

January

Kitchen Quickie

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Coming up in Health Ed:

Love Your Body Week
February 21st-26th

Iron Chef Marquette
March 4th

Spring Break Blitz
March 8th

Texas Caviar

- 1/2 onion, chopped
- 1 green bell pepper, chopped
- 1T garlic, minced
- 4 medium tomatoes chopped
- 1 (15oz) can black beans, drained and rinsed
- 1 (15oz) can corn, drained and rinsed
- 1/2c Italian dressing
- 1/3c cilantro, chopped

In a large bowl, combine onion, pepper, garlic, tomatoes, black beans and corn. Stir in Italian dressing.
Cover bowl and chill in the refrigerator for at least 1 hour.
Mix in cilantro and serve with taco chips.

21 calories and 1.3g fat per serving
(makes 6 servings)

Laura



GORP!

- 2oz almonds
- 1oz unsalted dry-roasted peanuts
- 1oz dried cranberries
- 4T raisins
- 6t chocolate chips

Combine all ingredients in a bowl and serve with a smile!
102 calories and 6g fat per serving
(makes 8 servings)

EatingWell.com

Q: How do dinosaurs pay their bills?

Game Day Sloppy Joes

- 1lb lean ground beef
- 1/4c chopped onion
- 1/4c chopped green bell pepper
- 1/2t garlic powder
- 1t yellow mustard
- 3/4c ketchup
- 3t brown sugar
- Salt and pepper to taste

In a skillet on medium heat, brown the ground beef, and add in the onion and green pepper. Drain off any liquid. Stir in the garlic powder, mustard, ketchup, and brown sugar. Mix thoroughly. Reduce to low heat, and simmer for 30 minutes. Season with salt and pepper.

189 calories and 9.4g fat per serving
(makes 6 servings)

AllRecipes.com

A: With Tyrannosaurus checks.



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