



*Sedgwick County...*  
*working for you*

**SEDGWICK COUNTY HEALTH DEPARTMENT**

## Beef, Blue Cheese and Spinach Quesadillas

- 1/3 cup cooked lean ground beef
- 3 Tbsp taco sauce
- 4 large burrito-size wheat flour tortilla(s)
- 4 oz blue cheese, crumbled
- 10 oz chopped frozen spinach, thawed and squeezed dry
- 1/2 tsp red pepper flakes

### Directions

1. Stir together beef and taco sauce in a small bowl.
2. Lay two tortillas on a flat surface and divide beef mixture between them. Sprinkle each tortilla with half of cheese, spinach and red pepper flakes; top each with a remaining tortilla.
3. Set a large, heavy nonstick skillet over medium-high heat. Place one quesadilla in skillet and cook until brown spots form on bottom of tortilla, about 3 to 4 minutes. Flip and repeat; remove to a large cutting board. Cover to keep warm.
4. Repeat with remaining ingredients. Cut each quesadilla into 8 wedges and serve. Yields 2 wedges per serving

[www.weightwatchers.com](http://www.weightwatchers.com)



HEALTHY COMMUNITIES

HEALTHY PEOPLE





*Sedgwick County...*  
*working for you*

**SEDGWICK COUNTY HEALTH DEPARTMENT**

### Layered Mexican Bean Dip

- 16 oz fat-free canned refried beans
- 3 medium avocado, Haas, finely mashed
- 1/4 tsp table salt
- 1 tsp fresh lemon juice
- 1 cup fat-free sour cream
- 2 Tbsp Old El Paso Fajita Seasoning Mix, or other brand
- 1/2 cup Kraft Free Shredded Cheddar Cheese, or other brand
- 1 small tomato(es), chopped
- 2 medium scallion(s), sliced
- 10 medium olive(s), black, sliced or chopped
- 2 Tbsp cilantro, fresh, chopped

#### Directions

1. Spread beans evenly over bottom of a 9 X 13-inch glass baking dish or a medium-size glass bowl.
2. Combine avocado, salt and lemon juice together in a small bowl. Spread avocado mixture over beans; top with sour cream.
3. Sprinkle fajita seasoning over sour cream layer. Next, layer remaining ingredients on top in order listed.
4. Serve immediately with jicama slices and other fresh vegetables for dipping, or chill until ready to use. Yields about 1/4 cup per serving.

[www.weightwatchers.com](http://www.weightwatchers.com)



HEALTHY COMMUNITIES

HEALTHY PEOPLE





*Sedgwick County...*  
*working for you*

**SEDGWICK COUNTY HEALTH DEPARTMENT**

### Soft chocolaty cookies

- 1 1/3 cup sugar
- 1/2 cup apple butter
- 1/2 cup fat-free sour cream
- 1/4 cup vegetable oil
- 1 1/2 cup cake flour, sifted
- 1 cup unsweetened cocoa
- 1/4 tsp table salt
- 1/4 cup regular egg substitute
- 1/4 tsp baking soda

### Directions

1. Preheat oven to 350°F. Spray 3 large cookie sheets with cooking spray.
2. Whisk together sugar, apple butter, sour cream, oil and egg substitute. In another bowl, whisk together flour, cocoa, salt and baking soda.
3. Stir flour mixture into sugar mixture; mix just until blended.
4. Drop 42 tablespoonfuls of cookie dough onto cookie sheets, about 1 1/2 inches apart. Bake until firm, about 10 to 12 minutes. Transfer cookies to a flat surface and cool completely. Yields one cookie per serving.

[www.weightwatchers.com](http://www.weightwatchers.com)



HEALTHY COMMUNITIES

HEALTHY PEOPLE





*Sedgwick County...*  
*working for you*

**SEDGWICK COUNTY HEALTH DEPARTMENT**

## Guacamole

- 2 avocados
- 1 scallion, sliced
- ½ red onion, diced
- 2 cloves garlic, minced
- 1 red chili pepper, toasted and crushed
- Juice of 1 lime
- ½ tomato, diced
- 2 tablespoons cilantro, chopped
- 2 tablespoons chopped cilantro
- Salt to taste

### Directions

1. Peel and pit the avocados and place in the bowl of a food processor. Pulse on and off until slightly pureed.
2. Transfer the pureed avocado to a bowl and combine with the remaining ingredients. Season to taste.

