

RECIPES

"Polar Bear Snack"

- Crackers (whole grain preferred)
 - 1 – 1½ tablespoons low-fat cream cheese
 - Blue food coloring
 - Gold Fish crackers
1. Tint cream cheese with blue food coloring to look like 'water' and spread on the crackers.
 2. Top with a few 'fish' crackers, and watch your little 'polar bears' start munching away!

"Grand Slam Hero"

- Crackers (round, Ritz style)
 - Cheese (slices or thin wedge)
 - Cucumber (peeled, sliced thinly)
 - Tomatoes (peeled, sliced thinly)
1. Start with a cracker. Put a piece of your favorite cheese on top.
 2. Add another cracker.
 3. Add a cucumber slice and/or a tomato slice.
 4. Top with another cracker. Open wide!

"Cheese Turnovers"

- Refrigerator biscuits (10 per tube)
 - Cheese cubes (or brick cheese cut into cubes)
1. Top each biscuit with a cheese cube.
 2. Fold in half and bake as directed on package.

Makes 10 servings.

"Igloo's"

- 1 hard-boiled egg, peeled and cut in half crosswise
 - 1 toasted English muffin half
 - Low-fat cream cheese
1. Spread cream cheese on the English muffin half.
 2. Place the egg half in the middle, yolk-side down.
 3. You have just made an 'igloo' you can eat!

"Easy Chicken Pot Pie"

Ingredients:

1 2/3 cups frozen mixed vegetables, thawed
1 cup canned (or leftover cooked) chicken
1 can cream of chicken soup
1 cup Bisquick
½ cup milk
1 egg

Steps:

1. Heat oven to 400° F.
2. Mix vegetables, chicken, and soup. Place in ungreased 9" pie plate.
3. In a medium bowl, stir remaining ingredients until blended to make a batter.
4. Pour batter on top of chicken mixture.
5. Bake 30 minutes or until golden brown.

Makes 6 servings.