

# Pantry Pride cookbook

recipes from Georgia 4-H members



# *From our pantry to yours*

This cookbook's purpose is to serve as a resource to families across the state of Georgia.

Contained within, you will find recipes submitted through a contest jointly sponsored and conducted by the Arby's Foundation, the Georgia Food Bank Association, and the University of Georgia Extension's Georgia 4-H Program.

4-H members from around the state submitted recipes containing ingredients commonly found amongst all food banks in the Georgia Food Bank Association network. All entries are included, and award winners are denoted on their recipe page with a  symbol.

All resources in this book are perfect for helping you manage a busy schedule. In addition to containing widely available ingredients, each recipe is categorized as either a "No Cook Snack/Dish" or "Cooked Dish/Entree." "No Cook recipes are denoted by an asterisk (\*) in the table of contents.

We hope you enjoy these offerings created by the youth of our state, and that you find something fun and nutritional to serve yourself or your family.



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# **CLOVERLEAF ENTRIES**

## **students aged 8-12**

# Peanut Butter Nutty Balls

Submitted by Jesse Tyre, a 3rd Grader from Bacon County

Prep Time: 45 minutes, Yields: 40 Servings

These delicious treats taste similar to peanut butter cups and pack a healthy punch!  
They are full of protein, fiber, and other nutrients.

## Ingredients:

### Dough

- ◊ 13-oz. Nutella
- ◊ 1 cup Peanut Butter
- ◊ 2 tablespoons flax seed
- ◊ 1 cup whole grain, low sugar cereal (such as Cheerios)

### Outer Coating

- ◊ 1/2 cup crushed, whole grain, low sugar cereal
- ◊ 1 1/2 cup chopped walnuts

## Instructions:

1. Mix all of the dough ingredients with a mixer at medium speed.
2. Place dough in refrigerator overnight.
3. Roll refrigerated dough into small uniform balls.
4. Roll dough balls in the outer coating mix until well coated.
5. Keep refrigerated.

# *Smoothie Pops*

Submitted by Xavier Jones, a 4th Grader from Cobb County

Prep Time: 15 minutes, Yields: 6 Servings

This unique spin on the traditional smoothie provides a cool, popsicle treat! With all of the fresh fruits, juice, and low-fat yogurt these “Smoothie Pops” are super nutritious!

## Ingredients:

For this recipe you will need a blender and an ice-pop mold.

- ◊ 1 medium banana
- ◊ 2 cups strawberries
- ◊ 1 cup vanilla yogurt
- ◊ 1 14.5 oz. can of peaches in 100% juice
- ◊ 1 cup of Orange & Tangerine Juicy Juice
- ◊ Handful of ice cubes

## Instructions:

1. Peel the banana, break in half, and toss it into the blender.
2. De-stem strawberries and place in blender.
3. Add in yogurt.
4. Drain the juice from the peaches and add the peaches to the blender.
5. Add juice and ice cubes.
6. Blend until smooth and then pour into ice-pop molds.
7. Place pops in freezer and serve when frozen.

# Awesome Apple Snack

Submitted by Andraya Li, a 5th Grader from Clayton County

Prep Time: 10 minutes, Yields: 1 Servings

These cold finger snacks are great to beat the summer heat! Rich in vitamins, fiber, and protein these creamy, crunchy, and slightly sweet snacks are sure to be a hit!

## Ingredients:

- ◊ 2 teaspoons peanut butter
- ◊ 2 grapes
- ◊ 4 saltine crackers
- ◊ 1/4 banana
- ◊ 2 teaspoons plain yogurt
- ◊ 2 teaspoons fresh, squeezed orange juice
- ◊ 2 apple slices

These amounts are for 1 serving, increase to accommodate for your need!

## Instructions:

1. Squeeze orange juice into plain yogurt for taste and color.
2. Spread yogurt onto saltines and freeze for 10 minutes.
3. Cut banana into small pieces and mix with peanut butter, leave it on the side.
4. Prepare apple slices and leave on the side.
5. Take frozen crackers out and gently spread the banana-peanut butter mixture over the cracker.
6. Place apple slice on and then top with another cracker.
7. Cover the grapes with any left-over yogurt and use as garnish.



# **JUNIOR ENTRIES**

## **students aged 12-13**

# Peanut Butter Pie

Submitted by Jarrett Green, a 7th Grader from Terrell County

Prep Time: 60 minutes, Yields: 6 Servings

Everyone loves Peanut Butter Pie! This dessert is perfect for family reunions and church pot lucks!

## Ingredients:

- ◊ 6 cups of breakfast cereal
- ◊ 1/2 cup of butter, melted
- ◊ 8 oz. cream cheese, softened
- ◊ 18 oz. jar of creamy peanut butter
- ◊ 1 cup confectioner sugar
- ◊ 8 oz. whipped cream

May serve immediately or after chilling for 1 hour.

## Instructions:

### *Crust*

1. Crush the breakfast cereal and then mix with the melted butter.
2. Press into a pie pan.
3. Chill for 30 minutes.

### *Filling*

1. Combine cream cheese, peanut butter, whipped cream and confectioners sugar until well blended.
2. Pour the filling into the chilled pie crust.

# 5 Layer Mexican Dip

Submitted by Sara Shiver, a 7th Grader from Mitchell County

Prep Time: 15 minutes, Yields: 10 Servings

This Mexican dip is a nutritious snack containing ingredients from all of the major food groups. Each layer of the dish is prepared separately to give it a fresh taste! Ingredients can also be omitted or substituted depending on availability and preference.

## Ingredients:

- ◊ 1 can diced tomatoes
- ◊ 1 can rotel
- ◊ 1 can refried beans
- ◊ 8 oz. sour cream
- ◊ 2 cups cheddar cheese
- ◊ 1 avocado
- ◊ 1/4 cup diced tomatoes
- ◊ Pinch of fresh cilantro
- ◊ Pinch of salt
- ◊ Pinch of garlic powder
- ◊ Taco seasoning
- ◊ 1 tablespoon lime juice
- ◊ Crackers

spoon of taco seasoning. Mix and add a layer over the sour cream.

