



United States Department of Agriculture

MyPlate **KITCHEN**

Game Day

Cantaloupe Cooler

Make: 8 servings

Ingredients:

1 cantaloupe (ripe)
2 1/2 cups orange juice (cold)
2 tablespoons sugar (granulated)
ice (crushed)

Directions:

1. Wash hands with soap and water.
2. Cut melon in half. Scoop out seeds, remove rind and discard. Cut melon into 1-inch cubes.
3. In blender or food processor, blend melon cubes with 1/2 cup orange juice until smooth.
4. Pour puree into pitcher and stir in the remaining orange juice and the sugar. Stir until sugar is dissolved.
5. Pour into glasses filled with crushed ice.

Colorful Quesadillas

Make: 8 servings

Ingredients:

8 ounces cream cheese, fat-free
1/4 teaspoon garlic powder
8 flour tortillas (6" across)
1 cup sweet red pepper (chopped)
1 cup low-fat cheese (shredded)
2 cups spinach leaves (fresh, or 9 oz. frozen, thawed and squeezed dry)

Directions:

1. Wash hands with soap and water.
2. In a small bowl, mix the cream cheese and garlic powder.
3. Spread about 2 tablespoons of the cheese mixture on each tortilla.
4. Sprinkle about 2 tablespoons bell pepper and 2 tablespoons cheese on one half of each tortilla.
5. Add spinach: 1/4 cup if using fresh leaves OR 2 Tablespoons if using frozen. Fold tortillas in half.
6. Heat a large skillet over medium heat until hot. Put 2 folded tortillas in skillet and heat for 1-2 minutes on each side or until golden brown.
7. Remove quesadillas from skillet, place on platter and cover with foil to keep warm while cooking the remainder.
8. Cut each quesadilla into 4 wedges. Serve warm.

Crunchy Vegetable Wraps

Make: 4 servings

Ingredients:

4 tablespoons cream cheese, low-fat
2 flour tortillas
1/2 tablespoon ranch seasoning mix (1/2 teaspoon)
1/4 cup broccoli (washed and chopped)
1/4 cup carrot (peeled and grated)
1/4 cup zucchini (washed and cut into small strips)
1/4 cup summer squash (yellow, washed and cut into small strips)
1/2 tomato (diced)
1/8 cup green bell pepper (seeded and diced)
2 tablespoons chives (chopped fine)

Directions:

1. Wash hands with soap and water.
2. In a small bowl, stir ranch seasoning into cream cheese, chill.
3. Wash and chop vegetables.
4. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
5. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
6. Chill for 1-2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

Fruit Dip

Make: 4 servings

Ingredients:

- 1 cup yogurt, low-fat vanilla (8 oz)
- 1 us fluid ounce orange juice, 100% juice, frozen concentrate (thawed)
- 1 tablespoon lime juice
- 1 1/2 teaspoons brown sugar (1/2 tablespoon)
- 2 apple (red, cored and sliced)
- 1 pear (cored and sliced)
- 1 peach (pitted and sliced)

Directions:

1. Wash hands with soap and water.
2. In a small bowl, combine yogurt, orange juice concentrate, lime juice, and brown sugar.
3. Mix well.
4. Place bowl containing dip on a large plate and surround with fruit.

Low Fat Ranch Dip

Make: 4 servings

Ingredients:

1 can great northern beans (15 ounce, rinsed and drained, low sodium)
1/4 cup water
1/2 cup yogurt, low-fat plain
1/2 teaspoon garlic powder
1/8 teaspoon cayenne pepper
1/4 teaspoon black pepper
1 tablespoon chives (fresh, chopped)
1 tablespoon parsley (fresh, chopped)
1/4 teaspoon tarragon (dried)
1/4 teaspoon salt
1 tablespoon lemon juice

Directions:

1. Wash hands with soap and water.
2. Blend the beans and garlic in a blender, adding enough water for the desired consistency.
3. Blend for 2 minutes to make it silky smooth.
4. Use a spatula to scrape the mixture into a medium bowl.
5. Stir in the yogurt, cayenne, chives, parsley, and tarragon, salt and lemon juice. Serve in a bowl.

Orange Glazed Skinless Chicken Wings

Make: 5 Servings

Ingredients:

10 chicken wings (skin removed)
3 tablespoons butter
1 teaspoon seasoned salt
8 tablespoons orange marmalade (1/2 cup)

Directions:

1. Wash hands with soap and water.
2. Rinse chicken wings and dry on paper toweling. Tuck the wing tip under the larger joint to form a triangle.
3. Heat butter in skillet (200°F on temperature controlled gas burner).
4. Sprinkle wings with seasoned salt and place in heated butter. Sauté on temperature controlled gas burner (325°F) until evenly brown on both sides, about 20 minutes.
5. Spread with orange marmalade, continuing to sauté while basting frequently for another 20 minutes.
6. Remove from skillet. Serve hot.
7. Hold at serving temperature on automatic burner or in 'Keep-Warm' oven set at 170°F. They will be glazed and "sticky" good.

Tortilla Chips and Bean Dip

Make: 4 servings

Ingredients:

4 corn tortillas
1 can kidney beans (16 ounce)
1/4 cup salsa
1/4 cup sour cream, non-fat
1/2 cup cheddar cheese (shredded)
1 cup lettuce (shredded)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees.
3. Place tortillas in a stack on cutting board. With a sharp knife, cut stack into eight pieces, forming triangles or wedges.
4. Lay tortilla pieces out in single layer on baking sheet. Set aside while making dip.
5. Open canned beans. Pour beans in colander; rinse and drain. Place beans in a small mixing bowl and mash with a potato masher. Spread beans over bottom of baking dish.
6. Measure salsa and spread over beans.
7. Measure sour cream and spread over beans.
8. Grate and measure cheese; sprinkle over bean mixture.
9. Place lettuce wedge on cutting board. Slice into thin strips; set aside.
10. Place both the baking sheet with tortilla pieces and the dip in preheated oven. Bake about 8 minutes or until tortilla pieces are crisp and dip is bubbly. Sprinkle lettuce over dip and serve with tortilla chips.

Turkey Pinwheel Appetizers

Make: 16 servings

Ingredients

8 ounces cream cheese, low-fat (garlic and herb)
6 flour tortillas (8 inch)
6 slices turkey (low sodium, 6 ounces)
3 Roma tomatoes (medium, chopped)
3 cups baby spinach leaves (fresh)

Directions:

1. Wash hands with soap and water.
2. Place tortillas on microwavable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften.
3. Spread about 2 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach.
4. Roll up lightly; then wrap in plastic wrap. Refrigerate 2 - 3 hours to blend flavors. Cut each roll into eight 1-inch slices. Arrange with cut side down on serving plate.