

## Beef Kabobs

<b>Recipes:</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Servings:</b>	<b>8</b>	<b>16</b>	<b>24</b>	<b>32</b>	<b>40</b>	<b>48</b>
<b>Makes: skewers</b>	<b>16</b>	<b>32</b>	<b>48</b>	<b>64</b>	<b>80</b>	<b>96</b>
<b>Ingredients:</b>						
Beef sirloin, cut in cubes	2 lbs.	4 lbs.	6 lbs.	8 lbs.	10 lbs.	12 lbs.
Canola oil	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Reduced sodium soy sauce	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Worcestershire sauce	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Yellow, dijon or spicy brown mustard	3 T.	1/4 C. + 2 T.	1/2 C. + 1 T.	3/4 C.	3/4 C. + 3 T.	1 C. + 2 T.
Coarse black pepper	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Red wine vinegar	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Dried parsley	1-1/2 t.	1 T.	1 T. + 1-1/2 t.	2 T.	2 T. + 1-1/2 t.	3 T.
Minced garlic	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Lemon juice	1/3 C.	2/3 C.	1 C.	1-1/3 C.	1-2/3 C.	2 C.
<b>On Hand:</b>						
Green peppers, cut in chunks	2	4	6	8	10	12
Large onions, cut in chunks	2	4	6	8	10	12
Zucchini, sliced	2	4	6	8	10	12

### Assembly Directions:

Place beef cubes into one gallon freezer bags. In a mixing bowl, combine oil, soy sauce, Worcestershire sauce, mustard, pepper, red wine vinegar, parsley, garlic, and lemon juice. Whisk until thoroughly combined. Pour marinade over beef cubes. One recipe will yield a little over 1-3/4 cup of marinade.

### Freezing Directions:

Seal, label, and freeze.

### Serving Directions:

Thaw in refrigerator overnight. Soak bamboo skewers in water for at least 30 minutes before using. Heat grill to medium high heat. Alternate meat and on hand vegetables on skewers until all skewers are loaded. Place on grill and cook to desired doneness. Discard marinade.



### Nutritional Info: 2 skewers per serving

Oil was not included in the nutritional analysis.

Per Serving: 303 Calories; 16g Fat (47.9% calories from fat); 28g Protein; 12g Carbohydrate; 2g Dietary Fiber; 84mg Cholesterol; 512mg Sodium.

Exchanges: 3-1/2 Lean Meat; 1 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

## Fried Rice

Recipes:	1	2	3	4	5	6
<b>Servings:</b>	<b>4</b>	<b>8</b>	<b>12</b>	<b>16</b>	<b>20</b>	<b>24</b>
<b>Ingredients:</b>						
Frozen peas and carrots <sup>1</sup>	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Cold cooked rice	3 C.	6 C.	9 C.	12 C.	15 C.	18 C.
<b>On Hand:</b>						
Canola oil, divided	2 T.	1/4 C.	1/4 C. + 2 T.	1/2 C.	1/2 C. + 2 T.	3/4 C.
Eggs	2	4	6	8	10	12
Reduced sodium soy sauce	3 T.	1/4 C. + 2 T.	1/2 C. + 1 T.	3/4 C.	3/4 C. + 3 T.	1 C. + 2 T.
Black pepper	1 dash	1/8 t.	1/4 t.	1/4 t. + 1/8 t.	1/2 t.	1/2 t. + 1/8 t.

### Assembly Directions:

In a large bowl, combine the peas and carrots, and rice. Mix well.

### Freezing Directions:

Place rice mixture in a freezer bag or container. Seal, label, and freeze.

### Serving Directions:

Thaw bag of rice mixture in refrigerator overnight.

Heat 1 T. oil in a large skillet. Dump rice mixture into the skillet. Cook and stir over medium heat, breaking up any chunks of rice, until hot, about 5 minutes. Push rice mixture to the side of the skillet.

Add 1 T. oil to the empty side of the skillet and add the eggs. Cook and stir until eggs are thickened but still moist. Combine eggs with the rice mixture. Turn off heat. Stir in soy sauce and pepper. Serve.



### Notes:

<sup>1</sup> You can find bags of mixed frozen peas and carrots in your grocer's frozen vegetable section. You could also use 1/2 C. of frozen peas, and 1/2 C. of cooked chopped carrots per recipe instead.

