

## High Fiber Whole Wheat Pancakes

### Ingredients:

- 1 cup HEB Whole Wheat Flour
- 1 cup HEB All Purpose Flour
- 2 tsp. Hill Country Fare Baking Powder
- 1/2 tsp. Salt
- 4 packets HEB Better Sweet Sugar Replacement
- 2 Tbsp Hill Country Fare Canola Oil
- 1 1/4 cup HEB Small Curd Cottage Cheese, regular, low fat or fat free fresh peaches or banana slices

## Healthy Chalupas

### Ingredients:

- 1/2 package (16 oz) HEB Ground Turkey
- 1 tsp. HEB Chicken Fajita Seasoning
- 6 HEB White Corn Tortillas
- 1 can (15 oz.) HILL Country Fare Refried Beans Fat Free
- 3 cups shredded iceberg lettuce
- 2 medium size tomatoes, chopped
- 1 cup chopped onions
- 1 cup HEB Shredded Fat Free Cheddar Cheese

## Baked Fish Mexicana in Foil Packets

### Ingredients:

- 4 pieces HEB Heavy Duty Foil 18 inches long
- 1 cup HEB Instant Long Grain Rice or Instant Long Grain Brown Rice
- 1 bag (16 oz.) HEB Frozen Steamable Prince Edwards Medley, Broccoli Stir-Fry Vegetables
- 4 fish fillets (7 oz e Cod, Turbot, Halibut Or Salmon\*
- 1 cup HEB Fresher Lasting Cooking Sauce: Cilantro, Chipotle, Ranchero Or Chile Picado

## Healthy Breakfast Taco

### Ingredients:

- 1 Tbsp Hill Country Fare Canola Oil
- 1/2 cup each chopped tomato, bell pepper & onion
- 1/4 cup fresh spinach (chopped, rinsed)
- 1 1/2 cups Hill Country Fare Real Egg
- 1/4 Cup HEB Reduced Fat Shredded Mexican Blend Cheese
- 6 HEB White Corn Tortillas or HEB Whole Wheat Flour Tortillas

## Healthy Veggie Pizzas

### Ingredients:

- 3 HEB Whole Wheat Tortillas
- 1/2 cup pasta sauce
- 1 cup HEB Fat Free Mozzarella Cheese
- 1 tomato, chopped
- 1 yellow squash, chopped
- 1 cup spinach chopped and rinsed
- 1/2 cup chopped red onion
- 3 garlic cloves, chopped
- 1/3 cup chopped basil leaves
- 1 can (4 oz.) chopped or sliced black olives

## Sweet Potatoes with Glazed Pecans

### Ingredients:

- 6 large sweet potatoes
- 1/3 cup lite butter or lite margarine
- 3/4 cup firmly packed brown sugar
- 3/4 cup orange or apricot juice
- 1/2 cup pecan pieces
- 1/4 cup sugar

## Diabetic Moo Fruit Sherbet

### Ingredients:

- 1 1/2 cups HEB Mootopia Milk
- 1 bag (16 oz.) Hill Country Fare Frozen Peaches or other fruits (no sugar added)
- 4 tbsps sugar replacement

## Chicken and Black Bean Skillet

### Ingredients:

- 1 large onion, chopped
- 1 Tbsp. HEB butter
- 1 1/4 cups chicken broth
- 1 cup salsa, hot or mild
- 1 cup uncooked rice
- 1/8 tsp garlic powder
- 4 boneless chicken breasts
- 1 can (15 oz.) black beans, rinsed
- 3/4 cup shredded cheddar cheese

**Directions:**

1. Heat the oven to 450F. Line a large baking sheet pan with foil and set aside.
2. Place the wheat tortillas directly on the center oven rack and bake for 5 minutes so that the tortillas get crisp like a pizza crust.
3. Spread 2 Tbsp of the pasta sauce on each crisp whole wheat tortilla and place on the prepared baking sheet. Sprinkle 3 Tbsp of shredded cheese over each pizza.
4. Combine the chopped tomato, spinach, squash, onion, garlic, basil and black olives in a bowl and toss to mix well. Sprinkle 1/3 of the mixture over each pizza and top each with the remaining shredded fat free cheese.
5. Bake the pizzas on the center oven rack for 12 minutes or until the cheese melts. Enjoy!