4. Layer 4: In a blender mix tomatoes, rotel, cilantro, onions, garlic, lime juice and salt. Blend ingredients on low for 20 seconds. Layer the desired amount over the guacamole. (Serve the remainder as a separate dish with chips.)
5. Layer 5: Spread cheese over salsa and chill. Serve with crackers.

## Instructions:

1. Layer 1: Mix 1 tablespoon of taco seasoning with refried beans and layer in bottom of a deep dish.
2. Layer 2: Add a layer of sour cream over the refried beans.
3. Layer 3: Mash the interior of the avocado into guacamole. Add garlic, salt and one table-

# Black Bean and Black Eye Pea Salsa

Submitted by Parker Varnadoe, a 7th Grader from Madison County

Prep Time: 15 minutes, Yields: 10 Servings

Black Bean and Black Eye Pea Salsa uses mostly canned foods. I think this recipe provides families with a healthy and economical no-cook snack. It is also healthy as the black.

## Ingredients:

- ◊ 1 15oz can of black beans
- ◊ 1 15oz can of black-eyed peas
- ◊ 12oz of kernel corn
- ◊ 1 - 10oz can diced tomatoes with green chilies
- ◊ 1/2 cup red onion, minced
- ◊ 1/2 cup fresh cilantro, chopped
- ◊ 1 avocado, peeled and diced (optional)
- ◊ Juice of one lime
- ◊ 1/2 tsp garlic powder
- ◊ 1/2 tsp ground cumin
- ◊ salt and ground black pepper, to taste

- ◊ 1/4 tsp. chili powder

## Instructions:

Mix all of the ingredients into a large bowl or keeping the lime juice and avocado until last. Then add the lime juice and avocado and mix well. Cover and place in the refrigerator until well chilled. Serve as a dip for fresh vegetables, crackers or any kind of chip.

# Rissa's Ridiculous

Submitted by Maurissa Thomas, a 7th Grader from Clarke County

Prep Time: 27 minutes, Yields: 8 Servings

This is fun spin on a dessert pizza is fruit-tastic! This recipe will be a hit with kids and adults alike!

## Ingredients:

- ◊ 2 extra large tortillas
- ◊ 1 can of diced peaches, drained
- ◊ 1 can of diced pears, drained
- ◊ 1 can mandarin oranges, drained
- ◊ 1 kiwi, sliced
- ◊ 1 handful of granola
- ◊ 1 tub of whipped cream cheese
- ◊ 1 handful of chocolate chips (optional)

## Instructions:

1. Place on tortilla on a plate and spread with a thin layer of cream cheese.
2. Place second tortilla on top of the first and top with a thicker layer of cream cheese.
3. Arrange your fruit on top of the cream cheese. You can choose different colors or the same colors in a row.
4. When the entire pizza is covered with fruit, sprinkle with granola and chocolate chips for a little added flavor and garnish.
5. Slice the fruit pizza like a regular pizza and enjoy.

# *India's PB & G Bananas*

Submitted by India Booze, a 7th Grader from Clarke County

Prep Time: 5 minutes, Yields: 6 Servings

This is a quick and easy snack, perfect for a snack on the go! With the peanut butter, honey, granola and banana they are sure to be a sweet hit with anyone.

## **Ingredients:**

- ◊ 3 bananas
- ◊ Peanut Butter
- ◊ Honey
- ◊ Granola

## **Instructions:**

1. Cut the tips off of three bananas and then cut them in half.
2. Mix the peanut butter and honey in a ratio to your taste
3. spread the peanut butter mixture on ~1/3 of the banana slice
4. Roll the peanut butter covered section in granola and enjoy.

# Nonna's Fruit Supreme

Submitted by Alexis Lackey, a 7th Grader from Columbia County

Prep Time: 5 minutes, Yields: 1 Servings

This nutritious snack has fruit, protein and grains in it. Plus with its "Yummy in the Tummy" taste, you'll be taken back to summers spent with "Nonna"!

## Ingredients:

- ◊ 1, 10inch Flour tortilla
- ◊ 1 1/2 Tablespoons
- ◊ Nutella spread
- ◊ 3/4 cup Sliced bananas
- ◊ 1/2 cup Sliced kiwi
- ◊ 3/4 cup Sliced strawberries

Cut in half diagonally for presentation.

## Instructions:

1. Spread Nutella evenly over tortilla.
2. Wash, peel and slice fruit, arrange on the tortilla.
3. Roll tortilla starting from the end nearest to you, fold the sides in and keep on rolling like a burrito.

# *Ants on a Log Supreme*

Submitted by Trey Tyre, a 7th Grader from Bacon County

Prep Time: 20 minutes, Yields: 15 Servings

A new twist on an old favorite, these ants on a log are supreme with the addition of sweet strawberry jam and crunchy cheese crackers. The peanut butter is an excellent source of protein and even the pickiest eater will like celery like this!

## Ingredients:

- ◊ 1/4 cup creamy peanut butter
- ◊ 1/4 cup strawberry jam
- ◊ 1/2 cup fish shaped cheese crackers, crushed
- ◊ 5 stalks of celery
- ◊ 1/2 cup Craisins

## Instructions:

1. Rinse the celery, trim ends, and cut into thirds.
2. Mix peanut butter and strawberry jam in a small bowl.
3. Slowly add in crushed crackers and mix well.
4. Spoon the mixture onto the celery in an even layer.
5. Add 2 or 3 Craisins on top of each “log”.

# Lettuce Tuna Wraps

Submitted by Lucy Gibson, an 8th Grader from Clarke County

Prep Time: 20 minutes, Yields: 6 Servings

These wraps are easy to make and tasty too! The wraps are crispy and have a hint of sweet, they are great served cold for parties and pot lucks.

## Ingredients:

- ◊ 1 carrot. Diced
- ◊ 1 stalk celery, diced
- ◊ 1 can chunk, lite tune drained
- ◊ 1/3 cup mayonnaise
- ◊ 1/3 cup walnuts, crushed
- ◊ 2 cloves garlic, pressed
- ◊ 1/2 apple, finely chopped
- ◊ 6 leaves of romaine lettuce

## Instructions:

1. Cut carrots, celery, apples, and walnuts to required size.
2. Drain tuna and put it into a mixing bowl.
3. Press garlic and add into the bowl with tuna.
4. Add your chopped ingredients.
5. Add mayonnaise and stir well, mixing all ingredients together.
6. Wash and separate lettuce leaves.
7. Spoon mixture onto lettuce leaves, wrap and enjoy!