### Nutrition Facts per Serving:

Serving Size: about 2 tablespoons

Servings Per Recipe: 20

Calories: 36

Total Fat: 3 grams

Cholesterol: 0 mg

Sodium: 61 mg

Carbohydrate: 2 grams

Protein: 1 grams

[www.foodfit.com](http://www.foodfit.com)



HEALTHY COMMUNITIES

HEALTHY PEOPLE





*Sedgwick County...*  
*working for you*

**SEDGWICK COUNTY HEALTH DEPARTMENT**

## Veggie City Dip

- 1 teaspoon olive oil
- 1/3 cup finely chopped onions
- 1/3 cup finely chopped green onion or red bell peppers
- 1/3 cup finely chopped zucchini
- 1/3 cup finely chopped celery
- 1/3 cup peeled and finely chopped eggplant
- 1/3 cup chopped tomatoes
- 1 teaspoon chopped, fresh basil (dried is fine)
- Salt to taste
- Freshly ground black pepper
- 1 teaspoon red wine vinegar
- 1/3 teaspoon sugar

### Directions

1. Heat the oil in a skillet over medium heat. Add the onions and peppers. Cook for 2 minutes.
2. Add the zucchini, celery and eggplant. Cook for 2 more minutes.
3. Add the tomatoes, basil, salt and pepper. Simmer about 20 minutes, uncovered. Let cool.
4. Add the vinegar and sugar. Adjust the salt and pepper to taste.
5. Serve cold as a dip with pita bread, crackers or tortilla chips.

### Nutrition Facts per Serving:

Serving Size: about 2 tablespoons

Servings Per Recipe: 8

Calories: 14

Total Fat: 1 grams

Cholesterol: 0 mg

Sodium: 44 mg

Carbohydrate: 2 grams

Protein: 0 grams

[www.foodfit.com](http://www.foodfit.com)



HEALTHY COMMUNITIES

HEALTHY PEOPLE





Sedgwick County...  
working for you

SEDGWICK COUNTY HEALTH DEPARTMENT

### Touchdown Tortilla Chips with Salsa

#### Chips

- 16 corn tortillas cut into squares, approx. six inch diameter
- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- ½ teaspoon ground cumin
- 2 tablespoons extra virgin olive oil

#### Black Bean Salsa

- 10 plum tomatoes
- 15 oz. Can no-salt black beans, rinsed and drained
- ¼ cup onion, finely chopped
- 2-4 medium sized jalapeno or Serrano chilies with seeds, minced (remove seeds to make less spicy)
- 2 cloves garlic, minced
- ¼ cup cilantro, finely chopped
- ¼ cup lime juice (about 2 limes)

#### Directions

1. Preheat oven to 375 degrees
2. Stir dry spices together and add olive oil. Mix to combine. Place tortillas in a large bowl and toss to coat.
3. Spread tortillas in a single layer on one or two cookie sheets and bake 10-12 minutes until golden and crisp. The chips will crisp up more once you remove them from the oven.
4. Cut tomatoes into quarters and remove seeds with fingers. Then finely chop tomatoes and add to a large bowl. Add the mix onion, chili, garlic, cilantro and lime juice. Gently stir in black beans. To combine flavors, leave covered and let stand at least 10 minutes to overnight. (If using a food processor: first chop the tomatoes using several pluses and then add to a large bowl, then add onion, garlic, and chilies and pulse to chop finely. Stop motor, add cilantro and pulse two more times. Add to the tomatoes and finish with beans and lime juice.)

#### Nutrition Facts per Serving:

Serving Size: 16 chips and ½ cup black bean salsa

Servings Per Recipe: 8

#### *Chips*

Calories: 141

Total Fat: 4.76 grams

Cholesterol: 0 mg

Sodium: 87 mg

Carbohydrate: 23.19 grams

Protein: 2.93 grams

#### *Salsa*

Calories: 83

Total Fat: 0.66 grams

Cholesterol: 0 mg

Sodium: 13 mg

Carbohydrate: 16.68 grams

Protein: 4.46 grams

[www.sheknows.com](http://www.sheknows.com) (Tips from the Super Bowl champ Joe Monatana)



HEALTHY COMMUNITIES

HEALTHY PEOPLE





*Sedgwick County...*  
*working for you*

**SEDGWICK COUNTY HEALTH DEPARTMENT**

## Tortilla Chips without Hips

- 4 yellow corn tortillas
- 4 blue corn tortillas
- Spray olive oil (optional)
- Salt
- Freshly ground black pepper

### Directions

1. Preheat the oven to 350 degrees. Cut each tortilla into 6 wedges. Arrange the wedges in a single layer on non-stick baking sheets. Lightly spray the chips with oil (if using) and sprinkle with salt and pepper.
2. Bake the chips until lightly browned and crisp, 10-15 minutes, turning with a spatula. Make sure not to let them burn. Transfer the chips to a cake rack to cool.

