

# English Muffin Pizzas

Yield: 4 servings

Prep time: 10 minutes

Cook time: 10 minutes

Total time: 20 minutes

## Ingredients

**4 English muffins**

**½ cup canned pizza sauce**

**2 cups shredded mozzarella cheese**

**Pepperoni slices**

**Vegetables, cut (optional)**



## Directions

1. Preheat oven to 375 degrees F
2. Place the English muffin halves cut side up onto a baking sheet. Spoon some of the pizza sauce onto each one. Top with mozzarella cheese, pepperoni, and vegetables (optional).
3. Bake for 10 minutes in the oven, or until cheese is melted and browned on the edges.

## Nutrition Information

Per Serving: 327 calories; 13.5 g fat; 30.2 g carbohydrates; 20.5 g protein; 45 mg cholesterol; 839 mg sodium

# Vegetable Pizza

Yield: 16 servings

Prep time: 25 minutes

Total time: 2 hours and 25 minutes

## Ingredients

**2 – 8 oz refrigerated crescent rolls**

**1 cup sour cream**

**1 – 8 oz cream cheese, softened**

**1 tsp dill weed, dried**

**¼ tsp garlic salt**

**1 – 1 oz Ranch dressing mix, package**



**1 small onion, chopped**

**1 stalk celery, sliced**

**½ cup radishes, halved**

**1 red bell pepper, chopped**

**1 ½ cups chopped broccoli**

**1 carrot, grated**

## Directions

1. Preheat oven to 350 degrees F. Spray a jellyroll pan with non-stick cooking spray.
2. Pat crescent roll dough into pan. Let stand for 5 minutes. Pierce with fork.
3. Bake for 10 minutes, let cool.
4. In medium-sized mixing bowl, combine sour cream, cream cheese, dill weed, garlic salt, and ranch dip mix. Spread mixture on top of the cooled crust. Arrange the onion, carrot, celery, broccoli, radish, bell pepper on top of the creamed mixture. Cover and let chill. Once chilled, cut into squares and serve.

## Nutrition Information

Per Serving: 196 calories; 12.6 g fat; 16 g carbohydrates; 4.8 g protein; 36 mg cholesterol; 359 mg sodium.

# Oven-Fried Chicken Strips

Yield: 4 servings

Prep time: 10 minutes

Total time: 30 minutes

## Ingredients

**¼ cup all-purpose flour**

**1 egg**

**1 Tbsp water**

**1 cup plain or Italian style panko crispy bread crumbs**

**½ cup Parmesan cheese, grated**

**1 ¼ lb (20 oz) chicken breast tenders**



## Directions

1. Heat oven to 425 degrees F. Line cookie sheet with foil; spray with cooking spray.
2. In a dish, place flour. In a second dish, beat egg and water. In a third dish, mix bread crumbs and cheese.
3. Coat chicken with flour; dip into egg mixture, then coat with bread crumb mixture. Place on cookie sheet.
4. Bake 15 to 20 minutes, turning once, until chicken is no longer pink in center and coating is golden brown.

## Nutrition Information

Per Serving: 33 calories; 18 g fat; 23 g carbohydrates; 18 g protein; 105 mg cholesterol; 670 mg sodium.

# Impossible Mini Cheeseburger Pie

Yield: 6 servings

Serving size: 2 mini pies

Prep time: 15 minutes

Total time: 55 minutes

## Ingredients

### Burger Mix

**1 lb lean ground beef**

**1 large onion, chopped (1 cup)**

**1 Tbsp Worcestershire sauce**

**1 tsp garlic salt**

**1 cup shredded cheddar cheese (4 oz)**

### Baking Mix

**½ cup milk**

**½ Bisquick mix**

**2 eggs**

### Garnishes (optional)

**12 Mini dill pickles**

**1 medium tomato, chopped**



## Directions

1. Heat oven to 375 degrees F. Spray 12 regular size muffin cups with cooking spray.
2. Cook ground beef and onion over medium-high heat 5 to 7 minutes, stir frequently, until thoroughly cooked; drain. Cool 5 minutes; stir in Worcestershire sauce, garlic salt, and cheese.
3. In medium bowl, stir baking mixture ingredients with whisk or fork until blended. Spoon 1 tablespoon baking mixture into each muffin cup. Top with ¼ cup burger mixture. Spoon 1 tablespoon baking mixture on top of burger mixture in each muffin cup.
4. Bake about 30 minutes or until toothpick comes out clean and muffin tops are golden brown. Cool 5 minutes. Remove from pan, and place top side up, cool 10 minutes.