Super Foods: whole wheat tortillas (Phosphorus), cheese (Calcium), squash (Potassium), spinach (Magnesium)

**Directions:**

1. Spray a 9X13-inch microwave-safe baking dish with non-stick cooking spray; set aside. Cook sweet potatoes in skins by boiling in water for 35 minutes or baking in microwave oven for 10 to 12 minutes on High power. Peel and cut sweet potatoes into one-inch slices. Arrange sliced sweet potatoes into prepared baking dish.
2. Heat a skillet over high heat for 3 minutes. Add pecans and sugar. Lower heat to medium and cook pecan, stirring constantly, until sugar melts and pecans are glazed (about 3 to 4 minutes). Place on a sheet of foil, let cool and set aside.
3. Combine butter, brown sugar and juice in microwave safe bowl and heat on high power for 2 minutes. Pour butter sauce over sweet potato slices and sprinkle with pecans. Before serving, cover sweet potatoes with plastic wrap or glass cover and heat on high power in microwave for 6 minutes or until piping hot.

Super Foods: sweet potato (Potassium), pecans (Magnesium), orange (Phosphorus)

**Directions:**

1. Combine 1/2 cup HEB MooTopia Milk and frozen fruit in a food processor bowl. Add sugar or sugar replacement if desired. Process frozen fruit mixture for 1 minute until smooth.
2. Add remaining MooTopia Milk and process 15 more seconds.
3. Scoop into 4 bowls and enjoy.

Super Foods: milk (Calcium), peaches (Potassium)

**Directions:**

1. Sauté onion in butter. Add broth and salsa and bring to a boil. Stir in rice and garlic powder. Place chicken over rice, cover and simmer for 10 minutes. Turn chicken and cook for 10 to 15 minutes more.
2. Remove from heat, add drained black beans, sprinkle with cheese, cover and let stand 5 minutes to melt cheese.

TIP: Flatten the chicken breasts then cut in half before cooking.

Super Foods: chicken and black beans (Magnesium), cheese (Calcium)

**Directions:**

1. Combine all of the ingredients in a large mixing bowl with 1 1/2 cups of water until a smooth batter is formed. If the batter is too thick, add water 1 Tbsp at a time.
2. Heat a pancake griddle or large skillet over medium high heat. Spray the hot pan with non-stick cooking spray. Pour 1/3 cup of batter for each pancake and cook on each side for 1 minute (small bubbles will form) on the first side. Turn over and cook for 1 more minute. Serve pancakes with butter, fresh peaches or banana fruit slices and lite syrup.

Super Foods: whole wheat (Phosphorus), cottage cheese (Calcium), peaches or bananas (Potassium)

**Directions:**

1. Place 3 corn tortillas in the microwave oven and heat on High power for 1 1/2 minutes. Turn the tortillas over and heat them on High power for 1 1/2 more minutes or until tortillas are crisp and set aside.
2. Heat a skillet over high heat for 3 minutes. Spray the pan with canola pan spray. Stir-fry the ground turkey for 4 minutes. Season the cooked turkey with the chicken fajita seasoning blend and add 2 Tbs water. Cook the turkey for 1 minute more.
3. Spread 2 Tbs refried beans on each crisp tortilla shell and top with 2 Tbs cooked ground turkey, 1/4 cup shredded lettuce, 3 Tbs chopped tomato, 1 to 2 Tbs chopped onions and 1 Tbs shredded fat free cheese.

Super Foods: Turkey (Magnesium), Cheese & Beans (Calcium)

**Directions:**

1. Heat the oven to 450°F. Crease the foil in half and open. Fold the edges of the foil up 1/2 inch to keep liquids in while preparing.
2. Spray each foil heart with non-stick cooking spray and fill with 1/4 cup Instant Long Grain Rice and 1 cup of the vegetable blend next to the creased center of the foil. Cut each fish fillet in half and place the 2 pieces of fish over the vegetables in each packet (overlap the thin edges of the fish fillet to make one fillet of same thickness).
3. Spread 1/4 cup cooking sauce over each packet and add 1/4 cup water. Fold the foil closed and seal the edges.
4. Place the four packets on a large baking sheet and bake on the lower oven rack for 20 minutes (depending on the thickness of the fish fillet). Slide each foil package on serving plates and enjoy! Serve with a side of Black Beans. Serves 4

Super Foods: fish (Potassium), black beans (Magnesium), broccoli (Calcium)

**Directions:**

1. Heat a skillet over high heat for 3 minutes. Add the oil, chopped tomatoes, bell pepper, onions and spinach. Stir-fry the tomato mixture for 2 minutes or until the onion is soft. Reduce the heat to medium low and add the Real Egg. Stir-fry the egg mixture until the eggs are cooked (about 1 minute). Keep egg warm.
2. Wrap the tortillas in plastic wrap and microwave on High power for 45 seconds. Make 6 healthy breakfast tacos with the scrambled egg mixture and 1 Tbsp each of shredded reduced fat cheese. Roll tacos and serve hot.

Super Foods: whole wheat tortillas (Phosphorus), cheese (Calcium), spinach (Magnesium)