### Nutrition Facts per Serving:

Serving Size: 6 chips

Servings Per Recipe: 8

Calories: 65

Total Fat: 2 grams

Cholesterol: 0 mg

Sodium: 76 mg

Carbohydrate: 12 grams

Protein: 1 grams

[www.foodfit.com](http://www.foodfit.com)



HEALTHY COMMUNITIES

HEALTHY PEOPLE





*Sedgwick County...*  
*working for you*

**SEDGWICK COUNTY HEALTH DEPARTMENT**

## Bean and Cheese Nachos

- 1 16-ounce can fat free refried pinto or black beans
- 4 tablespoons grated Monterey Jack or Cheddar Cheese
- ½ cup favorite tomato salsa
- 1 bag Baked tortilla chips

### Directions

1. With a dull knife or spatula spread the refried beans in an even layer on a microwave-proof platter.
2. Sprinkle the cheese and salsa over top
3. Cover loosely with plastic
4. Place in microwave and cook on high about 2 minutes. Let cool before removing plastic.
5. Stand tortilla chips in beans or serve chips alongside for dipping.

### Nutrition Facts per Serving:

Serving Size: ¼ of the plate

Servings Per Recipe: 4

Calories: 298

Total Fat: 5 grams

Cholesterol: 17 mg

Sodium: 561 mg

Carbohydrate: 52 grams

Protein: 13 grams

[www.foodfit.com](http://www.foodfit.com)



HEALTHY COMMUNITIES

HEALTHY PEOPLE





*Sedgwick County...*  
*working for you*

**SEDGWICK COUNTY HEALTH DEPARTMENT**

## Post Season Pizzas

These pizzas are a delicious ways to eat heart-healthy and heart-happy.

- 6 whole wheat pitas split to make 2 rounds each, approx. 6 inch diameter
- 15 oz. Can no-salt crushed tomatoes
- 8 oz can no-salt tomato sauce
- 3 cloves minced garlic
- 1 teaspoon dried oregano
- 6 large mushrooms, sliced
- ½ red medium bell pepper, sliced
- 1 red medium onion, sliced into thin rounds
- 1 ½ cups shredded low-salt part-skim mozzarella cheese

### Directions

1. Pre heat oven to 425 degrees. Combine crushed tomatoes and tomato sauce in a bowl. Place pita rounds on two to three cookie sheets and top each piece with 2 to 3 tablespoons of tomato mixture. Scatter with the raw garlic and sprinkle with dried oregano. Then top each half with 3 tablespoons shredded cheese. Add the toppings, mushrooms, peppers and onions.
2. Bake in pre-heated oven for about 10 minutes until cheese melts and begins to brown.
3. Cut each round into four pieces and serve immediately.

### Nutrition Facts per Serving:

Serving Size: 6 pizza slices  
Servings Per Recipe: 8  
Calories: 207  
Total Fat: 5.54 grams  
Cholesterol: 11.44 mg  
Sodium: 231 mg  
Carbohydrate: 30.55 grams  
Protein: 11.18 grams

[www.sheknows.com](http://www.sheknows.com) (Tips from the Super Bowl champ Joe Monatana)



HEALTHY COMMUNITIES

HEALTHY PEOPLE





Sedgwick County...  
working for you

SEDGWICK COUNTY HEALTH DEPARTMENT

## Kick-Off Kabobs

Make your party a success with this delicious dish.

### Chicken Kabobs

- 8 small boneless chicken breast halves (about 2 ½ pounds)
- ½ cup unsweetened pineapple juice
- 1 teaspoon low-sodium soy sauce
- 2 tablespoons hot sauce
- 3 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 1 teaspoon toasted sesame oil
- 6-inch bamboo skewers (about 40)

### Veggies and dip

- 1 ¾ cup nonfat plain yogurt
- ¼ cup crumbled blue cheese
- 1 small clove garlic, minced
- 3 large carrots, peeled and cut into sticks (about 40)
- 4 large celery stalks, cut into sticks (about 40) - store carrots and celery in a large bowl of ice water

### Directions

1. Cut each chicken breast into 5 lengthwise strips. In a large bowl mix pineapple juice, soy sauce, hot sauce, garlic, ginger and sesame oil. Add the chicken and marinate over night or at least 1 hour.
2. Preheat broiler on high
3. Wear gloves while skewering one piece of chicken per skewer. Line a broiler pan with foil and spray with non stick cooking spray, place chicken on skwers. Broil 4 inches from heat, 3 minutes per side.
4. To make the blue cheese dip, mix yogurt, garlic and blue cheese until smooth. Serve with chicken and veggies.

### Nutrition Facts per Serving:

Serving Size: 8

Servings Per Recipe: 5 skewers, ¼ cup dip and 5 carrot and 5 celery sticks

#### *Kabobs:*

Calories: 191

Total Fat: 5.16 grams

Cholesterol: 85.54 mg

Sodium: 193 mg

Carbohydrate: 2.82 grams

Protein: 31.31 grams

#### *Veggies and Dip:*

Calories: 62

Total Fat: 1.41 grams

Cholesterol: 4.42 mg

Sodium: 137 mg

Carbohydrate: 8.24 grams

Protein: 4.52 grams

[www.sheknows.com](http://www.sheknows.com) (Tips from the Super Bowl champ Joe Monatana)



HEALTHY COMMUNITIES

HEALTHY PEOPLE

