**Table of Contents**

**Pasta**

*One-Pasta Meatball and Pepperoni Pasta Bake*

*Tex-Mex Macaroni and Cheese*

*Baked Rigatoni with Beef*

*Chicken & Egg Noodle Casserole*

*Chorizo Pumpkin Pasta*

*Spaghetti Squash & Sausage*

**Chicken**

*White Chicken Chili Bake*

*Barbecue Chicken Bubble-up Bake*

*Smothered Chicken Bake*

*Chicken Lazone*

*Sweet and Sour Chicken*

*Cumin-Spiced Chicken with Chunky Tomato Sauce*

*Crispy Chicken Thighs with White Beans*

*Grilled Chicken with Rustic Mustard Cream*

*Sweet Mustard Chicken Thighs*

*Smothered Green Chile Pepper Chicken*

*Chicken Tagine*

*Baked Buffalo Chicken*

*Thai Curry Chicken & Vegetables*

**Pork**

*Stuffed Pork Chops*

*Pork Chops and Peppers*

**Sides**

*Cream Cheese Mashed Potatoes*

**Soup**

*Corn and Bacon Chowder*

*Southwestern Chicken White Bean Soup*

*Chicken Escarole Soup*

*Sausage and Barley Soup*

**Snacks**

*Fruit and Dreamy Dip*

*Apple Cinnamon Granola Bars*

*Chocolate- Dipped Fruit*

*Berry Good Pizza*

*Healthy Trail Mix*

*Rise and Shine Parfait*

*Banana Chip Pancakes*

**One-Pan Meatball and Pepperoni Pasta Bake**

**Yield:** 8 servings

**Prep time:** 10 min

**Total time:** 1 hr 15 min

**Total Price:** $12.14

*Ingredients*

1 box (16 oz) penne pasta ($.82)

2 jars (24 oz each) chunky marinara sauce ($2.56)

1 cup sliced pepperoni (from 6-oz package) ($2.26)

1 bag (16 oz) frozen cooked Italian-style meatballs (32 meatballs) ($4.52)

2 cups water

1 package (8oz) Shredded Italian cheese blend (2 cups) ($1.98)

*Directions*

Heat oven to 350°F. Spray 13 x 9-inch (3-quart) baking dish with cooking spray.

In baking dish, mix all ingredients except cheese; mix well. Cover with foil.

Bake 55 to 60 minutes or until pasta is tender. Uncover; sprinkle with cheese. Bake uncovered 8 to 10 minutes or until cheese is melted.

*Tips*

* You can add frozen veggies to this dish!

**Tex-Mex Macaroni and Cheese**

**Yield:** 6 servings

**Prep time:** 10 min

**Total time:** 30 min

**Total Price:** $6.91

*Ingredients*

3 cups uncooked penne pasta ($0.82)

1 can (18 oz) Progresso™ Traditional chicken cheese enchilada flavor soup ($1.42)

½ cup milk ($2.99/gallon)

2 ½ cups gluten-free shredded Mexican cheese blend ($1.98)

*Directions*

Heat oven to 400°F. Spray 2-quart casserole with cooking spray. Cook and drain pasta as directed on package.

Meanwhile, in 3-quart saucepan, heat soup and milk to boiling. Remove from heat; stir in cheeses until melted. Stir in pasta. Spoon into casserole

Bake uncovered 20 minutes or until edges are bubbly.

***Baked Rigatoni with Beef***

**Yield:**  8 servings

**Prep time:** 35 min

**Total time:** 1 hr 5 min

**Total Price:** $9.90

*Ingredients*

 2 ¾ cups uncooked rigatoni pasta (about 8 oz) ($0.82)

1lb ground beef  ($3.24)

1 jar (26 oz) tomato basil pasta sauce ($1.50)

2 cups shredded part-skim mozzarella cheese (8 oz) ($1.98)

½ cup grated Parmesan cheese ($2.36)

*Directions*

Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Cook and drain pasta as directed on package; return to pasta-cooking pot.

Meanwhile, in a pan, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain, and add to pot with pasta.

Add pasta sauce and 1 cup of the mozzarella cheese to pot with pasta and beef; stir to combine, then pour into baking dish. Sprinkle with remaining 1 cup mozzarella cheese and the Parmesan cheese.

