**Fat Free French Fires**

(Use 1 -2 baking potatoes per person)

Baking Potatoes

Non-Stick Cooking Spray

Salt & Pepper

Slice the potato lengthwise into thirds. Cut each third into slices approx. 1/8” thick.

Place the slices on a sprayed cookie sheet and bake at 400˚ for approx. 35 minutes, turning once.

**Low Fat Fajitas**

1 lb Flank Steak or

1 lb Chicken ot Turkey Breast Cutlets

½ Green Pepper

½ Red Pepper

1 small Yellow Onion

4 oz White Mushrooms

4 Fat Free Flour Tortillas

Fat Free Sour Cream & Salsa

Garlic Salt

Non-Stick Cooking Spray

Slice all ingredients (except tortillas) into thin strips. Coat a frying pan with non-stick spray and heat. Sauté chicken or steak until almost done. Add vegetables and sauté until peppers are cooked through (should be limp), about 10 minutes.

Warm tortillas in microwave between 2 damp paper towels for 1 minute. Roll each tortilla with the filling – garnish with fat free sour cream & salsa.

**Low Fat Turkey Burgers**

1 pkg Ground Turkey 7% Fat

¼ cup Finely Diced Green Pepper

¼ cup Finely Diced Yellow Onion

2 Cloves Garlic Minced

¼ Cup BBQ Sauce

2 tbs Low Sodium Soy Sauce

Combine all ingredients and shape into burgers. Turkey burgers should be cooked all the way through. About 12 minutes in a steam grill, 15 – 20 minutes in a frying pan, 20 minutes in a broiler.

**Bagel Pizza’s**

1 Bagel Sliced in ½

½ Cup Chunky Tomato Sauce

3 Slices Fat Free Cheese

Place bagels on a baking sheet. Spread sauce on both slices. Place 1 ½ slices of cheese on each bagel slice. Bake at 350˚ for approx. 15 minutes until cheese is melted.

**Pasta with Sausage and Vegetables**

1 pkg Fat Free Turkey Sausage or Kielbasa

1 Small Yellow Onion Sliced

1 Small Green Pepper Sliced

4 oz White Mushrooms Sliced

1 pkg Rigatoni or Penne

½ Cup Chicken Broth

Slice sausage into ½ “ thick slices. Coat a large skillet with non-stick cooking spray. Sauté sausage until browned and fully cooked. Add vegetables and sauté until limp. Add chicken broth and cook until simmering. Cook pasta according to package directions. Toss sausage and vegetables with the pasta. Serve with fat free parmesean, salt and pepper to taste.

**BBQ Chicken Salad**

2 Chicken Breast Cutlets

1 Cup BBQ Sauce

1/3 Cup Low Sodium Soy Sauce

Dash of Tobasco

1 pkg Prepared Salad Mix

Pre-heat oven to 375˚ Slice cutlets into strips. Combine soy sauce, BBQ sauce and tobacco sauce. Place chicken in a glass baking dish. Pour BBQ mixture over the chicken. Bake for approx. 45 minutes. Arrange chicken over salad. Pour extra sauce over salad.

**Low Fat Pink Beans & Rice**

1 Can Pink Beans

Diced Green Pepper

Diced Onion

Minced Garlic

2 Chopped Plum Tomatoes

½ Cup Water

Season to taste

Coat a medium saucepan with non-stick cooking spray. Sauté the peppers, onion and garlic. Add beans, water, tomato and season to taste. Simmer on low heat for 25 minutes. Serve over 11 cup cooked brown rice. Serves 2

**Egg Beater Omelet**

1 Carton Egg Substitute

Sliced Mushrooms, Onions, Peppers and Tomatoes

Coat a small frying pan with non-stick cooking spray. Sauté vegetables for 1 minute and then add egg substitute. Cook eggs until bottom is firm and lightly browned. Fold in half. Cook until the inside is firm, about 5 minutes. Serve with fat free French fries.

**Low Fat French Toast**

1 carton Egg Substitute

½ tsp Ground Cinnamon

2 pkgs Splenda

½ tsp Vanilla Extract

4 Slices Low Fat Whole Wheat Bread

Combine eggs, cinnamon, vanilla and splenda. Soak bread in the egg mixture. Coat non-stick griddle or pan with spray. Fry bread until lightly brown on both sides. Serve with fresh strawberries, bananas & sugar free syrup.