



***Southwestern Omelet* BREAKFAST**

Fluffy omelet, made with egg beaters or 1 whole egg & 3 egg whites, cooked in nonstick pan. Fill your omelet with browned onions and bell peppers. Serve with 2 slices of whole grain toast and fruit spread.

***Souper Soup* LUNCH**

Italian Sausage & Bow Tie Soup: Combine 2 chopped onions, 2 cloves minced garlic, and beef broth in soup pot. Cook about 10 minutes. Stir in low-fat Italian sausage, 1 large can tomatoes, 1 chopped bell pepper, 2 sliced zucchini, 5 oz. farafalle, 1 tbsp sugar, and 1 tbsp basil. Add 1-1/2 cups dry red wine or additional beef broth and water. Bring to a boil; reduce heat; simmer until pasta is tender. Sprinkle soup with parsley.

Nutty Snack

Have a handful of dry roasted peanuts and reduced-fat cheese square crackers.

***Chicken Nachoes* DINNER**

In large non-stick skillet, cook sliced, boneless, skinless chicken with onions, 1 chopped, seeded jalapeno pepper, and bell pepper (or grill). Season with chili powder and ground cumin. Top tortilla chips with black beans, chicken mixture, and reduced-fat cheddar cheese. Microwave until cheese melts. Top nachos with chopped tomatoes, lettuce, and salsa.

Dessert: Baked apples and light vanilla ice cream. Slice apples and put in microwaveable dish with brown sugar and small amount of butter. Microwave until apples are tender. Serve warm with ice cream.