Cover with foil; bake 25 to 30 minutes or until casserole is at least 165°F in center.

*Tips*

* For another option, you can easily replace the ground beef in this rigatoni pasta bake with ground turkey.

***Chicken & Egg Noodle Casserole***

**Yield:** 8 servings

**Prep time:** 20 min

**Total time:** 50 min

**Total Price:** $13.91

*Ingredients*

6 cups uncooked egg noodles (about 12 ounces) ($1.12)

2 cans (10-3/4 ounces each) condensed cream of chicken soup, undiluted($1.00)

1 cup sour cream ($1.00)

3/4 cup 2% milk ($2.99/gallon)

1/4 teaspoon salt ($0.38)

1/4 teaspoon pepper ($2.68)

5 cans cooked chicken, drained ($4.90)

1 cup crushed crackers (about 20 crackers) ($1.98)

1/4 cup butter, melted ($0.84)

*Directions*

Preheat oven to 350°. Cook noodles according to package directions for al dente; drain.

In a large bowl, whisk soup, sour cream, milk, salt and pepper until blended. Stir in chicken and noodles. Transfer to a greased 13x9-in. baking dish.

In a small bowl, mix crushed crackers and butter; sprinkle over top. Bake until bubbly, 30-35 minutes.

***Chorizo Pumpkin Pasta***

**Yield:** 6 servings

**Total time:** 30 min

**Total Price:** $7.82

*Ingredients*

3 cups uncooked spiral pasta (about 12 ounces) ($0.82)

1 package (12 ounces) fully cooked chorizo pork sausage links, sliced ($1.22)

1 cup canned pumpkin ($1.08)

1 cup half-and-half cream ($1.64)

3/4 teaspoon salt ($0.38)

1/4 teaspoon pepper ($2.68)

1-1/2 cups shredded Manchego or Monterey Jack cheese

*Directions*

Cook pasta according to package directions. Drain, reserving 3/4 cup pasta water.

Meanwhile, in a large skillet, saute sausage over medium heat until lightly browned; reduce heat to medium-low. Add pumpkin, cream, salt and pepper; cook and stir until heated through. Toss with pasta and enough pasta water to moisten; stir in cheese.

***Spaghetti Squash & Sausage***

**Yield:** 6 servings

**Total time:** 30 min

**Total Price:** $14.85

*Ingredients*

Frozen Spaghetti Squash Spirals ($3.48)

1 tablespoon olive oil ($2.56)

1 package (14 ounces) smoked sausage, halved lengthwise and sliced ($2.77)

1 cup pico de gallo ($2.98)

1/4 teaspoon salt ($0.38)

1/8 teaspoon pepper ($2.68)

*Directions*

Cook Spaghetti Squash Spirals using directions on the package.

Meanwhile, in a large pan, heat oil over medium heat. Add sausage; cook and stir 4-5 minutes or until lightly browned.

Add squash, pico de gallo, salt and pepper to sausage; heat through, tossing to combine.

***White Chicken Chili Bake***

**Yield:** 8 servings

**Prep time:** 20 min

**Total time:** 50 min

**Total Price:**$9.40

*Ingredients*

20 oz canned chicken breast,drained. ($3.92)

1 package (1 oz) taco seasoning mix ($0.44)

2 cans (19 oz each) chickpeas, drained, rinsed ($1.08)

1 cup (from 16-oz jar) salsa verde ($1.98)

2 cups shredded mozzarella cheese (8 oz) ($1.98)

*Directions*

Heat oven to 350°F. Spray 13x9-inch (3-quart) baking dish with cooking spray.

In a large pan, cook chicken with salt to taste over medium-high heat 5 to 7 minutes on each side or until browned. Add remaining ingredients except cheese; stir to combine.

 Spread in baking dish. Cover baking dish with foil.

Bake 25 to 30. Top with cheese, and recover with foil. Let rest at room temperature about 5 minutes or until cheese melts.

If desired, serve over rice with favorite chili toppings: chopped fresh cilantro, sliced green onions, sour cream, yogurt, salsa, guacamole.