# Apple Bites

Submitted by Journey Austinson, an 8th Grader from Decatur County

Prep Time: 15 minutes, Yields: 2 Servings

This recipe is a quick fix and combines, protein, fruit and grains. It is a great snack for any age; with the addition of caramel sauce, it easily becomes a dessert too!

## Ingredients:

- ◊ 1 apple, green or red suggested but not required.
- ◊ 2 cups whole grain cereal, crushed
- ◊ 1/4 cup creamy peanut butter
- ◊ 3 tbsp. caramel sauce (Optional)

## Instructions:

1. Slice apple and spread each slice with peanut butter.
2. Roll apple slices in crushed cereal to coat.
3. Drizzle with caramel sauce and serve.

# Nutty Nanner Crunch

Submitted by Thomas Smith, an 8th Grader from Randolph County

Prep Time: 10 minutes, Yields: 2 Servings

This is an excellent afternoon snack that kids will love. The best part is they are nutritious and take hardly any effort!

## Ingredients:

- ◊ ½ tsp. Peanut Butter
- ◊ 1 Banana
- ◊ ½ cup Heart healthy, low sugar cereal

## Instructions:

1. Crush cereal and spread it out on a plate
2. Slice the banana into bite sized pieces
3. Spread a dollop of P.B. on each banana slice and top with an additional banana slice
4. Then coat completely in crushed cereal



# **SENIOR ENTRIES**

**students aged 14-17**



# MJ's Beefy Stew

Submitted by Malaya Moon , a 9th Grader from Clarke County

Prep Time: 45 minutes, Yields: 12 Servings

This entrée is for a family that is crammed for time, as well as a meal that is hearty.

## Ingredients:

1. 2 15.25 ounce cans whole kernel corn, drained
2. 2 14.5 ounce cans of green beans, drained
3. 1 15 ounce cans of diced, skin-on potatoes, drained
4. 1 30 ounce can of beef stew
5. 1.5 cups of water
6. seasonings (if desired)
7. saltine crackers (in desired)

## Instructions:

1. Put the water in a 4 quart pot. Place on the stove on medium heat.
2. Add the vegetables and stew to the pot and stir to thoroughly mix.
3. Turn the temperature down and let it simmer for approximately 45 minutes.
4. Serve with crackers and enjoy.

# *Crunchy Green Beans*

Submitted by Scarlett Woodward, a 9th Grader from Barrow County

Prep Time: 5 minutes, Yields: 2 Servings

This dish is fantastic for everyone! It has 100% of your daily whole grains from the cereal, 9 grams of protein from the peanut butter, a serving a of veggies, and is delightfully delicious.

## **Ingredients:**

1. 1 14 ounce can of green beans
2. 1 1/2 tablespoons of brown sugar
3. 2 tablespoons of peanut butter
4. 1 tablespoon of grapenuts cereal

## **Instructions:**

1. Empty 1 can of green beans into a microwave safe bowl
2. Microwave for 1 minute
3. Add 1 1/2 tablespoons of brown sugar, 2 tablespoons of peanut butter, and a tablespoon of grapenuts
4. Stir together

# Mac-n-More

Submitted by Kaleigh Jordan, a 9th Grader from Johnson County

Prep Time: 20 –30 minutes, Yields: 4-6 Servings

Who doesn't love mac and cheese? With this fresh take on traditional mac and cheese added ingredients like tomatoes and green beans add nutrition to make it healthy too!

## Ingredients:

- ◊ 1 5.5 oz. box macaroni and cheese
- ◊ 1 14.5 oz. can diced tomatoes
- ◊ 1 14.5 oz. can green beans
- ◊ 1/ cup chopped onion
- ◊ 5 slices of bacon
- ◊ 4 oz. shredded cheddar cheese

## Instructions:

1. Prepare macaroni according to package instructions.
2. Cook bacon and crumble it into small pieces.
3. Mix tomatoes, green beans, onion, and bacon with the macaroni and cheese in a baking dish.
4. Sprinkle shredded cheese on top.
5. Cover and bake at 350 degrees for 20 minutes.

# Ian's Dirty Chicken and Rice

Submitted by Ian Foster, a 9th Grader from Madison County

Prep Time: 40 minutes, Yields: 4-6 Servings

This recipe is a dish with roots in the Middle East. It is easy to prepare and is great for a quick meal after a long day!

## Ingredients:

- ◊ 2 cups brown rice, cooked
- ◊ 1 1/2 cup black beans
- ◊ 1 1/2 cups cut green beans
- ◊ 4 four oz. cans of canned chicken
- ◊ 4 tbsp. Dill weed
- ◊ 1 tbsp. vegetable oil
- ◊ 1 tsp. unsalted butter
- ◊ A dash of salt
- ◊ 1 tsp. ground black pepper

1. Combine all of your ingredients in a large mixing bowl.
2. In a large, heavy pot with a tight fitting lid heat the oil on medium until it is sizzling. Be careful not to burn it.
3. When the oil is hot sprinkle the mixture into the pot.
4. Place paper towels or a dish towel under the lid to absorb any moisture from cooking. This prevents you from having soggy rice.
5. Cook on low-medium heat for about 30 minutes or until it is hot throughout and has formed a golden crust on the bottom.
6. Season with salt, pepper, and butter to taste. It is also good with a little tadig sprinkled on top.

## Instructions:

# Tuna Pasta Casserole

Submitted by Abby Hamilton , a 9th Grader from Coffee County

Prep Time: 35 minutes, Yields: 4-6 Servings

A comfort food and very filling this recipe is nutritious with the vegetables and dairy foods that contain vitamins and calcium and can be made ahead and frozen for when you are in a hurry.!

## Ingredients:

1. 1 can cream of chicken soup
2. 1 1/2 cups grated cheddar cheese
3. 3/4 cup light sour cream
4. 1 tsp garlic powder
5. 2 - 8oz cans of tuna
6. 1 can green peas
7. 1/4 onion chopped
8. 1 box pasta of your choice
9. 6-8 cherry tomatoes chopped

## Instructions:

1. Preheat over to 350 F. Cook pasta until almost done still a little firm. Stirring occasionally. Drain well, set aside.
2. Spray medium casserole dish with nonstick spray. Drain tuna well and set aside.
3. in a medium bowl combine tuna, soup, sour cream, garlic powder, 1 cup of cheddar cheese and onion, to make a sauce. Mix together thoroughly and set aside.

