

## CHICKEN STIR-FRY

Serves 4

1 lb.	chicken breast
1/3 c.	water
1/3 c.	chicken broth
2 T.	soy sauce
1 T.	apple cider vinegar
1 T.	flour
2 tsp.	vegetable oil
1 c.	frozen Asian vegetables
Pinch	salt and pepper
3 c.	angel hair pasta, cooked

### Method of Preparation:

1. Cut the chicken into 1 inch cubes.
2. Mix together the water, broth, soy sauce, vinegar and flour to make a sauce.
3. Heat the oil in a large skillet, and cook the chicken until white throughout.
4. Add the frozen vegetables and the sauce.
5. Cook until the vegetables are tender.
6. Season with salt and pepper.
7. Toss with the pasta and serve.

## CHICKEN STRIPS WITH PEANUT SAUCE

Serves 4

1 ½ lbs. chicken breast  
¼ tsp. salt  
¼ tsp. pepper  
¼ c. peanut butter  
2 T. lemon juice  
3 T. water  
2 T. soy sauce  
¼ tsp. garlic powder

### Method of Preparation:

1. Preheat oven to 350°F.
  2. Cut the chicken breasts into 1 inch strips.
  3. Spray a cookie sheet with cooking spray, season chicken with salt and pepper, and bake on cookie sheet until the chicken is white throughout, about 20 minutes.
  4. Combine the peanut butter, lemon juice, water, soy sauce, and garlic powder in a saucepan and cook until the sauce begins to bubble.
  5. Serve the peanut sauce on the side of the chicken strips for dipping.
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## STIR-FRIED VEGETABLES

Serves 4

2 tsp. vegetable oil  
1 bag (16 oz.) frozen Asian vegetable mix  
1 T. soy sauce

### Method of Preparation:

1. Heat the oil in a skillet.
2. Add the vegetables and soy sauce.
3. Cook until the vegetables are tender.

## SPINACH STUFFED CHICKEN

Serves 4

4	boneless chicken breast
¼ tsp.	salt
¼ tsp.	pepper
1 c.	frozen spinach, thawed
¼ c.	mozzarella cheese, grated
1 jar (26 oz.)	pasta sauce
3 c.	angel hair pasta, cooked

### Method of Preparation:

1. Preheat oven to 350°F.
2. Lay chicken breast between two pieces of plastic wrap and pound chicken until ¼ inch thick.
3. Season both sides of chicken with salt and pepper.
4. Squeeze water out of thawed spinach and mix with cheese.
5. Lay each chicken breast flat and put ¼ of the spinach and cheese mixture on the top half of each chicken breast.
6. Starting from the half that has the mixture, roll the chicken breast tightly around the mixture.
7. Secure the end of the chicken breast to the roll with a toothpick.
8. Place on a cookie sheet sprayed with cooking spray, and bake until a thermometer reads 165°F when inserted in the chicken, about 45 minutes.
9. Warm the pasta sauce and serve over the cooked pasta and stuffed chicken breasts.

## SPINACH AND CHICKEN PIZZA

Serves 4

½ lb. chicken breast  
1 box pizza crust mix  
½ c. pasta sauce  
1 c. frozen spinach, thawed  
1 ½ c. mozzarella cheese, grated

### Method of Preparation:

1. Cut the chicken into ½ inch cubes and cook in a skillet until it is white throughout.
2. Preheat the oven and make the pizza crust according to the directions on the box.
3. Top the crust with the pasta sauce and chicken.
4. Squeeze the water out of the thawed spinach and put on top of pizza.
5. Sprinkle with cheese and bake according to the directions on the box.