*Tips*

* Don't keep chickpeas in the pantry? Swap out cannellini or kidney beans for an equally tasty dish.
* Don’t have chicken thighs? Grab two cans of chunk chicken instead

***Barbecue Chicken Bubble-Up Bake***

**Yield:** 6 servings

**Prep time:** 25 min

**Total time:** 55 min

**Total Price:** $6.38

*Ingredients*

3 cans of canned chicken, drained. ($2.94)

1 can (16.3 oz) Buttermilk biscuits (8 biscuits) ($0.48)

1 bottle (18 oz) barbecue sauce ($0.98)

2 cups shredded mozzarella cheese (8 oz) ($1.98)

*Directions*

Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.

Heat 10-inch nonstick skillet over medium-high heat. Add chicken; cook 10 minutes, stirring occasionally, until no longer pink in center. Remove from heat. Cool slightly, about 5 minutes.

Meanwhile, separate dough into 8 biscuits. Cut each biscuit into 8 pieces. Set aside.

Place cooked chicken in medium bowl. Pour barbecue sauce over chicken; stir to combine. Add biscuit dough pieces to chicken mixture; gently toss to combine. Spread mixture evenly in baking dish. Sprinkle cheese over top.

Bake 25 to 30 minutes or until golden brown and cheese is melted. Serve immediately.

*Tips*

* You cook a pound of ground beef and use that instead of the chicken!

***Smothered Chicken Bake***

**Yield:** 4 servings

**Prep time:** 20 min

**Total time:** 55 min

**Total Price:** $13.71

*Ingredients*

3 Tbsp of bacon bits ($1.33)

1 cup diced red bell pepper ($1.38)

4 boneless skinless chicken breasts (about 20 oz) ($3.94)

¼ teaspoon ground pepper ($2.98)

¼ cup basil pesto (from 7-oz container) ($2.58)

1 jar (15 oz) Alfredo pasta sauce ($1.50)

*Directions*

Heat oven to 350°F. In 10-inch nonstick skillet, cook bacon over medium-high heat 3 to 5 minutes, stirring frequently, until crisp. Remove bacon with slotted spoon to paper towel-lined plate, leaving drippings in skillet.

In same skillet, cook bell pepper in oil over medium-high heat 1 to 2 minutes or until crisp-tender. Remove from skillet with slotted spoon to medium bowl.

Sprinkle chicken breasts with pepper. In same skillet, cook chicken breasts in bacon drippings over medium-high heat 2 to 4 minutes, turning once, until brown. Place chicken breasts in ungreased 11 x 7-inch (2-quart) baking dish.

In medium bowl, stir bell pepper, pesto and Alfredo sauce until well blended. Pour over chicken. Cover with foil.

Bake 30 to 35 minutes or until mixture is bubbly and juice of chicken is clear when center of thickest part is cut (at least 165°F). Sprinkle with chopped bacon.

***Chicken Lazone***

**Yield:** 4 servings

**Prep time:** 20 min

**Total time:** 20 min

**Total Price:**$8.71

*Ingredients*

2 teaspoons salt ($0.38)

2 teaspoons of garlic powder ($0.98)

2 teaspoons chili powder ($0.98)

1lb uncooked chicken breast ($3.93)

4 tablespoons of margarine ($0.84)

1 cup whipping cream ($1.60)

*Directions*

In a small bowl, stir together 2 teaspoons salt, 2 teaspoons of garlic powder and 2 teaspoons chili powder. Sprinkle over 1 lb uncooked chicken breast to completely coat.

In large pan, melt 2 tablespoons of margarine over medium-low or medium heat. Add coated chicken breasts; cook on each side, until browned and no longer pink in center. Transfer chicken to a plate; set aside.

In the same pan, heat 1 cup whipping cream, scraping up any browned bits from bottom of skillet. Increase heat to simmer or until cream comes to a boil. Reduce heat; simmer until cream is reduced by half. Stir in remaining 2 tablespoons unsalted butter. Season to taste with salt. Return chicken to skillet.

