

# Healthy Budget Cooking

## EASY QUICK MEALS: LUNCH / DINNER



### ROASTED VEGGIE AND CHEESE POCKET

**MAKES 4**

- 4 Large Pita Bread Rounds
- 8- Ounce package Low-fat Shredded Mozzarella Cheese
- 1 Red Bell Pepper, cut into strips
- 1 Bunch of Asparagus, broken into 1 inch pieces
- 1 Med Zucchini, sliced
- 1 lb. Baby Carrots
- 1 teaspoon Extra Virgin Olive Oil

Nutrition Info:	
Calories:	324
Fat:	6 grams
Protein:	27 grams
Carbs:	43 grams
Sodium:	384 mg

To Roast the Vegetables:

1. Preheat oven to 450 degrees F.
2. Line 2 shallow baking pans or cookie sheets with foil (this will help with clean up). Spread vegetables in a single layer on the baking sheet. You may need to roast them in two batches so you don't overcrowd the vegetables.
3. Sprinkle the vegetables with olive oil or cooking spray. Roast in the oven for about 10-15 minutes stirring once.
4. Transfer the vegetables to a serving bowl and toss lightly with salt and pepper.

To Make a Pita:

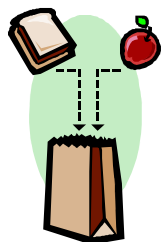
5. Cut each pita in half, and stuff pitas equally with cheese and vegetables.
6. Microwave on high for 1-2 minutes until cheese is melted.

### BEEF 'N' CHEESE WRAPS

**MAKES 4**

- 4 Whole Wheat Tortillas (10 inches)
- 1 Carton (8 ounces) Low-fat chive and onion cream cheese
- 1 Cup Shredded Carrots
- 1 Cup Low-fat Mozzarella cheese or another Low-fat Cheese
- 1 Pound Lean Roast Beef
- Leaf lettuce

Nutrition Info:	
Calories:	350
Fat:	9 grams
Protein:	33 grams
Carbs:	32 grams
Sodium:	1330 mg



1. Spread one side of each tortilla with cream cheese; top with the carrots and cheese. Layer with beef and lettuce.
2. Roll up tightly and wrap in plastic.
3. Refrigerate for about 30 minutes and cut in half or into 1 inch slices.

## BAKED MAC 'N' CHEESE

12 oz. uncooked macaroni, elbow-type  
½ cup fat-free sour cream  
12 oz. fat-free evaporated milk  
8 oz. low-fat Cheddar or Colby cheese  
1 Tablespoon Dijon Mustard  
¼ teaspoon salt  
¼ teaspoon pepper  
2 Tablespoons Dried Bread Crumbs  
2 Tablespoons grated Parmesan Cheese



**MAKES 8 SERVINGS  
(1 CUP)**

Nutrition Info:	
Calories:	270
Fat:	3.5grams
Protein:	17 grams
Carbs:	41 grams
Sodium:	380 mg

1. Preheat oven to 350 degrees F.
2. Cook pasta according to directions with out adding any salt or butter. Drain and transfer to a large bowl. While pasta is still hot, stir in sour cream; set aside.
3. Heat milk in a small saucepan over medium heat until tiny bubbles appear just around the edges. Reduce heat to low, add cheese and simmer until cheese melts, stirring constantly with a wire whisk, about 2 minutes.
4. Remove from heat and stir in salt and pepper.
5. Add cheese mixture to pasta, mix well. Transfer to 3 quart casserole dish.
6. Bake until golden, about 30 minutes.



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