## SEARED FISH FILET WITH CREAMED VEGETABLES

Serves 4

### Seared fish filet:

1 ½ pounds frozen fish filets, thawed  
¼ tsp. salt  
¼ tsp. pepper  
2 tsp. vegetable oil

### Creamed vegetables:

1 T. butter  
1 c. zucchini  
1 can corn kernels  
1 c. frozen peas  
¼ cup milk  
½ tsp. salt  
¼ tsp. pepper  
¼ tsp. garlic powder  
¼ cup green onion, chopped

### Method of Preparation:

1. Heat the oil over medium high heat in a skillet, and season the fish filets with salt and pepper.
2. Cook the filets on both sides until each side has light brown spots all over and the fish begins to flake easily.
3. Chop the zucchini into ½ inch cubes, and rinse and drain the corn.
4. In another skillet, heat the butter over medium high, add the zucchini and sauté.
5. Cook until the zucchini begins to soften.
6. Add the corn and peas and cook until heated through.
7. Add the milk, salt pepper, and garlic powder and cook until the milk boils and thickens slightly.
8. Toss in the green onions.
9. Serve the seared filets on top of the creamed vegetables.

## TOMATO BRAISED FISH

Serves 4

1 ½ lbs. frozen fish filets, thawed  
1 can (14 oz.) crushed tomatoes  
1 T. Italian seasoning  
¼ tsp. salt  
¼ tsp. pepper  
2 c. rice, cooked

### Method of Preparation:

1. Combine the tomatoes, Italian seasoning, salt and pepper in a skillet.
2. Place the fish filets on top.
3. Cover and simmer over medium heat until the fish begins to flake.
4. Serve over cooked rice.

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## SAUTEED ZUCCHINI

Serves 4

2 c. zucchini  
1 T. vegetable oil  
Pinch salt and pepper

### Method of Preparation:

1. Chop the zucchini into 1 inch cubes.
2. Heat the oil in a skillet over medium high heat.
3. Add the zucchini and sauté until it is tender.
4. Season with salt and pepper.

## BAKED FISH

Serves 4

1 ½ lbs.	frozen fish filets
¼ tsp.	salt
¼ tsp.	pepper
2	eggs
¾ c.	breadcrumbs
1 T.	vegetable oil

### Method of Preparation:

1. Preheat oven to 375°F.
2. Slice the fish filets into 1 ½ inch thick strips and season them with salt and pepper.
3. Beat the eggs in a shallow bowl.
4. Dip the fish strips in the egg and then into the bread crumbs.
5. Heat a large skillet with the oil over medium high heat and brown both sides of the fish.
6. Place fish on a cookie sheet and bake until the fish begins to flake, about 10 minutes.
7. Serve with the baked fries for a “fish and chips” meal.

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## BAKED FRIES

Serves 4

3	russet potatoes
2 T.	vegetable oil
½ tsp.	salt
¼ tsp.	pepper

### Method of Preparation:

1. Preheat oven to 400°F.
2. Slice the potatoes into 1 inch sticks.
3. Toss potatoes with oil, salt and pepper.
4. Spread onto a cookie sheet.
5. Bake for 30 minutes or until the fries are brown and tender, stirring after 15 minutes.

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## GLAZED CARROTS

Serves 4

2 c.	carrots
2 tsp.	vegetable oil
½ c.	water
1 tsp.	lemon juice
2 tsp.	sugar
Pinch	salt and pepper

### Method of Preparation:

1. Slice the carrots into ½ inch thick slices.
2. Heat the oil in a skillet over medium heat.
3. Add the remaining ingredients.
4. Cover and simmer until the carrots are tender.
5. If the sauce has not thickened, remove the carrots and reserve.
6. Continue to cook the sauce until it becomes a glaze and pour over carrots.