*Tips*

* Mushrooms would also be a good addition to this recipe, fresh or canned

***Sweet and Sour Chicken***

**Yield:**4 servings

**Prep time:** 15 min

**Total time:** 25 min

**Total Price:** $9.54

*Ingredients*

2 tablespoons vegetable oil ($1.84)

3 cans of cooked chicken ($2.94)

1 small red bell pepper, cut into 3/4-inch pieces ($1.84)

1 bottle (10 oz) sweet-and-sour sauce (3/4 cup) ($1.98)

1 can (8 oz) pineapple tidbits in juice, drained ($0.98)

*Directions*

In a large pan, heat oil over medium-high heat. Add chicken; cook 5 to 6 minutes, stirring occasionally, until no longer pink in center.

Add bell pepper and sweet-and-sour sauce; cook 3 to 4 minutes, stirring occasionally, until bell pepper is tender. Stir in pineapple; cook 1 to 2 minutes or until hot.

*Tips*

* To add crunch, sprinkle with 1/2 cup chopped cashews.
* Serve over cooked rice.
* Don’t have boneless skinless chicken thighs, grab 2 cans of chicken chunks or even chicken boneless chicken breasts

***Chicken with Chunky Tomato Sauce***

**Yield:** 4 servings

**Prep time:** 2 min

**Total time:** 15 min

**Total Price:** $8.79

*Ingredients*

Cooking spray ($1.53)

4 cans of chicken, drained ($3.92)

1/4 teaspoon salt ($0.38)

1 (10-ounce) can mild diced tomatoes and green chilies, undrained ($0.98)

3/4 cup (3 ounces) pre-shredded reduced-fat Mexican blend cheese ($1.98)

*Directions*

Preheat broiler.

Heat chicken in pan and sprinkle with ¼ teaspoon of salt. Remove from pan when chicken is heated throughout.

Add tomatoes to pan; cook 1 minute. Return chicken to pan; spoon tomato mixture evenly over chicken. Sprinkle evenly with cheese; broil 2 minutes or until cheese melts.

 ***Crispy Chicken with White Beans***

**Yield:** 4 servings

**Total Price:**$13.45

*Ingredients*

2 tablespoons olive oil ($2.56)

4 cans of chicken, drained ($3.92)

3/4 teaspoon salt ($0.38)

1/4 teaspoon ground black pepper ($2.68)

1 cup finely chopped yellow onion ($0.54)

1 jalapeno pepper,thinly sliced ($0.25)

1 (15-ounce) can unsalted cannellini beans, undrained ($0.54)

1/3 cup prepared pesto ($2.58)

*Directions*

Heat a large pan over high heat. Add 1 tablespoon oil to pan; swirl to coat. Sprinkle chicken evenly with 1/4 teaspoon salt and pepper. Add chicken to pan. Cook until chicken is evenly heated and then remove from pan.

Return pan to high heat. Add remaining 1 tablespoon oil to pan. Add onion and pepper to pan; cook 2 minutes or until lightly brown. Add beans to pan; cook 1 minute. Stir in remaining 1/2 teaspoon salt. Gently stir in pesto.

***Chicken with Rustic Mustard Cream***

**Yield:** 4 servings

**Prep time:** 6 min

**Total time:** 18 min

**Total Price:** $11.95

*Ingredients*

1 tablespoon plus 1 teaspoon whole-grain Dijon mustard, divided ($0.88)

1 tablespoon olive oil ($2.56)

1/4 teaspoon salt ($0.38)

1/4 teaspoon black pepper ($2.68)

4 cans of chicken, drained ($3.92)

Cooking spray ($1.53)

3 tablespoons light mayonnaise

1 tablespoon water

*Directions*

Put pan on high heat.

Combine 1 teaspoon mustard, oil, and next 3 ingredients in a small bowl; brush evenly over chicken. Place chicken in pan and cook until heated thoroughly.

While the chicken cooks, combine 1 tablespoon mustard, mayonnaise, and 1 tablespoon water in a bowl. Serve mustard cream with grilled chicken.

 ***Sweet Mustard Chicken***

**Yield:** 4 servings

**Prep time:** 3 mins

**Total time:** 10 mins

**Total Price:** $9.33

*Ingredients*

1/2 cup prepared mustard ($1.00)

1/3 cup packed dark brown sugar ($0.92)

 1/4 teaspoon crushed red pepper ($0.98)

5 cans of chicken, drained ($4.90)

Cooking spray ($1.53)

*Directions*

Put pan on high heat.