4. Wash tomatoes and chop. Add to sauce mixture.
5. In a casserole dish, half of sauce mixture, layer half of pasta, half peas.
6. Repeat layers. Top with cheddar cheese.
7. Bake covered with foil for 15-20 minutes, then uncover and bake until bubbly.

# D.J.'s Crispy Taquitos

Submitted by Del Sanders , a 9th Grader from Cobb County

Prep Time: 30 minutes, Yields: 6 Servings

This recipe is a mixture of chopped vegetables and meat wrapped in a crispy corn tortilla and is very healthy because of all the different vegetables and spices.

## Ingredients:

1. 1 teaspoon olive oil
2. ½ cup bell pepper, chopped
3. ½ cup onion, chopped
4. ½ cup spinach, chopped
5. ½ cup corn kernel
6. ½ cup black beans
7. 1/3 cup white chicken chopped
8. 1 teaspoon cumin
9. ¼ teaspoon garlic powder
10. ½ teaspoon black pepper
11. ¼ teaspoon cayenne pepper
12. ¼ teaspoon paprika
13. ¼ teaspoon cilantro
14. 6 corn tortilla

## Instructions:

1. Mix all of the ingredients in a pan on low to medium heat for about 10 minutes or until fully cooked.
2. Pour mixed ingredients into tortilla and roll the tortilla up with seam side down.
3. Pour oil into skillet and cook wrapped tortilla for 7 minutes or until golden brown.
4. Serve on a platter and enjoy! You can top it with cheese if you desire.

# Paisley's Cheesy Chicken Vegetable Casserole

Submitted by Paisley Whigham , a 9th Grader from Clarke County

Prep Time: 60 minutes, Yields: 6-8 Servings

This is a delicious and healthy recipe everyone is sure to love!

## Ingredients:

1. 1 box of deluxe macaroni and cheese dinner
2. 1 can mixed vegetable medley
3. 1 can cream of chicken soup
4. 1 cup Tyson frozen grilled chicken
5. 1/2 cup of sharp shredded cheese
6. Drain heated vegetables.
7. Place vegetables, cheese from the mac and cheese box, cream of chicken soup, and chicken pieces into a bowl and stir together.
8. Stir in the pasta and mix all ingredients well.
9. Pour mixture in a casserole dish, add shredded cheese if desired.
10. Place dish in oven and bake for 25-30 minutes
11. Allow dish to cool for 5 minutes before serving.

## Instructions:

1. Place approximately 6 cups of water in a pot and heat until it comes to a boil.
2. Stir pasta into boiling water and cook approximately 10 minutes.
3. Drain water from pasta and set aside.
4. Place vegetables in small pot and heat over medium heat.
5. Coat a skillet with vegetable spray and heat chicken to thaw, cut in cut to bite sized pieces.

# Chicken Bacon Pasta Bake

Submitted by Macy Coker, a 9th Grader from Jenkins County

Prep Time: 60 minutes, Yields: 6 Servings

This simple recipe makes a great dinner, and can be changed endlessly just by adding new ingredients

## Ingredients:

1. Macaroni and Cheese dinner box
2.  $\frac{1}{4}$  cup diced red pepper
3. Tablespoon + 1 Teaspoon vegetable oil, divided
4. teaspoon garlic powder
5. 14 ounce can diced tomatoes
6. 2 cups can white chicken breast
7.  $\frac{1}{2}$  cup chopped, cooked bacon
8. 1 cup chopped broccoli (frozen box)
9. 12 ounce can evaporated milk
10.  $\frac{1}{2}$  cups shredded sharp cheddar cheese divided
11.  $\frac{1}{2}$  cup Ranch salad dressing
12.  $\frac{1}{2}$  cup crushed crackers

## Instructions:

1. Cook the pasta according to the package for al dente pasta.
2. Drain and pour back into saucepan. Drizzle with 1 teaspoon of oil and toss. Cover and set to the side.

3. Sauté the onions and peppers in 1 Tablespoon of oil for 3-4 minutes.
4. Add the Garlic Powder, tomatoes, chicken, bacon, and broccoli to the pan. Sauté until the broccoli is tender not mushy.
5. Pour the mixture into the pan with the pasta and stir. Cover and set aside again.
6. Heat the milk, ranch dressing, and 2 cups of cheese until the cheese melts and becomes creamy.
7. Stir in the noodles and chicken mixture.
8. Spoon into a greased 8x8 baking dish. Top with the remainder of the cheese and crushed crackers.
9. Bake at 350 degrees for 20 minutes.

# Garden Pasta Salad

Submitted by Brylie Handy, a 9th Grader from Jefferson County

Prep Time: 25 minutes, Yields: 6 Servings

This recipe is easy to make and tasty, containing protein , vegetables, dairy and grains!

## Ingredients:

1. 12 oz. Garden Delight Pasta
2. 15 oz. Black Beans; drained and rinse
3. 15 oz. Whole Kernel Corn; drained
4. 15 oz. English Peas; drained
5. 1 small onion, minced
6. 1 small jar pimento; drained
7. Dressing: 4 oz. Italian Dressing and 4 oz. Ranch

## Instructions:

1. Cook the pasta according to the package.
2. Drain and pour into a large serving dish.
3. Combine all of the individual ingredients and enjoy!

# *Southwestern Black Bean Fiesta w/ Healthy Picante Chips*

Submitted by Mennah Abdelwahab, a 9th Grader from Oconee County

Prep Time: 25 minutes, Yields: 4-6 Servings

This recipe is surely one of a kind. Since this recipe uses black beans, corn, tomatoes, onions, and low fat, high fiber tortillas, it offers large amounts of fiber and other, much needed, vitamins and minerals.