## FISH TACOS

Serves 4

1 lb. frozen fish filets, thawed  
Pinch salt and pepper  
2 tsp. vegetable oil  
2 tsp. chili powder  
1 tsp. lemon juice  
¼ c. green onion, chopped  
4 tortillas  
1 c. salsa  
1 cup cheddar cheese

### Method of Preparation:

1. Season the fish with salt and pepper.
  2. Heat the oil in a large skillet and sauté the fish until it begins to flake.
  3. Shred the fish into large pieces, and add the chili powder and lemon juice.
  4. Remove from heat and toss in the green onion.
  5. Warm the tortillas in the microwave for 15 seconds.
  6. Serve the fish mixture, salsa and cheese wrapped in a warm tortilla.
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## BAKED FRIES

Serves 4

3 russet potatoes  
2 T. vegetable oil  
½ tsp. salt  
¼ tsp. pepper

### Method of Preparation:

6. Preheat oven to 400°F.
7. Slice the potatoes into 1 inch sticks.
8. Toss potatoes with oil, salt and pepper.
9. Spread onto a cookie sheet.  
Bake for 30 minutes or until the fries are brown and tender, stirring after 15 minutes.

## PORK FAJITA WRAP

Serves 4

1 lb.	pork chops
¼ cup	onion, sliced thin
1 can	green chili
½ tsp.	garlic powder
½ tsp.	salt
¼ tsp.	pepper
½ cup	tomato, diced
1 cup	rice, cooked
4	tortillas

### Method of Preparation:

1. Chop pork chops into 1 inch cubes.
2. Heat a skillet over medium heat and spray with cooking spray.
3. Add the pork and sauté until cooked through and tender.
4. Add the onions and cook until tender.
5. Mix in green chili, garlic powder, salt and pepper and heat.
6. Warm tortillas in the microwave for 15 seconds.
7. Serve pork mixture, tomato, and rice rolled in a tortilla.

## GREEN CHILI STEW

Serves 4

1 lb.	pork chops
½ c.	onion
¼ c.	carrot
¼ c.	celery
½ c.	potatoes
2 cans	green chili
5 c.	chicken broth or water
½ c.	tomato

### Method of Preparation:

1. Chop pork chops and potatoes into 1 inch cubes.
2. Dice onions, celery, carrots, and tomato ½ inch thick.
3. Heat a soup pot over medium high heat and spray it with cooking spray.
4. Add the pork chops and cook until the pieces are brown on all sides.
5. Remove the pork, add the onion, carrot and celery to the pot and cook until the onion is tender.
6. Add the potatoes, green chili, pork, and broth or water.
7. Bring to a boil, reduce heat and simmer until the potatoes are tender.
8. Add the tomatoes and cook 5 minutes more.
9. Serve with a warm flour tortilla on the side.

## PORK FRIED RICE

Serves 4

½ lb.	pork chop
1 T.	vegetable oil
¼ cup	onion
2	eggs
2 cups	rice, cooked
1 cup	frozen mixed vegetables
½ tsp.	garlic powder
3 T.	soy sauce
2 T.	water

### Method of Preparation:

1. Chop pork into 1 inch cubes.
2. Dice the onion ½ inch thick.
3. Heat oil over medium high heat in a large skillet.
4. Add pork and sauté until brown on all sides.
5. Add the onion and cook until translucent.
6. Beat the egg and add to the skillet, stirring frequently to break up the egg.
7. Mix in the rice, vegetables, and garlic powder.
8. Pour in the soy sauce and water and stir.
9. Cover and simmer, stirring often, until the mixture is heated throughout.

## SEARED PORK CHOPS

Serves 4

2 lbs.           bone in pork chops  
¼ tsp.           cinnamon  
½ tsp.           salt  
1 T.             vegetable oil

### Method of Preparation:

1. Season pork chops with salt and cinnamon.
  2. Heat the oil over medium high heat and add pork chops.
  3. Sear on both sides until brown.
  4. Put a wire rack on top of a cookie sheet.
  5. Place pork chops on top of rack and bake until the pork chops are 155°F inside.
  6. Serve with mashed potatoes and steamed mixed vegetables.
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## MASHED POTATOES

Serves 4

6 c.             potatoes  
½ cup           milk  
1 T.             butter  
¼ tsp.           salt  
¼ tsp.           pepper

### Method of Preparation:

1. Peel and dice potatoes 2 inches thick.
2. Put potatoes into a pot and cover the potatoes with water.
3. Boil the potatoes until they are tender, about 18 minutes.
4. Strain potatoes in a colander.
5. Heat the butter and milk in a small saucepot.
6. Pour potatoes back into the larger pot, add milk, butter, salt and pepper.
7. Mash with a potato masher or mixer and adjust seasoning if needed.