Combine first 4 ingredients in a small bowl, stirring well. Reserve and set aside 1/4 cup sauce mixture.

Place chicken in pan coated with cooking spray. Brush half of remaining 1/2 cup sauce mixture over the chicken. Cook chicken 3 to 4 minutes or until thoroughly heated. Place chicken on a plate; drizzle with reserved 1/4 cup sauce mixture.

***Smothered Green Chile Pepper Chicken***

**Yield:** 4 servings

**Prep time:** 4 mins

**Total time:** 40 mins

**Total Price:** $9.98

*Ingredients*

5 cans of chicken, drained ($4.90)

 1/2 lime ($0.38)

3 tablespoons taco seasoning ($0.44)

3 cans of diced green chiles ($2.28)

1/2 cup (2 ounces) shredded part-skim mozzarella cheese ($1.98)

*Directions*

Preheat oven to 350°.

Arrange chicken in an 8-inch square baking dish; squeeze lime juice evenly over chicken. Sprinkle evenly with taco seasoning.

Evenly distribute chiles over the chicken. Cover dish with foil; bake at 350° for 10 minutes. Sprinkle cheese evenly over chiles and chicken; bake, uncovered, an additional 5 minutes or until cheese melts.

***Chicken Tagine***

**Yield:** 4 servings

**Prep time:** 4 min

**Total time:** 20 min

**Total Price:** $12.66

*Ingredients*

5 cans of chicken, drained ($4.90)

1/4 teaspoon salt ($0.38)

1/4 teaspoon black pepper ($2.68)

2 teaspoons olive oil ($2.56)

1 (16-ounce) can chickpeas (garbanzo beans), rinsed and drained ($0.54)

1 (14.5-ounce) can diced tomatoes with garlic and oregano, undrained ($0.86)

3/4 cup of brown rice ($0.74)

*Directions*

Sprinkle chicken evenly with salt, and pepper. Heat the oil in a large nonstick pan over medium-high heat; add chicken. Cook 2 to 3 minutes on each side or until heated thoroughly. Add chickpeas and tomatoes; bring to a boil. Cover, reduce heat, and simmer 8 minutes or until chicken is done.

While chicken simmers, cook rice according to package directions. Serve chicken with chickpeas over rice.

***Baked Buffalo Chicken***

**Yield:** 4 servings

**Prep time:** 20 min + marinating

**Bake time:** 25 min

**Total Price:** $10.50

*Ingredients*

3/4 cup Buffalo wing sauce, divided ($1.98)

4 cans of chicken, drained ($3.92)

3/4 cup all-purpose flour ($1.00)

1/2 teaspoon pepper ($2.68)

1-1/4 cups plain bread crumbs ($0.92)

*Directions*

Pour 1/3 cup wing sauce into a shallow dish. Add chicken and turn to coat. Let stand 15 minutes or refrigerate, covered, up to 24 hours.

Preheat oven to 350°. Drain chicken, discarding marinade. In a shallow bowl, mix flour and pepper. Place bread crumbs and remaining wing sauce in separate shallow bowls. Dip chicken in flour mixture to coat all sides; shake off excess. Dip in wing sauce, then in bread crumbs, patting to help coating adhere.

Place chicken on a rack in a 15x10x1-in. baking pan. Bake for 10-15 minutes.

***Thai Red Curry Chicken & Vegetable***

**Yield:** 4 servings

**Total time:** 30 min
**Total Price:** $8.99

*Ingredients*

4 cans of chicken, drained ($3.92)

Red curry sauce ($1.98)

1 package (16 ounces) frozen stir-fry vegetable blend ($2.33)

3 cups hot cooked brown rice ($0.76)

*Directions*

Preheat oven to 350°. Place chicken in a greased 8-in. square baking dish. Pour curry sauce over chicken.

Bake, covered, 10-15 minutes or until chicken is thoroughly heated. Meanwhile, cook vegetables according to package directions; drain. Serve chicken with rice and vegetables.

***Stuffed Pork Chops***

**Yield:** 4 servings

**Prep time:** 15 min

**Total time:** 45 min

**Total Cost:** $9.66

*Ingredients*

3 tablespoons margarine ($0.84)

¼ cup chopped onion ($0.50)

1 ½ cups herbed-seasoned stuffing cubes ($2.50)

2 cans of chicken broth ($1.00)

2 large pork chops (1.5 pounds) ($4.82)

*Directions*

Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray.