## Ingredients:

- ◊ 1 can (14.5 oz.) of no salt added diced tomatoes (drained and rinsed well)\*
- ◊ 1 can (15.25 oz.) of low-sodium corn (drained and rinsed well)\*
- ◊ 1 can (15 oz.) of low sodium black beans (drained and rinsed well)\*
- ◊ 1 small or medium red onion ( small slices)
- ◊ 3 tablespoons vinegar
- ◊ 1 ¼ tablespoon lemon juice
- ◊ 1 teaspoon olive oil
- ◊ dash of salt
- ◊ 3 low-fat, high fiber tortillas
- ◊ 1 teaspoon paprika

It is crucial that you rinse any canned items well as this will get rid of the majority of preservatives or additives.

## Instructions:

1. Take sliced onion, soak in 1 tablespoon of vinegar and dash of salt, and soak for five mins then rinse well, This will get rid of the bitter taste of the onion.
2. Add diced tomatoes, corn, black beans, vinegar, 1 tablespoon lemon juice, olive oil, salt (to taste), and rinsed onions.
3. Cut each tortilla into 8 pieces using a pizza slicer and sprinkle paprika, remaining lemon juice, and salt (to taste) on each side.
4. Toast tortillas for 15-20 minutes. Make sure to flip half way through.

# Easy Southwest Pasta Salad

Submitted by Ivey Davis, a 9th Grader from Mitchell County

Prep Time: 10 minutes, Yields: 6 Servings

This pasta salad is easy to make and packs a great flavor! It is also a beautifully colored dish to serve at pot-lucks and dinners.

## Ingredients:

- ◊ 12 oz. box Tri Colored Rotini pasta
- ◊ 1 cup mayonnaise
- ◊ 1 oz. envelope dry ranch dressing mix
- ◊ 15 oz. cans black beans, drained and rinsed
- ◊ 15 oz. can whole kernel corn, drained and rinsed
- ◊ 2 large tomatoes, chopped
- ◊ 1 cucumber, peeled and chopped
- ◊ 2 cups shredded cheddar cheese
- ◊ 2 Tablespoon ground cumin
- ◊ 1 Tablespoon chili powder
- ◊ ½ cup chopped green onions
- ◊ 1 teaspoon dried red pepper flakes
- ◊ Salt and pepper to taste

## Instructions:

1. Cook pasta according to package directions.
2. Drain and rinse in cold water.
3. Place in a large mixing bowl. Mix with ranch dressing mix, mayo, beans, corn, tomatoes, cheese, cucumber and spices.

# Cajun Stuffed Chicken Breast



Submitted by Scott Hicks, an 10th Grader from Troup County

Prep Time: 45 minutes, Yields: 4 Servings

This recipe takes several common pantry staples and transforms them into an elegant, nutritious meal for a family of four. The Black-eyed pea salsa and the Peach Caprice Salad provide an interesting mix of flavors with these delicious chicken breast.

## Ingredients:

- ◊ 1 cup buttermilk (can substitute 1 cup milk)
- ◊ 1 egg (beaten)
- ◊ 1 tsp Cajun seasoning (divided)
- ◊ 4 chicken breast (boneless, skinless)
- ◊ 1 tsp olive oil (or vegetable oil)
- ◊ 1 large onion, chopped (divided)
- ◊ 2 cups fresh spinach (can substitute canned or frozen spinach or turnip greens, drained)
- ◊ 3 oz. low-fat cream cheese
- ◊ 2 cups bite-sized cheese crackers, crushed
- ◊ 1 (15.25 ounce) can whole kernel corn, drained
- ◊ 1 (15 ounce) can black beans, rinsed and drained
- ◊ 1 (10 ounce) can diced tomatoes and green chilies, drained
- ◊ 1 to 2 carrots, finely chopped or grated
- ◊ 1 cup Italian salad dressing (or more to taste)
- ◊ 1 bell pepper, chopped
- ◊ ½ tsp salt
- ◊ ¼ tsp pepper
- ◊ 1 tsp ground cumin
- ◊ 1 can peach slices (drained)
- ◊ 8 oz. fresh mozzarella cheese
- ◊ 1 to 2 tsp fresh basil leaved, chopped
- ◊ 1 tsp balsamic vinaigrette
- ◊ Salt and pepper to taste

*This recipe is continued on the next page!*

# Cajun Stuffed Chicken Breast (cont'd)

## Instructions:

1. Mix milk, egg and ½ tsp Cajun seasoning. Pour into a gallon sized zip lock bag. Put chicken breast in zip lock bag and place into the refrigerator. This can marinate as long as overnight or as short as while you are preparing the filling.
2. Preheat oven to 350°. Heat olive oil in frying pan over medium high heat.
3. Add ½ of the chopped onion and ½ tsp Cajun seasoning, sauté for 5 minutes or until translucent.
4. Add spinach and sauté 2 to 3 minutes or until just wilted. (If using the canned spinach, sauté until heated thoroughly.) Stir in cream cheese. Remove from heat.
5. Remove the chicken breast from the zip lock bag and set the milk mixture aside. Insert a small paring knife into the thickest part of the chicken breast and slice down the side to make a pocket. Repeat this with each chicken breast. Evenly stuff the chicken breast with the spinach mixture.
6. Spray baking dish with cooking spray. Sprinkle ½ cup of the cracker crumbs on the bottom of the dish. Carefully dip the chicken breast in the milk mixture and then dredge in the cracker crumbs. Place in baking dish. Repeat with each stuffed chicken breast.
7. Sprinkle remaining cracker crumbs on top of the chicken. Bake at 350° for 30 to 45 minutes or until thickest part of the chicken breast reaches 165°.
8. While chicken is baking mix up the black eye pea salsa by placing the remaining chopped onion, whole kernel corn and the next 7 ingredients into a large bowl or gallon sized zip lock bag. Mix thoroughly. Chill in the refrigerator.
9. Place peach slices on a serving plate alternating with mozzarella slices. Sprinkle basil leaves on top. Drizzle with balsamic vinaigrette. Salt and pepper to taste. Cover and chill in the refrigerator until ready to serve.

# Austin's Southwestern Chicken Pie



Submitted by Austin Wiggins, a 10th Grader from Monroe County

Prep Time: 60 minutes, Yields: 16 Pies

This recipe is a dish with roots in the Middle East. It is easy to prepare and is great for a quick meal after a long day!

