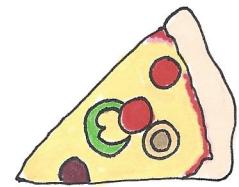


# Quick & Delicious



8 Recipes with less effort.

\* Quesadilla - Ingredients: flour tortilla, shredded cheese, optional items (vegetables [potatoes, mushrooms, cilantro,...], cooked bacon, or canned tomatoes).

Place cheese on tortilla and melt by microwave or stove top. Garnish with sour cream or salsa.

\* Steamed Veggies (broccoli, asparagus,...) - Ingredients: steamed vegetables, soy sauce, mayonnaise.

Place stir soy sauce and mayonnaise together then pour over steamed vegetables on plate. (You can also use as a dipping sauce.)

\* Toasted Pizza - Ingredients: Bread or English muffins as your base, tomato sauce, cheese (may choose ricotta) and optional items (veggies or beef).

Place items of choice on top of bread and then bake in oven or toaster oven until cheese is melted.

\* Toasted Fruit Pizza - Ingredients: Cream cheese, bread or English muffin, brown sugar/agave nectar, cinnamon, canned fruit cocktail (drain juice out of can).

Place cream cheese on bread, then sprinkle on brown sugar and cinnamon to taste, and then place fruit on top and bake to warm. Option: You may toast bread first for more crispiness.

\* Pastina-Ingredients: Barilla Pastina, butter, milk, salt.

Place water in pot to boil. (You only need enough water to cover the pasta that is added by 1 inch.) Add 1 table spoon or less of butter, and salt. Place pastina into boiling water and after 6-7 minutes, remove from heat and add milk.

\* Baked Red Peppers: Ingredients: 2 red/orange Bell Peppers, 2-4 oz.s of Goat Cheese, Rosemary\*, Olive Oil.

Cut out the stem of the red pepper and clean it. Place pepper on a baking sheet or casserole dish and set oven to 400 degrees. Now place a thick slice of goat cheese inside the pepper and drop some Rosemary sprigs on top along with a dollop of olive oil and bake until pepper skin begins to brown.

\* Haystack Taco Salad: Ingredients: Frito Corn Chips, Beans (usually refried beans are preferred), Chopped Lettuce and Tomatoes, Black Olives, Shredded Cheese, and Sour Cream.

Optional additions include: avocado, salsa, mango, pineapple, Morning Star Farms Veggie Crumbles with Taco Seasoning (this is very tasty if first saute'd and then dropped on top).

Place the ingredients mentioned in the order listed above. Starting with Corn Chips spread around the plate before placing the refried beans on top.

\* Water Fried Egg on Toast: Ingredients: Water, Salt, Egg, 1 slice of bread.

Place water and salt to taste in a frying pan above medium heat. When water is close to a boil crack open egg and place it slowly into the hot water. Cook to taste.

Toast bread and place butter and egg on top. Enjoy!