## TUNA NOODLE CASSEROLE

Serves 4

½ c.	onion
1 T.	vegetable oil
1 T.	flour
1 c.	skim milk
2 c.	chicken broth
½ tsp.	salt
¼ tsp.	pepper
2 cans	tuna
1 c.	frozen vegetable mix
½ c.	cheddar cheese, grated
¼ c.	mozzarella cheese, grated
8 oz.	egg noodles, cooked
1 c.	breadcrumbs

### Method of Preparation:

1. Preheat oven to 350°F.
2. Dice the onion small, heat the oil in a large skillet and sauté onion until tender.
3. Add the flour and cook 3 minutes.
4. Pour in the milk, chicken broth and salt and pepper.
5. Bring to a simmer and cook until thickened.
6. Add the tuna and frozen vegetables and cook until vegetables are tender.
7. Slowly add the cheese, stirring constantly.
8. Mix in the egg noodles.
9. Put in a casserole dish and top with breadcrumbs.
10. Bake until the top is golden brown.

## TUNA SALAD SANDWICH

Serves 4

2 cans	tuna
¼ cup	celery
¼ cup	onion
1/3 cup	lite mayonnaise
1 T.	lemon juice
½ tsp.	salt
¼ tsp.	pepper
8 slices	whole wheat bread
8 slices	tomato

### Method of Preparation:

1. Drain tuna, and dice onion and celery small.
2. Combine tuna, celery, onion, mayonnaise, lemon juice, salt and pepper.
3. Adjust seasoning to taste.
4. Spread tuna salad on bread and top with 2 slices of tomato.

## GREEN SALAD WITH TUNA

Serves 4

4 c.	mixed greens (Romaine and leaf lettuces)
1 each	tomato, chopped
1 stalk	celery, chopped
1 each	carrot, chopped
1/4 c.	vegetable oil
2 tsp.	vinegar
2 tsp.	lemon juice
1/2 tsp.	salt
1/2 tsp.	pepper
2 cans	tuna

### Method of Preparation:

1. Rinse/wash all greens and vegetables.
2. Tear lettuce into bite size pieces and combine all vegetables in a mixing bowl.
3. To make the vinaigrette, whisk together in a bowl oil, vinegar, lemon juice, salt and pepper.
4. Lightly drizzle vinaigrette on salad and toss.
5. Drain the tuna and add to the top of each salad.

## TUNA BURGER

Serves 4

1	egg
3 cans	tuna
½ c.	breadcrumbs
¼ c.	green onion
¼ c.	mustard
1 T.	lemon juice
½ tsp.	salt
¼ tsp.	pepper
8 slices	tomato
4	buns

### Method of Preparation:

1. Beat egg and drain tuna.
2. Combine egg, tuna, breadcrumbs, green onion, mustard, lemon juice, salt and pepper and mix.
3. Mixture should be the right consistency to make into patties. Adjust consistency by adding more breadcrumbs if needed.
4. Form into four patties.
5. Heat a skillet with cooking spray.
6. Put patties into skillet and cook on both sides until patty is browned and firm.
7. Serve with sliced tomato on a toasted bun.

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## MIXED GREENS SALAD

Serves 4

4 c.	mixed greens (Romaine and leaf lettuces)
1 each	tomato, chopped
1 stalk	celery, chopped
1 each	carrot, chopped
¼ c.	vegetable oil
2 tsp.	vinegar
2 tsp.	lemon juice
½ tsp.	salt
½ tsp.	pepper

### Method of Preparation:

6. Rinse/wash all greens and vegetables.
7. Tear lettuce into bite size pieces and combine all vegetables in a mixing bowl.
8. To make the vinaigrette, whisk together in a bowl oil, vinegar, lemon juice, salt and pepper.
9. Lightly drizzle vinaigrette on salad and toss.

