

BLATs (Bacon-Lettuce-Avocado-Tomato Sandwiches)

Makes 4 servings- 342 calories per serving

Ingredients

8 slices center cut bacon, halved
1 ripe medium avocado
2 table spoons of basil
1 tablespoon mayonnaise or plain Greek yogurt
½ teaspoon finely grated or minced garlic
¼ teaspoon salt
¼ teaspoon ground pepper
8 slices wheat bread
1 medium tomato, cut into 8 slices
4 romaine leaves



Directions

-Cook the bacon in a large skillet over medium heat until crisp, 5 to 10 minutes. Transfer to a paper towel-lined plate
-Mash avocado in medium bowl. Stir in basil, mayonnaise (or Greek yogurt), garlic, salt and pepper. Toast the bread.
-Spread about two teaspoons of avocado mixture on 4 slices of toast. Top each with 4 pieces of bacon, 2 slices, 1 lettuce leaf, and the remaining toast.

Pimiento Cheese

Makes 1 ½ cups- 49 calories per 2 tablespoon serving

Ingredients

1 ½ cups of shredded reduced-fat sharp cheddar cheese
¼ cup low-fat mayonnaise
1 4-oz jar sliced pimientos, drained and chopped
2 table spoons minced scallions
Hot sauce to taste (optional)

Directions

-Combine cheese, mayonnaise, pimientos, scallions, and hot sauce (if using) in a medium bowl.



Sweet Southern Egg Salad

Makes 4 servings- 132 calories per $\frac{3}{4}$ cup serving

Ingredients

3 tablespoons nonfat plain Greek yogurt
3 tablespoons low-fat mayonnaise
2 teaspoons mustard
 $\frac{1}{4}$ teaspoon freshly ground pepper
 $\frac{1}{8}$ teaspoon salt
8 hard-boiled eggs
 $\frac{1}{2}$ cup thinly sliced celery
 $\frac{1}{4}$ cup chopped sweet gherkin pickles
3 tablespoons chopped sweet onion



Directions

- Combine yogurt, mayonnaise, mustard, pepper and salt in a medium bowl.
- Halve eggs and discard 4 of the yolks. Add whites and the remaining 4 yolks to the bowl and mash to desired consistency. Gently stir in celery, pickles and onion.

Mini Mushroom & Sausage Quiches

Makes 1 dozen- 90 calories per quiche

Ingredients

8oz turkey breakfast sausage, removed from casing and crumbled into small pieces
1 teaspoon extra-virgin olive oil
8oz mushrooms, sliced
 $\frac{1}{4}$ cup sliced scallions
 $\frac{1}{4}$ cup shredded Swiss cheese
1 teaspoon freshly ground pepper
5 eggs
3 egg whites
1 cup 1% milk



Directions

- position rack in the center of the oven and preheat to 325°F. Coat a nonstick muffin tin generously with cooking spray.
- Heat large nonstick skillet over medium-high heat. Add sausage and cook until golden brown, 6-8 minutes. Transfer to a bowl to cool.
- Add oil to the pan. Add mushrooms and cook, stirring often, until golden brown, 5-7 minutes. Transfer mushrooms into bowl with sausage. Let cool for 5 minutes. Stir in scallions, cheese and pepper.
- Whisk eggs, egg whites, and milk in a medium bowl. Divide egg mixture evenly among prepared muffin cups. Sprinkle a heaping tablespoon of sausage mixture into each cup.
- Bake until the tops are just beginning to brown, 25 minutes. Let cool on a wire rack for 5 minutes. Place rack on top of the pan, flip it over and turn the quiches out onto the rack. Turn upright and let them cool completely.

Smokehouse Ranch Parfaits

Ingredients

- 16oz nonfat plain yogurt
- 1 packet ranch dressing mix
- 1 chicken breast, fully cooked, cooled, diced
- ¼ cup barbeque sauce
- 12 celery sticks
- 12 carrot sticks
- ¾ cup shredded cheddar cheese

Directions

- Place yogurt and dressing seasoning mix in mixing bowl.
- Mix with wire whisk until well combined. Set aside.
- Place chicken and barbeque sauce in separate bowl; toss to coat the chicken. Set aside.
- Place 2 tablespoons of yogurt mixture into parfait cups. Place carrots and celery around the perimeter of the cup into the yogurt so they stand up, 2-3 of each. Place 2 tablespoons of chicken mixture on top of the yogurt. Place 1 tablespoon of cheese on top of chicken. Place 2 tablespoons of yogurt mixture on top of cheese.
- Cover with lid and refrigerate.



Jerk Chicken Shaker Salad

Ingredients

5oz whole grain rotini, cooked, rinsed with cold water and chilled
15oz black beans, seasoned with southwest seasoning mix
2 tablespoons Caribbean jerk seasoning mix
?1 sweet red bell pepper, diced
½ carrots, shredded
1 chicken breast, cooked, diced and chilled
2-3 green onions, sliced

Directions

- Season beans with jerk seasoning and set aside.
- To prepare each cup, Place ¼ cup rotini on the bottom. Top with 2 tablespoons of season black beans. Add 2 tablespoons of diced chicken. Add 2 tablespoons red peppers and 2 tablespoons of chopped green onions.
- Cover and refrigerate.

