

Eating in the Fast Lane at Home

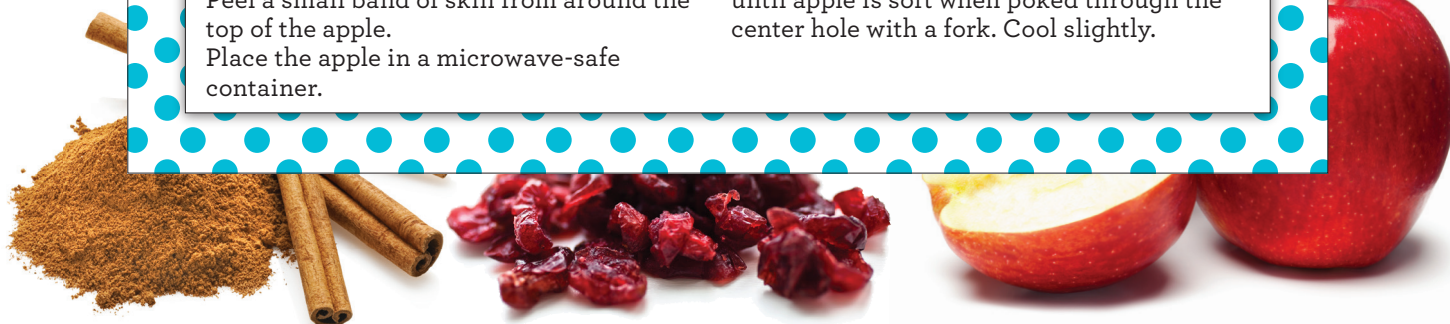
Baked Apple and Cranberries

Makes 1 Serving

1 baking apple
dash of cinnamon to taste
1 tablespoon dried cranberries
1 teaspoon brown sugar
½ teaspoon margarine

Wash apple and remove core (seed area), leaving the bottom to hold the filling. Peel a small band of skin from around the top of the apple. Place the apple in a microwave-safe container.

Sprinkle cinnamon around the top of the apple and into the hole. Fill the center of the apple with cranberries, pressing down if needed. Top the cranberries with brown sugar and margarine. Cover loosely with a paper towel. Microwave on high for about 2½ minutes or until apple is soft when poked through the center hole with a fork. Cool slightly.



Chicken Taco

Makes 4 Servings

4½ ounces white chunk chicken breast in water, drained
¼ cup picante sauce
4 taco shells, soft or hard
shredded cheese
shredded lettuce
tomatoes, chopped (optional)
green onions, chopped (optional)

Stir together the chicken and picante sauce in a small saucepan. Heat on low until the mixture is hot and bubbling, stirring often. Fill taco shells with ¼ chicken mixture, cheese, lettuce, and any other optional ingredients.



Oven Fries

Makes 4 Servings

2 baking potatoes
cooking spray
various spices such as garlic powder,
sesame seeds, and paprika (optional)

Preheat oven to 400°F.
Wash potatoes.
Cut into thick strips.
Spray strips with cooking spray.
Add optional spices.
Bake for 25 minutes or until brown.



Spinach Dip

Makes 8 Servings

10 ounce package frozen chopped spinach
1 envelope vegetable soup mix
8 ounces low fat sour cream
2 tablespoons light mayonnaise
2 green onions, chopped
1 can water chestnuts (optional)

Thaw spinach and squeeze dry with paper towel to remove as much water as possible.
In a bowl, mix vegetable soup mix with sour cream, mayonnaise, and green onions.
Stir spinach into mixture.
Add water chestnuts.
Chill.

