

## Menu



### Mexican Pizza:

- 8 inch tortilla
- ½ cup cooked, shredded chicken breast
- ¼ cup fat free refried beans
- ¼ cup enchilada sauce
- ¼ cup reduced fat, shredded cheese
- ¼ cup shredded lettuce
- ⅛ cup diced tomatoes
- 1 T. low fat sour cream

#### Directions:

On the bottom of the pie pan, place tortilla. Next spread a layer of refried beans. Then pour the enchilada sauce. Sprinkle the shredded chicken and top with the cheese. Bake in a 350 degree oven until heated through and cheese melts. Carefully remove pan from oven with oven mitts or pot holders. Top with lettuce, tomatoes and sour cream.

### Hokey Pokey Salad:

- ½ cup shredded carrots
- ⅛ cup raisins
- ¼ cup diced apples
- ¼ cup diced, canned pineapple

#### Dressing for Salad:

- 1 T. low fat salad dressing (Miracle Whip)
- 1 t. sugar
- 1 T. skim milk

#### Directions:

In a mixing bowl, mix up shredded carrots, raisins, diced apples and drained, canned pineapple. In a small mixing bowl, stir in salad dressing, sugar and skim milk. Cover carrots, raisins, apples and pineapple with salad dressing mix and stir well.

### Power Parfait:

- 4 oz. low fat yogurt
- ½ cup low fat granola or whole grain cereal
- 1/3 cup fruit—bananas or blueberries

#### Directions:

In a clear glass, place alternate layers of yogurt, fruit and cereal.