

## Southwestern Salad *Makes 4 servings*

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|---------------------------|------------------------------------|
| ½ cup onions, chopped     | 1 cup canned kidney beans, drained |
| ½ lb. lean ground beef    | 1 cup canned chickpeas*, drained,  |
| 1 Tablespoon chili powder | 1 medium tomato, diced             |
| 2 Tablespoons dry oregano | 2 cups lettuce                     |
| ½ teaspoon ground cumin   | 1⅓ cups low sodium cheddar cheese  |

1. Cook ground beef and onions in a large skillet. Drain.
2. Stir chili powder, oregano, and cumin into beef mixture; cook for 1 minute.
3. Add beans, chickpeas, and tomatoes. Mix gently to combine.
4. Combine lettuce and cheese in large serving bowl. Portion lettuce and cheese onto 4 plates.
5. Add 1 cup of beef mixture on top of lettuce and cheese.

\*Chickpeas are sometimes called garbanzo beans.

## Turkey Stir Fry *Makes 4 servings, ½ cup each*

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|-----------------------------|-------------------------------|
| 1 chicken bouillon cube     | ½ lb. turkey cubed            |
| ½ cup hot water             | ½ cup onions, thinly sliced   |
| 2 Tablespoons soy sauce     | ¼ cup hot water               |
| 1 Tablespoon cornstarch     | 2 cups zucchini summer squash |
| 2 Tablespoons vegetable oil | 1 cup carrots                 |
| ½ teaspoon garlic powder    |                               |

1. Combine chicken bouillon cube and hot water to make broth; stir until dissolved.
2. Combine broth, soy sauce, and cornstarch in small bowl. Set aside.
3. Heat oil in skillet over high heat. Add garlic and turkey. Cook, stirring, until turkey is thoroughly cooked.
4. Add carrots, zucchini, onion, and water to cooked turkey. Cover and cook, stirring occasionally, until vegetables are tender-crisp, about 5 minutes. Uncover, bring turkey mixture to boil. Cook until almost all liquid has evaporated.
5. Stir in cornstarch mixture. Bring to boil, stirring constantly until thickened.

Note: Serve over steamed rice.

## Peach Apple Crisp *Makes 8 servings, ½ cup each*

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|---------------------------------------------------------------|---------------------------------------|
| 20 oz. canned, sliced peaches, packed in light syrup, drained | ¼ teaspoon ground cinnamon            |
| 2 apples, peeled, sliced                                      | ½ cup flour                           |
| ½ teaspoon vanilla                                            | ¼ cup brown sugar, packed             |
|                                                               | 3 Tablespoons soft margarine, chilled |

1. Preheat oven to 350 degrees. Lightly grease 9- by 2-inch casserole dish.
2. Combine peaches, apples, vanilla, and cinnamon in a bowl. Toss well and spread evenly in greased casserole dish.
3. Combine flour and sugar in small bowl. Cut in margarine with two knives until the mixture resembles coarse meal.
4. Sprinkle flour mixture evenly over fruit.
5. Bake until lightly browned and bubbly, about 30 minutes.

## Orange Gelatin Salad *Makes 4 servings, ¾ cup each*

¾ oz. package gelatin, unflavored  
2¼ cups cold water  
¾ cup orange juice, concentrate

1. Place water in a saucepan; sprinkle gelatin over water. Let stand 2 minutes.
2. Heat gelatin mixture until it dissolves (mixture will be clear), about 3 to 4 minutes.
3. Remove from heat; add orange juice concentrate and mix.
4. Pour into 9- by 9-inch pan and refrigerate until firm, about 2 to 3 hours.
5. Cut into 1-inch squares.