Cut each pork chop in half.

In a large pan, melt butter over medium heat. Remove 2 tablespoons melted butter to small bowl; set aside. Return pan to stove. Increase heat to medium-high; add onion, and cook 1 to 2 minutes or until softened. Add stuffing cubes and broth. stir until liquid is absorbed. Remove from heat.

In thick side of each half pork chop, cut a slit about 2 inches deep and 3 inches long to form a pocket (do not cut in half.) Spoon about 1/3 cup stuffing mixture into each pocket; pressing mixture in firmly. Brush stuffed chops with reserved melted butter. Place in pan.

Bake 23 to 28 minutes or until thermometer inserted in stuffing reads 165°F.

***Pork Chops and Peppers***

**Yield:** 4 servings

**Prep time:** 10 min

**Total time:** 15 min

**Total Price:** $10.70

*Ingredients*

2 large pork chops (1.5 lbs) ($4.82)

2 tablespoons olive oil ($2.56)

1 onion ($0.54)

2 gloves garlic ($0.48)

2 green bell peppers ($0.80)

3 tablespoons of Worcestershire sauce ($1.00)

½ cup of chicken broth ($0.50)

*Directions*

Wash and slice the peppers into slices. Cut garlic as small as possible. Chop onion.

Cut each pork chop in half.

Heat the olive oil in a heavy skillet over medium- high heat and add the pork chops onion and garlic.

Cook the pork chops for 5 minutes on one side, shaking the pan frequently so garlic doesn’t burn, then turn pork chops and add the pepper strips

Cover the pan with a lid and cook 5 to 8 minutes longer. Remove the chops, onions, garlic and the peppers from the pan and set aside, covered to keep warm

Put the Worcestershire sauce, chicken broth to the pan that you just cooked the pork in (don’t clean it, the remaining scrapings in the pan add flavor) scrap the bottom of the skillet with a rubber spatula to loosen the pan drippings.

Cook until the sauce thickens slightly, then return the pork chops, garlic, onion and peppers to the pan

Cook for 1 minute longer to coat the pork with the sauce

***Shrimp Fried Rice***

**Yield:** 4 servings

**Prep time:** 10 min

**Total time:** 20 min

**Total Price:** $11.72

*Ingredients*

4 tablespoons margarine, divided ($0.84)

4 large eggs, lightly beaten ($1.34/dozen)

3 cups cold cooked rice ($0.64)

1 package (16 ounces) frozen mixed vegetables ($0.84)

1 pound uncooked medium shrimp, peeled and deveined ($5.00)

1/2 teaspoon salt ($0.38)

1/4 teaspoon pepper ($2.68)

*Directions*

In a large skillet, melt 1 tablespoon margarine over medium-high heat. Pour eggs into skillet. As eggs set, lift edges, letting uncooked portion flow underneath. Remove eggs and keep warm.

Melt remaining butter in the skillet. Add the rice, vegetables and shrimp; cook and stir for 5 minutes or until shrimp turn pink. Meanwhile, chop eggs into small pieces. Return eggs to the pan; sprinkle with salt and pepper. Cook until heated through, stirring occasionally.

***Cream Cheese Mashed Potatoes***

**Yield:** 20 servings

**Prep time:** 20 min

**Total time:** 35 min

**Total Price:** $10.42

*Ingredients*

8 pound russet potatoes ($4.94)

1 package (8 ounces) cream cheese, softened ($0.80)

1/2 cup of margarine ($0.84)

2 teaspoons salt ($0.38)

3/4 teaspoon pepper ($2.68)

Additional melted butter, optional

1/4 cup finely chopped green onions ($0.78)

*Directions*

Peel and cube potatoes. Place in a large stockpot; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 12-15 minutes. Drain.

With a mixer, beat cream cheese, 1/2 cup melted butter, salt and pepper until smooth. Add potatoes; beat until light and fluffy. If desired, top with additional melted butter. Sprinkle with green onions.

