

Mini Corn Dog Muffins

Makes 48 mini muffins (81 calories per serving)

Ingredients:

1/2 cup melted butter
1/2 cup sugar
2 eggs
1 cup buttermilk
1/2 teaspoon baking soda
1 cup certified gluten-free cornmeal
1 cup gluten-free baking blend or all-purpose flour
1/2 teaspoon salt
8-10 all-beef hot dogs, cut into 1" bites



Directions:

- Preheat oven to 375 degrees. Combine butter and sugar in a bowl then whisk to combine. Add eggs then whisk to incorporate, and then add buttermilk and whisk to incorporate.
- In a separate bowl, combine baking soda, cornmeal, flour, and salt then stir to combine. Whisk into wet ingredients in two batches.
- Spray a mini muffin tin very well with non-stick spray then spoon 1 Tablespoon batter into each mini muffin cup. Place one hot dog bite into the middle of each cup.
- Bake for 8-12 minutes or until cornbread is golden brown. Cool in mini muffin tin for 5 minutes before serving. Store leftovers in the refrigerator then re-heat for 20-30 seconds before serving.

Simple Sweet Potato Skins

Serves 6 (75 calories per serving)

Ingredients:

3 Sweet Potatoes
1/3 cup Cheddar Cheese
Salt and Pepper (to taste)
Guacamole (to serve)

Instructions:

- Bake or microwave the sweet potatoes
(bake at 375 F for 1 hour, or microwave for 10 minutes)
- Cut the potatoes in half and scoop some of the middle out
- Season with salt and pepper
- Top each half of sweet potato with some cheese
- Bake at 450 until the cheese is nicely melted and the sweet potato starts to brown a little
- Top with some guacamole and serve!!!



Roasted Corn and Cheese Dip

(27 calories per teaspoon)

Ingredients:

2 tablespoons unsalted butter, divided

3½ cups corn kernels (from about 4 ears of fresh corn, or 16 ounces frozen corn, thawed, drained and patted dry)

½ teaspoon salt

Pinch ground black pepper

1 cup finely chopped yellow onion (about 1 small to medium onion)

½ cup finely chopped red bell pepper (about ½ a pepper)

¼ cup finely chopped green onions (about 1 bunch)

1 jalapeño, seeded and minced

2 cloves garlic, minced

½ cup mayonnaise (I substituted Greek yogurt)

Pinch cayenne pepper

4 ounces sharp cheddar cheese, divided

4 ounces Monterey Jack cheese, divided

Tortilla chips, for dipping

Directions:

- Preheat the oven to 400 degrees F.

- Melt 1 tablespoon of the butter in a large heavy skillet over medium-high heat. Add the corn, salt, and pepper. Cook, stirring occasionally, until the kernels turn deep golden brown, about 5 minutes. Transfer to a bowl.

- Melt the remaining tablespoon of butter in the skillet. Add the onions and bell peppers and cook, stirring often, until the onions are wilted, about 2 minutes. Add the green onions, jalapeno, and garlic and cook, stirring, for 2 minutes, or until the vegetables are softened. Transfer to the bowl with the corn.

- Add the mayonnaise (or Greek yogurt), half of the cheddar cheese, half of the Monterey Jack cheese, and the cayenne and mix well to combine. Pour into an 8-inch square or other 1 to 2-quart size baking dish and sprinkle the remaining cheese on top. Bake until bubbly and golden brown, about 20 minutes. Serve hot with tortilla chips



Skinny Baked Mozzarella Sticks

6 to 8 pieces (98 calories per serving)

Ingredients:

4 sticks part-skim, reduced sodium mozzarella string cheese (Sargento)
½ cup egg substitute
2-4 tbsp. flour
10 tbsp. breadcrumbs
2 tsp. parmesan cheese (optional)
Olive oil cooking spray

Directions:

- Slice string cheese into thin pieces. In a small bowl, put egg substitute. Place the flour on another small dish. In separate bowl, combine bread crumbs, parmesan cheese and Italian spices. Dip the frozen sticks in flour, shaking off excess, then into the egg, then coat with the crumbs.
- Repeat this process with the remaining cheese p[placing them on a tray. Place cheese back into the freezer until ready to bake. When ready to bake preheat oven to 400 degrees. Line a baking sheet with aluminum foil and lightly spray with oil, or use a non-stick silicone sheet.
- Place frozen cheese sticks on baking sheet. Spray the tops of the mozzarella sticks with a little more oil and bake in the bottom third of your oven until crisp, about 4 to 5 minutes. Turn and bake an additional 4-5 minutes watching them closely so they don't melt.



Black Bean Quesadillas

4 Servings (322 calories per serving)

Ingredients:

1 15ounce can black beans, rinsed
½ cup shredded Monterey Jack cheese, preferably pepper Jack
½ cup prepared fresh salsa
4 8-inch whole-wheat tortillas
2 tsp. canola oil
1 ripe avocado, diced

Directions:



Combine beans, cheese and ¼ cups salsa in a medium bowl. Place tortillas on a work surface. Spread ½ cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten. Heat 1 tsp. oil in large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 tsp. oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.