WEEK 12

Chicken Fajitas

1 lb boneless, skinless chicken breasts, cut in 1" strips

3 tbs lime juice

1/2 tsp coriander

1/2 tsp chili powder

1 green pepper, sliced

1 onion, sliced

8 6" tortillas

Mix lime juice with coriander and chili powder and pour over chicken. Set aside. Slice vegetables. Add to chicken and mix well. Spray fry pan with non-stick spray and stir fry chicken and vegetables until done. Warm tortillas in microwave, then fill with chicken mix. Serve with sour cream and salsa.

Corn Casserole

1 can whole kernel corn, drained

1 can cream-style corn

1 package Jiffy corn muffin mix

1 c sour cream

1/2 cp (1 stick) butter, melted

1 to 1 1/2 c shredded Cheddar

Preheat oven to 350 degrees F. In a large bowl, stir together the 2 cans of corn, corn muffin mix, sour cream, and melted butter. Pour into a greased 9 by 13-inch casserole dish. Bake for 45 minutes, or until golden brown. Remove from oven and top with

Cheddar. Return to oven for 5 to 10 minutes, or until cheese is melted. Let stand for at least 5 minutes and t serve warm.





Breakfast-for-Dinner Casserole

1 lb ground breakfast sausage

1 cup diced ham

1 bag frozen hash browns or Potatoes O'Brien, thawed

1/4 cup butter, melted

1 lb. shredded Cheddar cheese, divided

1/2 cup onion, finely chopped

1 16 oz container small curd cottage cheese

6 large eggs

Preheat oven to 375 degrees. Lightly grease a 9x13 inch baking dish. Cook sausage over medium-high heat until evenly brown. Drain, crumble, and set aside.

In a large bowl, combine all ingredients, reserving half the cheese.

Bake 50' in the preheated oven, or until a toothpick inserted into center of the casserole comes out clean. Top with reserved cheese and bake 10 minutes more until cheese is browned. Let cool for 5 minutes before serving.

Easy Pruit Salad

1 pint strawberries, sliced

1 lb seedless grapes, halved

3 bananas, sliced

1 can peach pie filling

Combine well and chill for 1 hour.