 ***Corn and Bacon Chowder***

**Yield:** 6 servings

**Prep time:** 2 min

**Total time:** 20 min

**Total Price:** $11.04

*Ingredients*

2 Tbsp of bacon bits ($1.33)

2 packages frozen gold corn ($1.68)

2 cups 1% low-fat milk, divided ($2.99/gallon)

1/2 teaspoon salt ($0.38)

1/4 teaspoon black pepper ($2.68)

3/4 cup (3 ounces) reduced-fat shredded extra-sharp cheddar cheese ($1.98)

*Directions*

Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon from pan; crumble and set aside. Add celery mixture and 1 package corn to drippings in pan; sauté 5 minutes or until vegetables are tender

Place remaining 1 package corn and 1 cup milk in a blender, and process until smooth. Add pureed mixture to vegetables in pan; stir in remaining 1 cup milk, salt, black pepper, and cheese. Cook over medium heat (do not boil), stirring constantly, until cheese melts. Ladle chowder into bowls. Top each serving evenly with reserved crumbled bacon. Sprinkle with additional black pepper, if desired

***Southwestern Chicken White Bean Soup***

**Yield:** 6 servings

**Prep time:** 2 min

**Total time:** 20 min

**Total Price:** $6.90

*Ingredients*

3 cans of chicken, drained, shredded ($2.94)

1 tablespoon taco seasoning ($0.44)

2 cans of chicken broth ($1.00)

1 can cannellini beans or other white beans, rinsed and drained ($0.54)

 1/2 cup green salsa ($1.98)

*Directions*

Combine chicken and taco seasoning; toss well to coat. Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add chicken; sauté 2 minutes or until chicken is lightly browned. Add broth, scraping pan to loosen browned bits.

Place beans in a small bowl; mash until only a few whole beans remain. Add beans and salsa to pan, stirring well. Bring to a boil. Reduce heat; simmer 10 minutes or until slightly thick. Serve with sour cream and cilantro, if desired

***Chicken Spinach Soup***

**Yield:** 4 servings

**Prep time:** 1 min

**Total time:** 14 min

**Total Price:** $7.64

*Ingredients*

 1 (14 1/2-ounce) can Italian-style stewed tomatoes, undrained and chopped ($0.64)

1 (14-ounce) can fat-free, less-sodium chicken broth ($0.50)

2 cans of chicken, drained ($1.96)

2 cups chopped spinach ($1.98)

2 teaspoons extra-virgin olive oil ($2.56)

*Directions*

Combine tomatoes and broth in a large saucepan. Cover and bring to a boil over high heat. Reduce heat to low; simmer 5 minutes. Add chicken, spinach, and oil; cook 5 minutes.

***Sausage and Barley Soup***

**Yield:** 4 servings

**Prep time:** 5 min

**Total time:** 25 min

**Total Price:** $9.06

*Ingredients*

6 ounces Turkey breakfast sausage ($1.66)

2 1/2 cups frozen bell pepper stir-fry ($2.98)

2 cups water

1 (14 1/2-ounce) can Italian-style stewed tomatoes, undrained and chopped ($0.64)

1/4 cup uncooked quick-cooking barley ($1.84)

1 cup coarsely chopped fresh baby spinach ($1.94)

*Directions*

Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add sausage; cook 3 minutes or until browned. Remove from heat.

While sausage cooks, place stir-fry and 2 cups water in a blender; process until smooth. Add stir-fry puree, tomatoes, and barley to sausage in pan. Bring mixture to a boil over high heat; cover, reduce heat to low, and simmer 10 minutes. Stir in spinach; cook 1 minute or until spinach softens.

***Fruit and Dreamy Dip***

**Total Price:** $4.12

*Ingredients*

1 cup plain low-fat yogurt ($1.84)

1 tablespoon brown sugar ($1.32)

 can of mixed fruit, drained ($0.96)

*Directions*

Wash the select fruit or drain the fruit and pat dry if canned.

In a bowl stir the yogurt, honey and cinnamon together. Place in the fridge for 30 minutes.