## Ingredients:

- ◊ 1 teaspoon minced garlic
- ◊ 1 large onion grated or finely chopped
- ◊ 1 15 oz. can of black beans, drained
- ◊ 1 15.5 oz. can of whole kernel corn, drained
- ◊ 1 14 oz. can of green chilies, drained
- ◊ 1 12.5 oz. can of chunk chicken breast, drained
- ◊ 1 10.5oz can of cream of chicken soup
- ◊ 1 teaspoon cumin
- ◊ 1 teaspoon pepper
- ◊ 1 jalapeno pepper finely minced (use seeds and ribs), reserve ¼ for topping on sour cream
- ◊ 1 8 ounce brick of cream cheese and Greek yogurt- softened (if you cannot find, you can use cream cheese or light cream cheese)
- ◊ 4 cans 8 count crescent rolls
- ◊ 1 cup Sour Cream for dipping/spreading on top of pies

## Instructions:

1. Combine all ingredients except crescent rolls, Sour Cream and ¼ of jalapeno. Mix well in a large bowl
2. Preheat oven to 350 degrees and spray jelly roll pan or ovenware with non-stick spray
3. Open crescent rolls and separate the rolls in pairs. Working the dough, you pinch seams of pairs together to form dough squares.
4. Place a scoop of the chicken filling into the center of the dough square
5. Fold the square in half and crimp the dough tightly together around the edges so the filling will not run out.
6. Bake in pan or ovenware for approximately 25 minutes or until golden brown.
7. Remove from oven and serve with jalapeno topped Sour Cream.

# *Georgia Chicken Chili*

Submitted by Kyle Hamilton, a 10th Grader from Mitchell County

Prep Time: 10 minutes, Yields: 6 Servings

This is a fun spin on traditional chili, with it using chicken. It's red and black ingredients make it perfect for any UGA fan, tailgate, or party!

## **Ingredients:**

- ◊ 2 tablespoons vegetable oil
- ◊ 1 large onion, chopped
- ◊ ½ teaspoon garlic clove, minced
- ◊ 1 pkg. white chili mix
- ◊ 2 (10-ounce) cans chicken breast, drained and flaked
- ◊ 1 (15.5-ounce) can red kidney beans, drained and rinsed
- ◊ 1 (15.5-ounce) can black beans, drained and rinsed
- ◊ 1 (14.5-ounce) can chicken broth
- ◊ 1/2 teaspoon salt
- ◊ 2 tablespoons fresh chopped parsley or cilantro
- ◊ Sour cream, shredded cheddar cheese for serving

## **Instructions:**

1. Heat oil in a 3-quart saucepan over medium-high heat.
2. Once the oil is hot, cook onion, celery and garlic about 5 minutes until tender-crisp, stirring occasionally.
3. Stir in white chili mix; cook 1 minute.
4. Add chicken, white beans, chicken broth, and salt .
5. Over high heat, heat to boiling; reduce heat to low; cover and simmer 20 minutes stirring occasionally.
6. Garnish each serving with chopped parsley.
7. Serve with sour cream and shredded cheese.

# Crispy Black Bean Chicken and Rice Burrito

Submitted by Alischia McGee, a 10th Grader from Jenkins County

Prep Time: 60 minutes, Yields: 10 Servings

A very colorful dish and the mixing of the ingredients while cooking are so enticing and aromatic you can't wait to taste it! This is a filling low fat recipe.

## Ingredients:

- ◊ 1 can of Black beans
- ◊ ½ can of whole kernel corn
- ◊ 2 cups of Shredded Mexican cheese
- ◊ ½ cup of rice (cooked)
- ◊ ¼ Green bell pepper (chopped)
- ◊ ¼ Orange bell pepper (chopped)
- ◊ ½ purple onion (chopped)
- ◊ ¼ cup fresh cilantro (chopped) or jar cilantro
- ◊ 2 cans of white chicken
- ◊ 1 tablespoon butter
- ◊ 1 teaspoon oil or cooking spray
- ◊ 1 teaspoon salt
- ◊ 1 teaspoon black pepper
- ◊ 1 teaspoon of cumin
- ◊ Juice of half a lime

peppers, onion, beans, corn, cilantro, butter, juice of the lime, and spices, sauté for 8-10 minutes on medium high.

3. Once bean mixture is done add cooked rice and shredded chicken mix well.
4. To make the wraps, lay tortilla flat on plate or counter with wax paper, add ¼ cup of bean mixture and 2-tablespoons cheese.
5. Be sure to leave about 2-3 inches from the corners. Wrap burrito by folding over the edges. Continue this for all burritos.
6. After the burritos are wrapped heat a large skillet or pan, on low to medium heat, add 1 teaspoon oil or cooking spray, place burritos on the skillet for 1-2 minutes on each side until they are golden and crispy.
7. Then place the crispy burritos on a pan and sprinkle with cheese.
8. Finally, place the pan in the pre-heated oven until cheese melts on top. Once cheese has melted take out of oven, and remove burritos onto a platter.

## Instructions:

1. Preheat oven to 400.
2. Heat a large skillet to medium heat; add bell

# Simple Beef Stew

Submitted by George Wurst , a 10th Grader from Columbia County

Prep Time: 150 minutes, Yields: 4 Servings

This recipe is great for chilly days! The ingredients are simple and easy to find. Once you put it in the oven you don't have to worry about it until the timer tells you it is done!

## Ingredients:

1. 1 lbs. ground beef
2. 1 medium onion, chopped
3. 3 medium carrots, sliced
4. 3 large potatoes, peeled and sliced
5. 1 can (14 1/2 oz.) green beans
6. 1 can (10 3/4 oz.) condensed undiluted tomato soup
7. 1 1/3 cup of water
8. 1 1/2 teaspoons salt

## Instructions:

1. Crumble beef into greased 13 in. x 9 in. baking dish.
2. Layer with the onion, carrots, potatoes, and beans.
3. Combine soup, water, and salt; pour over beans.
4. Cover and bake at 375 degrees for 2 hours or until the meat is no longer pink and vegetables are tender.

# *Arroz con Pollo*

Submitted by Julianne Jones , a 10th Grader from Columbia County

Prep Time: 15 minutes, Yields: 4-6 Servings

A quick, delicious and budget friendly meal!