## HAMBURGER

Serves 4

1 lb.	ground beef
1/2 each	small onion, finely chopped
1 tsp.	garlic powder
¼ c.	bread crumbs
½ tsp.	black pepper
½ tsp.	salt
4 slices	cheddar cheese
	cooking spray

### Method of Preparation:

1. Preheat oven to 350°F.
2. In a small skillet coated with cooking spray, cook onion until soft.
3. In a mixing bowl, combine all ingredients.
4. Split the mixture into fourths and form patties.
5. In the same skillet that was used for the onions, sear each patty until brown on all sides.
6. Once browned, place on a baking sheet and finish cooking in the oven until desired doneness.
7. During the last 3-5 minutes in the oven, top each patty with a slice of cheddar cheese.
8. Serve on warm hamburger buns with lettuce and tomato and desired condiments.

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## MIXED GREENS SALAD

Serves 4

4 c.	mixed greens (Romaine and leaf lettuces)
1 each	tomato, chopped
1 stalk	celery, chopped
1 each	carrot, chopped
1/4 c.	vegetable oil
2 tsp.	vinegar
2 tsp.	lemon juice
½ tsp.	salt
½ tsp.	pepper

### Method of Preparation:

10. Rinse/wash all greens and vegetables.
11. Tear lettuce into bite size pieces and combine all vegetables in a mixing bowl.
12. To make the vinaigrette, whisk together in a bowl oil, vinegar, lemon juice, salt and pepper.
13. Lightly drizzle vinaigrette on salad and toss.

## MEATLOAF

Serves 4-6

1 lb. ground beef  
2 each eggs  
1 c. onion, diced  
½ c. carrot, finely diced  
½ c. celery, finely diced  
1 c. breadcrumbs  
½ tsp. salt  
1 tsp. black pepper  
1 tsp. garlic powder  
1 tsp. vegetable oil  
cooking spray

### Method of Preparation:

1. Preheat oven to 350°F. With cooking spray, grease a loaf pan; set aside.
  2. Heat a skillet on med-high and add vegetable oil. Sauté carrots for 3 minutes, add celery and onion. Cook until onion is tender.
  3. In a mixing bowl, combine all ingredients (less oils).
  4. Pack into loaf pan. Bake at 350°F for 1 hour or until a meat thermometer reads 165°F.
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## MASHED POTATOES

Serves 4

6 c. potatoes  
½ cup milk  
1 T. butter  
¼ tsp. salt  
¼ tsp. pepper

### Method of Preparation:

8. Peel and dice potatoes 2 inches thick.
9. Put potatoes into a pot and cover the potatoes with water.
10. Boil the potatoes until they are tender, about 18 minutes.
11. Strain potatoes in a colander.
12. Heat the butter and milk in a small saucepot.
13. Pour potatoes back into the larger pot, add milk, butter, salt and pepper.
14. Mash with a potato masher or mixer and adjust seasoning if needed.

## SPAGHETTI BOLOGNESE

Serves 4-6

1 c.	onion, diced
½ c.	carrot, diced
½ c.	celery, diced
1 lb.	ground beef
2 tsp.	Italian seasoning
1 jar	pasta sauce
1/3 c.	milk
1 tsp.	vegetable oil
1 box	cooked spaghetti noodles

### Method of Preparation:

5. Heat a skillet on med-high and add vegetable oil. Sauté carrots for 3 minutes, add celery and onion.
6. Cook until onion is soft.
7. Add ground beef to the skillet and brown. Once beef is browned, strain.
8. Return mixture to skillet. Pour milk into beef and cook on medium heat for 3-5 minutes.
9. Add pasta sauce and Italian seasonings to skillet. Simmer for 20 minutes or until hot. Serve on top of spaghetti noodles.