Serve with fruit

***Apple Cinnamon Granola Bars***

**Yield:** 24 servings

**Prep time:** 15

**Total time:** 1 hr

**Total Price:** $7.42

*Ingredients*

1 cup flour ($1.00)

¼ teaspoon baking soda ($0.52)

½ teaspoon brown sugar ($1.32)

1 cup oats (uncooked) ($1.76)

½ cup margarine ($0.84)

4 apples (or 16 ounces applesauce) ($1.98)

*Directions*

Preheat the oven to 350 degrees

Put the flour, salt, baking soda,brown sugar, and oats in a large bowl and stir together.

Add the shortening (margarine or butter) to the large bowl. Use to regular knives to mix the ingredients and cut them into crumbs.

Lightly grease the bottom and sides of a 8” x 8’ baking dish with some of your shortening (margarine or butter)

Spread half the crumb mixture in greased baking dish

Wash apples and cut into thin slices. Make sure you cut out the core and place the slices on top of the crumb mixture. If using applesauce, spread it over the crumb mixture.

Top the apples or applesauce with the rest of the crumb mixture

Bake in the oven 40-45 minutes

Cut into 24 equal squares when cool or how many you would like.

Wrap individual bars in plastic wrap to store and put into lunch boxes.

***Chocolate-Dipped Fruit***

**Yield:** 4 servings

**Prep time:** 5

**Total time:** 15

**Total Price:** $4.16

*Ingredients*

2 Tablespoons semi-sweet chocolate chips ($1.74)

2 Bananas ($0.44)

8 frozen strawberries, thawed ($1.98)

*Directions*

Peel and cut the bananas into quarters

Wash strawberries

Place chocolate chips in a small microwave-safe bowl. Place into the microwave for 10 seconds and stir. Repeat this step until chocolate is melted

Place a piece of aluminum foil on a plate and put the cut fruit on top.

Use a spoon to drizzle the melted chocolate over the fruit

Place plate into the refrigerator for 10 minutes or until the chocolate hardens. Then enjoy!

***Berry Good Pizza***

**Yield:** 6 slices

**Prep time:** 10

**Total time:** 25

**Total Price:** $8.06

*Ingredients*

12-ounce can of refrigerated pizza dough ($1.98)

¼ cup apple jelly ($1.76)

6 frozen strawberries ($1.98)

1/cup blueberries ($2.34)

*Directions*

Preheat the oven to 350 degrees and wash all the fruit

If using dough, roll out pizza dough to desired size and thickness

Place crust on a baking sheet

Spread the apple butter over the crust

Arrange the strawberries and blueberries as desired on the crust

Sprinkle the top with cinnamon if desired

Place the pizza in the center rack of the oven for 15 minutes or until the crust is brown and crisp.

***Healthy Trail Mix***

**Yield:** 12 servings (1/2 cup per serving)

**Prep time:** 10

**Total time:** 25

**Total price:** $7.83

*Ingredients*

2 cups wheat chex ($2.50)

1 cup raisins ($2.32)

1 cup sunflowers seeds ($1.27)

1 cup chocolate chips ($1.74)

*Directions*

Mix all ingredients in a bowl and enjoy.

You can store ½ cup full of the trail mix in plastic bags and pack with lunch or for an on the go snack.

 ***Rise and Shine Parfait***

**Yield:** 4 servings

**Total time:** 15 min

**Total Price:** $8.40

*Ingredients*

4 cups fat-free vanilla yogurt ($1.84)

2 cans of peaches, drained ($1.92)

2 cups frozen blackberries, thawed ($1.98)

1/2 cup granola ($2.66)

*Directions*

Layer half of the yogurt, peaches, blackberries and granola into 4 parfait glasses. Repeat layers.

***Banana Chip Pancakes***

**Yield:** 12 Pancakes

**Prep time:** 5 min

**Total time:** 25 min

**Total Price:** $9.33

*Ingredients*

2 cups biscuit/baking mix ($1.00)

1 large egg ($1.20/dozen)

1 cup whole milk ($2.99/gallon)

1 cup mashed ripe bananas ($0.44)

3/4 cups your choice of chocolate chips ($1.74)

Maple syrup ($1.96)

*Directions*

Place biscuit mix in a large bowl. Whisk the egg, milk and bananas; stir into biscuit mix just until moistened. Stir in chips.

Pour batter by 1/4 cup fulls onto a greased hot griddle; turn when bubbles form on top. Cook until the second side is golden brown. Serve with syrup.