## **Ingredients:**

1. 2 small cans of chicken
2. 1 can black beans drained & rinsed
3. 1 can diced tomatoes
4. 1 package of mild taco seasoning
5. 1 cup of orzo, uncooked

## **Instructions:**

1. Cook orzo to package directions.
2. Empty both cans of chicken into skillet, mash with fork to shred.
3. Add taco seasoning package, and stir well on medium heat approximately 5 minutes.
4. Add drained and rinsed black beans and diced tomatoes, simmer on medium heat for 5 more minutes stirring occasionally.
5. Meanwhile drain orzo. Arrange on serving platter.
6. Remove skillet from heat. Spoon chicken mixture over orzo.

## Optional:

Garnish with shredded cheese and/or fresh spinach leaves.

May be served on tacos shells or tortillas

# Quick and Easy Shepard's Pie

Submitted by Kaya Pollack , a 10th Grader from Clarke County

Prep Time: 35 minutes, Yields: 6-8 Servings

Who doesn't ;love a good Shepard's Pie? Tis quick and easy recipe will hit the spot and is perfect for potlucks and parties!

## Ingredients:

1. 1 small finely chopped onion or 1/4 of a large onion
2. 1 can peas, drained
3. 1 small can or half of a large can of carrots, drained
4. 1 can whole kernel corn, drained
5. 1 can green beans, drained
6. 2 cans beef stew
7. 2 Tablespoons vegetable oil
8. 2 packages of buttery Homestyle Idahoan instant mashed potatoes
9. 1/2 teaspoon ground pepper
10. 1/2 teaspoon garlic powder
11. 1/4 teaspoon thyme
12. 1/4 teaspoon rosemary
13. 4 cups water
14. 1/4 cup parmesan cheese (optional)

## Instructions:

1. Preheat oven to 350 degrees F
2. Drain the cans of vegetables.
3. Place oil in large skillet and heat on medium high setting.
4. Add finely chopped onion to pan and cook till nicely browned.
5. Add spices, stew and vegetables to pan
6. Thoroughly mix ingredients over medium heat
7. Turn off the stove when everything is heated and mixture can be seen bubbling
8. Pour mixture into a casserole or oven-safe dish
9. Boil 4 cups of water.
10. Add two packages of instant potatoes once the water is boiling, following the package's instructions to make the potatoes.
11. Spoon potatoes over the pan of mixed vegetables and stew, sprinkle with parmesan cheese if desired.
12. Put it in the oven and bake for 10 minutes or until the potatoes are golden.



# 7 Can Soup

Submitted by Kaylie Smith, a 11th Grader from Randolph County

Prep Time: 35 minutes, Yields: 6-8 Servings

This hearty soup is perfect for chasing away the chill of a brisk day. With all of the tasty ingredients it is sure to be filling too!

## Ingredients:

- ◊ 15.25 ounce can corn with red and green peppers, Del Monte Fiesta corn is suggested
- ◊ One 15 ounce can meat only chili
- ◊ One 15 ounce can kidney beans
- ◊ One 15 ounce can pinto beans
- ◊ One 15 ounce can black beans
- ◊ One 15 ounce can diced tomatoes
- ◊ One 10 ounce can diced tomatoes with green chilies, if possible
- ◊ Salt and black pepper to taste
- ◊ 8 ounces of processed cheese

## Instructions:

1. Empty corn, chili, kidney beans, pinto beans, black beans, diced tomatoes and tomatoes with green chilies into a large pot. Do not drain!
2. Cook on high heat until it starts to boil, then reduce the temperature and let simmer for 10 to 15.
3. Dice your cheese and stir into the soup until melted.
4. Add salt and pepper to taste.

# Italian Stew

Submitted by Savannah Padgett , an 11th Grader from Decatur County

Prep Time: 65 minutes, Yields: 8 Servings

This recipe is great for chilly days! You can change and substitute any ingredients that you like and leftover stew reheats well.

## Ingredients:

1. 1 pound ground beef
2. 1 cup diced onion
3. 1/2 cup chopped celery
4. 2 cloves garlic, minced
5. 15-ounce can diced tomatoes, undrained
6. 15-ounce can tomato sauce
7. 15-ounce can red beans
8. 14-ounce can beef broth
9. 1 tablespoon Italian seasoning
10. 2 tablespoons chopped fresh basil or 2 teaspoons dried basil
11. 2 teaspoons salt
12. 1/4 teaspoon black pepper
13. 2 cups shredded cabbage
14. 1 15-ounce can green beans
15. 1 15-ounce can carrots
16. 1 cup of uncooked penne pasta or egg noodles
17. Grated parmesan cheese for serving
18. Soup crackers for serving

## Instructions:

1. In medium pot over medium heat, combine ground beef, onions, celery and garlic. Cook meat until brown and drain off excess grease and return the pot to the stovetop.
2. Add diced tomatoes, red beans, beef broth, Italian seasoning, basil, salt and pepper. Bring to a boil, cover, reduce the heat and simmer for 30 minutes.
3. Add the cabbage, green beans, carrots and pasta or egg noodles. Return to a boil and cook for 10 minutes stirring constantly.
4. Serve topped with grated Parmesan cheese and soup crackers.

# *Simone's Steamy Stew*

Submitted by Simone Sanders , an 11th Grader from Cobb County

Prep Time: 20 minutes, Yields: 10 Servings

Anyone can cook this simple and delicious meal that is full of nutrients!

## **Ingredients:**

1. 1 chopped onion
2. 2 diced tomatoes
3. 1 can tomato soup
4. 2 cans chicken broth
5. 1 can potatoes (chop them)
6. 1 can kidney beans
7. 1 can black beans
8. 1 can whole kernel corn
9. 1 can carrots
10. 1/2 cup pasta
11. 1 can sweet peas
12. A dash of salt & pepper

## **Instructions:**

1. Add in the onions with butter or oil and, let them brown for a couple of minutes.
2. Next, add in your diced tomatoes. Once that cooks for a minute, now you add your tomato soup.
3. Now add in your chicken broth. Let all those liquids simmer for about 3 minutes.
4. Once that is done, you add your potatoes, kidney and black beans, corn, carrots, pasta and peas and let it simmer for about 30 minutes on low.
5. Add salt and pepper to your liking.

# No Meat Burritos

Submitted by Haley Wilson, an 11th Grader from Wilcox County

Prep Time: 40 minutes, Yields: 8-10 Servings

You will never know there is no meat in this burrito, the beans and sweet potatoes are just the right combination to please the palette. Also, served with a side salad, this is a meal in itself!

