

Sausage, Broccoli & Noodles

Ingredients:

3 packages (3 oz each) ramen noodle soup, chicken flavor
¼ cup reduced-fat sour cream
1 Tablespoon cornstarch
3 links sweet Italian turkey sausage, casings removed
1 cup water
3 cups frozen baby broccoli flowerets, thawed

Preparation:

1. Bring a large pot of salted water to a boil. Cook noodles for 2 minutes, save seasoning packets for later. Drain & set aside.
2. In a small bowl, stir together sour cream & cornstarch; set aside.
3. Cook sausage in a large nonstick skillet over medium heat, breaking up with a spoon, for 5 minutes or until cooked through.
4. Add broccoli, 1 cup water and 1 ½ teaspoons of ramen chicken seasoning to skillet. Cover and simmer over medium heat for 3 minutes or until broccoli is cooked through.
5. Remove cover and stir sour cream mixture into skillet. Cook for 1 minute or until sauce has thickened. Add noodles to skillet and toss to coat with sauce.
6. Serve immediately.

Makes 4 servings

Nutritional analysis (per serving): 392 calories, 19 g protein, 11 g fat (2 g saturated fat), 55 g carbohydrate, 45 mg cholesterol, 6 g fiber, 886 mg sodium.

Mini Pizza Cups

Ingredients:

1 tube refrigerated dinner rolls (11.3 oz)
1 can (8 oz) pizza sauce
¼ cup finely chopped onion
1/3 cup finely chopped green pepper
2 ounces sliced turkey pepperoni, chopped
1 cup (4 ounces) shredded part-skim mozzarella cheese

Preparation:

1. Separate dough into eight rolls; cut each into quarters (4's).
2. Spray mini muffin pan with non-stick cooking spray.
3. Press dough onto the bottom and up the sides of the mini muffin cups.
4. Spoon pizza sauce into each cup. Sprinkle with onion, green pepper, pepperoni and cheese.
5. Bake at 375° F for 15-18 minutes, or until crust are browned and cheese is melted.
6. Serve hot or cold. Ideal for an after school snack!

32 Servings

Nutritional analysis (per serving): 44 calories, 3 g protein, 1 g fat (1 g saturated fat), 6 g carbohydrate, 4 mg cholesterol, 134 mg sodium.



*A recipe from "Having Fun in the Kitchen"
Waco-McLennan County WIC Program, 2010*

Chicken Salad with Dried Blueberries

Ingredients:

4 cups canned, cooked chicken, drained & diced
1 cup dried blueberries
½ cup light mayonnaise
¼ cup sour cream
1 Tablespoon lemon juice
½ teaspoon salt
1/8 teaspoon pepper

Preparation:

1. Combine chicken and dried blueberries in a large bowl.
2. In a small mixing bowl, combine mayonnaise, sour cream, lemon juice, salt & pepper.
3. Add chicken & blueberries to mixture and toss well.
4. Cover and chill. Serve on a bed of lettuce.

Serves 6

Nutritional analysis (per serving): 470 calories, 39 g protein, 21 g fat, 6 g saturated fat, 29 g carbohydrate, 18 g sugar, 85 mg cholesterol, 560 mg sodium, 3 g dietary fiber.

** To decrease calories, use fat-free sour cream. Almonds or nuts add protein!*



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