## TACO SALAD WITH BAKED TORTILLA CHIPS

Serves 4

1 lb.	ground beef
1 tsp.	chili powder
½ c.	onion, diced
2 c.	mixed greens
1 c.	salsa
1 c.	cheddar cheese
1 each	tomato
3 each	flour tortillas
1 tsp.	salt
	cooking spray

### Method of Preparation:

1. Preheat oven to 400°F; spray a baking sheet with cooking spray and set aside.
2. Heat a skillet over medium-high heat and coat with cooking spray. Cook onion until soft.
3. Add ground beef and chili powder and cook until browned. Drain.
4. Cut each tortilla into 8 pieces. Place tortillas on baking sheet and sprinkle with salt. Bake until crisp.
5. Divide tortilla chips into four servings and top with ground beef and onion mixture, cheese, tomato, mixed greens, and salsa.

## ROASTED CHICKEN WITH POTATOES

Serves 4-6

1 (4 pound)	whole chicken
1 T.	butter
½ tsp.	salt
1 ½ tsp.	Italian seasoning
1/8 tsp.	black pepper
1	carrot, peeled and halved
2	celery stalks, halved
½	onion, quartered
3	baking potatoes, cut into 2" cubes
½ tsp.	salt
½ tsp.	black pepper
	cooking spray

### Method of Preparation:

1. Preheat oven to 450°F.
2. To prepare chicken, remove and discard giblets and neck from chicken; trim excess fat. Starting at neck cavity, loosen skin from breasts and drumsticks by inserting fingers, gently pushing between skin and meat.
3. Combine butter, salt, Italian seasoning, and pepper in a small bowl. Rub seasoning mixture under loosened skin and over breasts and drumsticks. Place carrot, celery, and onion in the cavity. Tie ends of legs together with twine. Lift wing tips up and over back; tuck under chicken. Place on a rack on a roasting pan.
4. Put potato cubes in a mixing bowl. Spray lightly with cooking spray and toss with salt and pepper. Arrange potatoes on rack around chicken.
5. Bake at 450°F for 20 minutes. Decrease oven temperature to 375°F and cook an additional 40 minutes or until a thermometer reads 170°F at the thickest part of a thigh. Do not cut into the chicken immediately. Allow to rest at least 10 minutes before serving.
6. Slice chicken and serve with potatoes.

## CHICKEN POT PIE

Serves 4

2 T.	flour
1 tsp.	Italian seasoning
¼ tsp.	salt
¼ tsp.	black pepper
1 c.	roasted chicken, cubed
1 ¼ c.	chicken stock
¾ c.	broccoli, cut into small florets
1 T.	vegetable oil
1/3 c.	onion, diced
¼ c.	carrot, diced
¼ c.	celery, diced
1 c.	potatoes, cubed
1/2 c.	milk

### Method of Preparation:

10. Preheat oven to 350°F. With cooking spray, lightly grease a 9" square cake pan. Set aside.
  11. Heat a skillet on med-high and add vegetable oil. Sauté carrots for 3 minutes, add celery, onion, and diced potatoes.
  12. Cook until onion begins to look translucent (clear). Reduce heat to med-low.
  13. Sprinkle flour over vegetables. Stir and cook for 3-5 minutes.
  14. Add chicken stock and milk; bring to a boil.
  15. Reduce heat and simmer until lightly thickened.
  16. Stir in salt, pepper, chicken, and broccoli.
  17. Pour filling into pan. Top with pie crust. Cut four slits in the top.
  18. Bake at 350°F for 30 minutes or until crust is golden brown. Remove and allow to cool for a few minutes. Serve.
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## PIE CRUST

makes one 9" pie crust

8 T.	butter, cold
1 1/3 c.	flour
½ tsp.	salt
3 T.	cold water

### Method of Preparation:

1. In a mixing bowl, combine flour and salt.
  2. Using a fork, blend butter into flour mixture until the butter is in small pieces.
  3. Mix in water until the dough *just* comes together. DO NOT OVER MIX.
  4. Tightly wrap dough ball and refrigerate until use.
  5. When ready, lightly flour a table surface.
  6. Using a rolling pin, roll dough into a 9 inch square.
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## CHICKEN SOUP

Serves 4

Follow directions for pot pie filling. Do not put into baking pan. Add ½ cup of water and simmer for 5 minutes. Serve.