## Ingredients:

- ◊ 2 large sweet potatoes, peeled & diced
- ◊ 1 15oz whole kernel corn, drained
- ◊ 4 tsp. vegetable oil, divided
- ◊ 1/2 small yellow onion, diced
- ◊ 2 cups cooked canned black beans, drained & rinsed
- ◊ 1/2 tsp. ground cumin
- ◊ Salt & Pepper to taste
- ◊ 10 whole wheat tortillas

2. In a large mixing bowl toss sweet potato chunks in 3 tsp. of oil.
3. Spread he sweet potatoes on a baking sheet and roast in the oven for 25 minutes or until they are tender.
4. In a large skillet, heat 1 tsp. of oil over medium -high heat.
5. Add diced onions and sauté until tender.
6. Add beans, corn, cumin , salt and pepper.
7. Remove from heat and mix in cooked sweet potato chunks, stirring gently. If you stir to much or to heavily you will end up with mashed sweet potatoes.
8. Spoon mixture into the center of each tortilla, roll them and serve.

## Instructions:

1. Preheat oven to 375.

# *Six Can Fiesta Chicken Soup*

Submitted by Davis Grimsley, an 11th Grader from Bleckley County

Prep Time: 90 minutes, Yields: 12 Servings

This is a fun and unique way to incorporate fish into your diet. The Mandarin Orange Salsa adds the perfect amount of sweet!

## **Ingredients:**

### **For Soup:**

1. 1-15 oz. can whole kernel corn, drained
2. 2-14.5 oz. cans chicken broth
3. 1-10 oz. can chunk chicken
4. 1-15 oz. can black beans
5. 1-14.5 oz. can diced tomatoes with green chiles, drained
6. 1 tsp. Mexican Seasoning
7. Salt and Pepper, to taste

### **For Optional Garnishments:**

1. Sour Cream
2. Cheese Crisps
3. Tortilla Crisps
4. Bite-Size Cheese Crackers

### **For Tortilla Crisps:**

1. 3 flour tortillas
2. Olive Oil
3. Salt

### **For Cheese Crisps:**

1. Shredded Cheddar Cheese

## **Instructions:**

### **Soup:**

1. Place cans of drained corn, chicken broth, chuck chicken, black beans and drained diced tomatoes into a large saucepan or stock pot and stir in seasonings.
2. Simmer over medium heat for 10-15 minutes or until chicken is heated through.

### **Tortilla Crisps:**

1. While soup is simmering, cut tortillas into thin strips.
2. Place on ungreased cookie sheet. Brush on olive oil and lightly coat with salt.
3. Bake at 350 degrees until golden brown.

### **Cheese Crisps:**

1. Take a finger full of cheese and place on greased cookie sheet. Bake at 350 degrees until cheese is melted.

Serve soup topped with a dollop of sour cream, cheese crisps and tortilla crisps. Optional: bite-size cheese crackers

# Cheesy Pancetta & Veggie Macaroni Bake

Submitted by Mark Perry, a 12th Grader from Paulding County

Prep Time: 30 minutes, Yields: 4-6 Servings

This all in one dish is sure to be a hit, and the Pancetta provides great flavor! Adding crunchy toppings give this comfort food dish a unique and delicious texture.

## Ingredients:

- ◊ 2 Boxes of macaroni and cheese (partially cooked)
- ◊ 1 can of peas and carrots (drained)
- ◊ 1/2 cup of milk
- ◊ 3 cups shredded sharp cheddar cheese
- ◊ 2 Tbsp. mayonnaise
- ◊ 6 slices of pancetta
- ◊ 1 package of Cheez-Its
- ◊ Cooking spray

5. In a pan cook six slices of pancetta until crispy. Chop the pancetta into small pieces.
6. In a sprayed casserole, combine macaroni, vegetables, pancetta, both packets of cheese mix, mayonnaise, shredded cheese and milk. Mix well.
7. Next, take one cup of cheez-its and crush them. Sprinkle on top of the macaroni, as a crust.
8. Bake at 425 degrees Farenheit for 25 minutes uncovered or until thoroughly heated and cheese is completely melted. Let stand 5 minutes.

## Instructions:

1. Heat oven to 425 degrees Farenheit.
2. Spray casserole dish with nonstick cooking spray.
3. Cook macaroni halfway through. Drain the macaroni.
4. Drain the can of vegetables.

# Tuna Tacos with Mandarin Salsa

Submitted by Hannah Moseley, a 12th Grader from Bleckley County

Prep Time: 90 minutes, Yields: 12 Servings

This is a fun and unique way to incorporate fish into your diet. The Mandarin Orange Salsa adds the perfect amount of sweet!

## Ingredients:

### *Mandarin Orange Salsa:*

1. 2 cans mandarin oranges, drained and cut into thirds
2. 1/4 cup minced onion
3. 1 small jalapeno pepper, seeded and minced (always wear gloves when seeding hot peppers)
4. 1 can diced tomatoes, drained
5. 1/4 cup minced fresh cilantro
6. 1 lime, juiced

### *Tuna Tacos:*

1. 2 cans tuna, drained
2. 1 can black beans, rinsed and drained
3. 1 can diced tomatoes, drained
4. 1 can whole kernel corn, drained
5. 1/2 cup pre-made, purchased salsa, mild or medium
6. 1/2 cup minced onions
7. 1 package corn tortillas, soft (20 per package)

## Instructions:

### *For Salsa:*

1. In a 2 quart mixing bowl, combine oranges, onion, pepper, tomatoes, cilantro and lime juice. Mix well and
2. refrigerate 30 minutes-1 hours to meld flavors.

### *For Tacos:*

1. In a 2 quart saucepan, combine tuna, black beans, tomatoes, corn, salsa and onions. Heat over medium heat for approximately 10 minutes until heated through.
2. While tuna mixture is cooking, in a 10 inch non-stick skillet heated on medium, brown tortillas 2 at a time (no oil).
3. Brown one side approximately 2 minutes then flip and brown remaining side.
4. In tortilla, layer 1/2 cup tuna mixture and 1/4 cup salsa mixture. Garnish with additional cilantro, if desired.