

### Homemade Chewy Granola Bars

½ cup dry roasted peanuts (lightly salted)  
½ cup roasted, shelled sunflower seeds  
½ cup raisins, other dried fruit or chocolate chips  
2 cups uncooked oatmeal (old fashioned or quick cooking)  
2 cups toasted rice cereal  
¼ cup wheat germ  
½ cup peanut butter, either crunchy or creamy  
½ cup packed brown sugar  
½ cup corn syrup or honey  
1 teaspoon vanilla

Method: In a large bowl, mix the peanuts, sunflower seeds, raisins, oatmeal, rice cereal, and wheat germ. Set aside.

In a medium microwavable bowl, combine the peanut butter, brown sugar and corn syrup. Microwave on high for 2 minutes or until bubbly. Add vanilla and stir until blended.

Pour the peanut butter mixture over the dry ingredients. Stir until well coated.

Spray a 9 x 13 pan with cooking spray. Firmly press mixture into the pan. It helps to coat your fingers with oil or cooking spray. Let stand for 1 hour before cutting. Cut in 24 pieces. Nutrition info. per serving using raisins: 150 calories, 6 gm total fat, 1 gm sat. fat, 70 mg. sodium, 22 gm carbs, 2 gm fiber, and 4 gm protein. *Recipe from Nancy Clark's Sports Nutrition Guidebook, 4<sup>th</sup> Ed.*

### Mexican Meal in a Skillet

1 cup uncooked brown rice  
1 pound extra lean ground beef  
1 package taco seasoning mix or 1 recipe of Homemade Taco Seasoning Mix  
16 ounce jar salsa  
1 – 16 ounce can black beans. Rinsed and drained.  
1 cup water  
Optional – 1 cup diced green or red pepper, 1 cup frozen corn, grated low fat cheese for a garnish

Method: Cook rice according to package directions. While the rice is cooking, brown the ground beef with peppers if using. Drain any grease.

Sprinkle taco seasoning mix over beef. Add salsa, beans, corn (if using), and water. Cook for 3 -5 minutes or until heated through. Add the cooked rice and garnish with grated low fat cheese if desired.

For a vegetarian meal, omit the beef. Makes 4-6 servings. Nutrition info. for 1/6 of recipe: 280 calories, 7 gm fat, 2.5 gm sat. fat, 32 gm carbs, 6 gm fiber, and 24 gm protein. *From Nancy Clark's Sports Nutrition Guidebook 4th Edition*

### **Homemade Taco Seasoning Mix – for one pound of meat**

2 teaspoons dried minced onion  
½ teaspoon salt (leave out for lower sodium)  
1 teaspoon chili powder  
1 Tablespoon cornstarch (leave out for taco dip)  
¼ - ½ teaspoon crushed red pepper flakes, or as much as you like  
¼ teaspoon dried oregano  
½ teaspoon ground cumin

Method: Mix all ingredients together in a small bowl. Makes enough for 1 lb. of meat. For taco meat, add about ½ cup of water and simmer 10 -15 after the meat has browned. Per recipe: 60 calories, 1 gm fat, 0 sat. fat, 1190 mg. sodium, 12 gm carbs, 2 gm fiber, 1 gm protein.

### **Reese's Shake**

1 cup low fat or nonfat milk  
¼ cup instant non-fat dry milk  
2 Tablespoons peanut butter  
2 Tablespoons chocolate syrup  
Ice, if desired

Method: Combine all ingredients in a blender. Cover and blend for 1 minute until smooth. Makes 1 serving. Nutrition info: 430 calories, 16 gm fat, 3.5 gm sat. fat, 370 mg. sodium, 52 gm carbs, 2 gm fiber, and 23 gm protein. *Adapted from Nancy Clark's Sports Nutrition Guidebook, 4th Edition*