half a cantaloupe.

2. Black Bean and Corn Salad

- 2 cups frozen corn or 1-16 oz can corn
- 1-16 oz can black beans
- 1 cup salsa

Optional additions
- ⅛ tsp. cumin
- ⅛ tsp. chili powder
- 3 dashes cayenne pepper

- Place corn in a strainer to drain. If using frozen corn, run warm water over it to thaw. Transfer to medium bowl.
- Rinse black beans in a strainer, and then add to corn.
- Add in salsa and optional spices and mix contents gently.
- Eat as a salad or rolled up in a tortilla as a quick sandwich. Also makes a wonderful accompaniment for outdoor-grilled chicken or fish.
3. **Baked Chicken Breast**

Figure one 5-6 ounce chicken breast piece per serving

- Place fresh or thawed boneless, skinless chicken breasts flat in a baking dish (not a cookie sheet
- Be careful not to crowd, with about a 1” space between breasts.
- Season with salt and pepper.
- You can also use any combination of the following to give them additional flavor: seasoned salt instead of regular salt, garlic powder, onion powder, poultry seasoning, paprika, parmesan cheese, ginger, ground cumin, thyme, oregano, rosemary, lemon juice or peel, etc.
- Bake in a 400°F oven for 20-25 minutes or until you get an internal temperature of 165°F.

Note: Chicken breast is also great to marinate before cooking, whether you are grilling, baking, or sautéing on top of the stove. Some easy marinades are Italian salad dressing, bottled teriyaki sauce, fruit juices such as lemon, orange, pineapple or lime, prepackaged marinade, etc.
Backpack Meals

In the daily rush of getting to and from classes, meetings and work, you may feel like there is just no time to eat. With a little bit of planning you can equip your backpack with a meal that will sustain your energy until your next opportunity to eat. Take advantage of those moments of traveling to replenish your energy by trying some of these backpack meals.

1. Peanut Butter Roll-Up
   - Spread one or two tablespoons of peanut butter over a tortilla.
   - Sprinkle several raisins and chopped apples over the peanut butter.
   - Roll up a tortilla and cut in half. (Pick up a carton of milk at the Union to go with it).

2. Cereal bar and a piece of fruit.

3. Baggie full of dried fruit, peanuts, cereal, and pretzels.

4. String cheese, crackers and an apple or grapes.

5. Toasted whole wheat bread with peanut butter and half of a sliced banana.

6. Bagel sandwich (using peanut butter, cheese, or meat) accompanies by baby carrots

7. Plastic bag full of sunflower seeds, dried fruit, cereal.

8. Natural Valley granola bar with a can of Carnation Instant Breakfast.