## BEAN AND RICE SOUP

Serves 4

1 c.	onion, chopped
½ c.	carrot, chopped
½ c.	celery, diced
1 can	black beans, canned
1 can	pinto beans, canned
½ c.	frozen peas
¼ c.	uncooked white rice
5 c.	chicken stock (or water)
½ tsp.	salt
½ tsp.	black pepper
	cooking spray

### Method of Preparation:

1. Heat a soup pot on medium-high heat. Coat the pot with cooking spray.
2. Add carrots and cook for 3 minutes. Add celery and onion. Cook until onion is translucent.
3. Rinse and drain beans.
4. Add stock, beans, peas, and rice to skillet; bring to a boil.
5. Reduce heat. Simmer for 15 minutes or until rice is tender.
6. Season with salt and pepper. Serve.

## BEAN BURRITO

Serves 4

1 each	small onion, diced
1 tsp.	vegetable oil
1 T.	chili powder
½ c.	canned black beans, rinsed and drained
½ c.	canned pinto beans, rinsed and drained
½ c.	salsa
1 c.	cheddar cheese
4 each	flour tortillas

### Method of Preparation:

1. Heat vegetable oil in a skillet on medium-high heat. Add diced onion and chili powder. Cook until onions are tender.
  2. Reduce heat; stir in beans and salsa. Cover and cook for 10 minutes, allowing the flavors to blend. Stir often.
  3. Remove bean mixture from heat.
  4. Heat four tortillas in the microwave for 15 seconds.
  5. Spoon a small amount of mixture into a flour tortilla. Top with ¼ cup of cheddar cheese. Roll and serve with Spanish rice.
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## BEAN QUESADILLA

Serves 4

1. Follow the directions for a bean burrito through number 2.
  2. After cooking the beans, mash them into a paste.
  3. Spread the paste onto a warm tortilla and top with cheddar cheese. Fold in half.
  4. Sear the tortilla in a hot skillet to melt the cheese.
  5. Cut and serve with Spanish rice.
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## SPANISH RICE

Serves 4-6

1 tsp.	oil
1/4 c.	chopped onion
1 1/2 c.	uncooked white rice
3 c.	chicken broth or water
1 c.	salsa

### Method of Preparation:

1. Heat oil in skillet over medium heat. Stir in onion, and cook until tender, about 5 minutes.
2. Mix rice into skillet, stirring often. When rice begins to brown, stir in chicken broth and salsa.
3. Reduce heat, cover and simmer 20 minutes, until liquid has been absorbed and rice is tender.

## BEAN HASH WITH SCRAMBLED EGG

Serves 4

¼ c.	onion, diced
¼ c.	celery, diced
½ c.	canned black beans, rinsed and drained
½ c.	canned pinto beans, rinsed and drained
½ c.	frozen peas
4 each	eggs
½ tsp.	salt
½ tsp.	black pepper
1 c.	cheddar cheese
	cooking spray

### Method of Preparation:

1. Heat a skillet on medium-high heat and spray with cooking spray. Add onion and celery; cook until onion is tender.
2. Reduce heat. Add beans and peas. Cook for 5 minutes.
3. While beans are cooking, heat another skillet and coat with cooking spray.
4. Beat eggs together in bowl. Season with salt and pepper.
5. Add eggs to skillet. Cook and stir until eggs are completely set (not loose).
6. Serve beans topped with scrambled eggs and cheese over steamed rice.