## Nutrition Information

Per Serving: 290 calories; 18 g fat; 11 g carbohydrates; 21 g protein; 130 mg cholesterol; 500 mg sodium.

# Home-Made Lunchable

Yield: 1 serving

Prep time: 10 minutes

Total time: 10 minutes



## Ingredients

**5 crackers**

**5 Slices of meat (ham, turkey, summer sausage, etc.)**

**5 Small slices of cheese**

**½ cup of fresh fruit**

**½ cup of raw vegetables**

## Directions

1. Determine the type of crackers, meat, cheese, fruit and vegetable you would like to use.
2. Combine ingredients into divided container.

## Tips

Other ideas for lunchables could include sandwich kabobs, nachos, mini pizzas, or chicken nuggets.

# Muffin-Tin Mac & Cheese

Yield: 12 servings

Prep time: 35 minutes

Total time: 1 hour 10 minutes



## Ingredients

**½ lb elbow macaroni, uncooked**

**1 cup milk**

**4 Tbsp butter**

**2 cups Sharp Cheddar Cheese, shredded**

**2 Tbsp all-purpose flour**

**½ cup Plain Panko crispy bread crumbs**

**½ tsp salt**

**1 Tbsp. parsley, chopped**

**¼ tsp black pepper, ground**

## Directions

1. Heat oven to 425 degrees F. Place muffin liners in each of 12 regular size muffin cups. Spray liners with cooking spray. Cook macaroni as directed, drain, and set aside.
2. In a 4-quart saucepan, melt 2 tablespoons of the butter over medium heat. Add flour, salt and pepper; cook and beat with whisk 1 to 2 minutes or until thickened. Slowly beat in milk. Heat just to boiling, stir frequently. Remove from heat. Stir in cheese. Add cooked macaroni. Divide between 12 muffin cups.
3. In a microwavable bowl, microwave remaining 2 tablespoons butter, until melted. Add bread crumbs and parsley. Spoon on top of mixture in cups. Gently press.
4. Bake 18 to 22 minutes or until bread crumb mixture is golden brown. Let stand 5 minutes before serving.

## Nutrition Information

Per Serving: 220 calories; 11 g fat; 22 g carbohydrates; 9 g protein; 30 mg cholesterol; 340 mg sodium.

# Muffin-Tin Chicken Tacos

Yield: 12 servings

Prep time: 15 minutes

Total time: 35 minutes

## Ingredients

**6, 8-in flour tortillas**

**1 cup shredded cooked chicken breast**

**½ cup (2 oz) shredded cheddar cheese**

**1 cup salsa**

**Shredded lettuce**

**Sour cream**

**Any additional toppings desired**



## Directions

1. Heat oven to 350 degrees F. Spray 12 regular muffin cups with cooking spray.
2. Use a 4-inch round cookie cutter, cut 2 rounds from each tortilla. Microwave tortillas for 15 seconds to soften. Place each tortilla in muffin cup, pressing into the cup.
3. In a medium bowl, toss chicken with 1 cup of salsa. Place 1 teaspoon cheese in each tortilla-lined cup; and 1 tablespoon chicken mixture to each. Top with another teaspoon of cheese.
4. Bake 18 to 20 minutes or until cheese is melted and tortilla is crisp.
5. To serve, top each with lettuce, sour cream, or any addition taco toppings.

## Nutrition Information

Per Serving: 110 calories; 4 g fat; 12 g carbohydrates; 6 g protein; 15 mg cholesterol; 360 mg sodium.

# Parmesan Fish Sticks

Yield: 4 servings

Total time: 25 minutes

## Ingredients

**1/3 cup all-purpose flour**

**1/2 tsp salt**

**1/8 tsp pepper**

**2 large eggs**

**1 cup Panko crispy bread crumbs**

**1/3 cup Parmesan cheese, grated**

**2 Tbsp garlic-herb seasoning**

**1 lb tilapia fillets**

## Directions

1. Heat oven to 450 degrees F. Line cookie sheet with foil; spray with cooking spray.
2. In a dish, mix flour, salt, and pepper. In another bowl, whisk eggs. In a third bowl, toss bread crumbs with cheese and seasoning blend.
3. Cut fillets into 1-in. wide strips. Dip fish into flour mixture, then in eggs, then in crumb mixture (pat to help coating adhere).
4. Spray tops of fillets with cooking spray. Bake 10-12 minutes or until golden brown and fish flakes easily with fork.

## Nutrition Information

Per Serving: 281 calories; 11 g fat; 23 g carbohydrates; 28 g protein; 154 mg cholesterol; 641 mg sodium.

