

Apple Tuna Sandwich

1 can (6 ½ ounce) tuna in water, drained
1 small apple, cored and chopped
¼ cup low-fat vanilla yogurt
1 teaspoon prepared mustard
1 teaspoon honey
6 slices whole wheat bread
3 lettuce leaves (instead of iceberg lettuce, use leaf lettuce or spinach for extra nutritional punch!)

Combine tuna, apple, yogurt, mustard and honey. Place ½ cup mixture and a lettuce leaf on each sandwich.

Great with crunchy pretzels and a fruit smoothie (blend 1 cup of your favorite fruit with ½ cup low-fat yogurt, ½ cup skim milk and sweetener to taste).

Per serving: 269 calories, 22 grams protein, 38 grams carbohydrates, 3 grams fat.

Frozen S'Mores

Great for kids of all ages!

1 package instant chocolate pudding prepared with skim milk according to package directions

1 cup natural peanut butter

60 graham crackers (2/3 box), each cracker broken in half

Mix the prepared pudding with the peanut butter. Spread between two graham cracker squares. Place on a cookie sheet and freeze until firm. Eat straight from freezer. Yield: 60 servings.

Per serving: 60 calories, 1.7 grams protein, 7 grams cholesterol, 2.8 grams fat.

SCORE Oat Bran Muffins

2 cups oat bran cereal
juice

$\frac{1}{4}$ cup firmly packed brown sugar
canola oil

1 tablespoon baking powder

$\frac{1}{2}$ cup whole wheat cake flour

$\frac{3}{4}$ cup skim milk

2 egg whites

$\frac{1}{2}$ cup pineapple or apple

2 tablespoons safflower or

1 teaspoon cinnamon

$\frac{1}{4}$ teaspoon nutmeg

1 teaspoon vanilla

Heat oven to 425 degrees. Grease bottom only of 12 medium muffin cups or line with paper baking cups. Combine dry ingredients. Add milk, egg whites, brown sugar and oil. Mix just until dry ingredients are moist. Stir in optional ingredients. Fill prepared muffin cups $\frac{3}{4}$ full. Bake 15 to 17 minutes or until deep golden brown. Serve warm or cool; may be frozen. Yield: 12 muffins.

Each muffin has 122 calories and 2.2 grams of fat.

SCORE Muffin optional ingredients: Blueberry muffins (129 calories) – add one cup blueberries; Strawberry/Banana (144 calories) – add $\frac{1}{2}$ cup unsweetened strawberries and $\frac{1}{2}$ cup mashed bananas; Banana Nut (151 calories) – add $\frac{1}{2}$ cup mashed bananas and $\frac{1}{2}$ cup chopped walnuts.

Oatmeal Raisin Cookies

1 cup whole wheat flour	2 egg whites slightly beaten
½ teaspoon baking soda	¼ cup brown sugar
¼ teaspoon salt	1/3 cup applesauce
¼ teaspoon cinnamon	½ cup skim milk
1/8 teaspoon ground cloves	1 teaspoon vanilla
1 ½ cups rolled oats	1 ¼ cups raisins
	Vegetable cooking spray

Preheat oven to 350 degrees. Mix flour, baking soda, salt and spices. In a separate bowl, combine egg whites, brown sugar, applesauce, milk, vanilla and raisins. Add flour mixture and mix well. Drop teaspoons of batter onto cookie sheet coated with nonstick vegetable spray. Bake 12-15 minutes. Yield: 24 cookies.

One cookie is approximately 72 calories, less than 1 gram of fat and 15 grams of carbohydrate.

Pasta with Pesto

1 lb. whole wheat spaghetti, linguini, or fettuccine

¼ to 1/3 c. olive oil

2 cloves garlic

1 Tbsp. pine nuts or walnuts

1 c. firmly packed fresh basil

¼ c. freshly grated Parmesan cheese

In food processor, blend olive oil and garlic until smooth, then add nuts and basil and continue to blend until smooth consistency. Pour ingredients into a small mixing bowl and add Parmesan cheese. Prepare pasta according to package directions, drain, and mix with pesto sauce in large bowl.

Yield: 4-6 servings

Per serving: 224 calories, 6.4 grams protein, 25 grams carbohydrate, 12 grams fat

Apple Oat Pancakes

½ c. quick cooking rolled oats
2 c. water
2 c. complete pancake mix
½ c. shredded apple
2 Tbsp. sugar
½ tsp. cinnamon

In medium bowl, combine rolled oats and water; let stand 5 minutes. Meanwhile, heat large nonstick skillet or griddle to medium-high heat (375 degrees). Grease slightly with oil. Add remaining ingredients to rolled oats mixture; stir just until all ingredients are moistened (batter will be thin). For each pancake, pour ¼ cup batter into hot skillet. Cook 1 to 1 ½ minutes, turning when edges look cooked and bubbles begin to break on surface. Continue to cook 1 to 1 ½ minutes or until golden brown. Serve with syrup, if desired. Yield: 15 (4 inch) pancakes.

One pancake: 101 calories, 3 grams protein, 20 grams carbohydrate, 1 gram fat.

Squash Casserole

3 c. yellow squash, sliced (uncooked)
4 egg whites
1 ½ c. cracker or bread crumbs
1 c. lite Cheddar cheese or Mozzarella cheese
1 (4 oz.) can green chilies, drained
2 tsp. lite margarine

Cook squash over low heat until tender; drain well. Beat eggs thoroughly. Stir into squash with milk, crumbs, cheese, and chilies, mixing well. Spread in 10 inch square casserole, which has been sprayed with nonstick agent. Dot with margarine. Cover with aluminum foil and bake at 375 degrees for 1 hour. Yield: 10 (1/2 cup) servings.

Per serving: 199 calories, 14 grams protein, 22 grams carbohydrate, 6 grams fat.