You can use white rice or a mixture of white and brown rice for this recipe. You can also pre-make the entire recipe and freeze it, so you just have to reheat it but it tastes fresher if you make it per the directions above. This recipe only takes about 10 minutes to make, so it's very quick and easy!

### Nutritional Info:

Per Serving: 273 Calories; 10g Fat (31.6% calories from fat); 8g Protein; 38g Carbohydrate; 2g Dietary Fiber; 94mg Cholesterol; 510mg Sodium.

Exchanges: 2-1/2 Grain (Starch); 1/2 Lean Meat; 1-1/2 Fat.

## Hot Pizza Dip

Recipes:	1	2	3	4	5	6
<b>Servings:</b>	<b>12</b>	<b>24</b>	<b>36</b>	<b>48</b>	<b>60</b>	<b>72</b>
<b>Makes:</b>	<b>3 C.</b>	<b>6 C.</b>	<b>9 C.</b>	<b>12 C.</b>	<b>15 C.</b>	<b>18 C.</b>
<b>Ingredients:</b>						
Reduced fat cream cheese, softened	8 oz.	16 oz.	24 oz.	32 oz.	40 oz.	48 oz.
Reduced fat sour cream	4 oz.	8 oz.	12 oz.	16 oz.	20 oz.	24 oz.
Garlic powder	1/8 t.	1/4 t.	3/8 t.	1/2 t.	1/2 t. + 1/8 t.	3/4 t.
Dried oregano	1/4 t.	1/2 t.	3/4 t.	1 t.	1-1/4 t.	1-1/2 t.
Pizza sauce	3/4 C.	1-1/2 C.	2-1/4 C.	3 C.	3-3/4 C.	4-1/2 C.
Diced pepperoni	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Chopped onion <sup>1</sup>	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Chopped green peppers <sup>2</sup>	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Shredded mozzarella cheese <sup>3</sup>	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.

### Assembly Directions:

In a small mixing bowl, combine the cream cheese, sour cream, garlic powder and oregano. Spread the mixture in a 9" glass pie plate. Spread the pizza sauce over the cream cheese mixture. Evenly sprinkle the pepperoni, onion and pepper on top of the pizza sauce. Bake at 350 degrees for 18 minutes. Remove from the oven and set aside to cool.



### Freezing Directions:

Cover the top of the cooled pie plate with waxed paper or plastic wrap. Then cover the whole dish in foil. Or, put the covered plate in a one- or two-gallon freezer bag. Put the mozzarella cheese in a one-quart freezer bag. Seal, label and freeze.

### Serving Directions:

Thaw dish and bag of mozzarella cheese at least overnight in the refrigerator. If the dish is wrapped in waxed paper or plastic wrap, remove it before baking. Bake in the oven at 350 degrees for 15 minutes. Remove from the oven, sprinkle the mozzarella cheese on top, and return to the oven for 8-10 minutes. Serve hot with tortilla chips for dipping.

### Notes:

- <sup>1</sup> 1 medium onion = 1 C. chopped
- <sup>2</sup> 1 large pepper = 1 C. chopped
- <sup>3</sup> 8 oz. cheese = 2 C. shredded

This dish is a great appetizer! Tortilla chips are a great choice for "dippers", but you could also use breadsticks, crackers, or even pizza veggies such as broccoli florets, mushroom halves, green pepper strips, etc.

### Nutritional Info:

Per Serving: 123 Calories; 9g Fat (64.6% calories from fat); 7g Protein; 4g Carbohydrate; trace Dietary Fiber; 22mg Cholesterol; 407mg Sodium.  
Exchanges: 1 Lean Meat; 1/2 Vegetable; 1 Fat.

## Creamy Frozen Mocha Dessert

Recipes:	1	2	3	4	5	6
<b>Servings:</b>	<b>12</b>	<b>24</b>	<b>36</b>	<b>48</b>	<b>60</b>	<b>72</b>
<b>Ingredients:</b>						
Instant coffee granules	2 t.	1 T. + 1 t.	2 T.	2 T. + 2 t.	3 T. + 1 t.	1/4 C.
Hot water	1 T.	2 T.	3 T.	1/4 C.	1/4 C. + 1 T.	1/4 C. + 2 T.
Chocolate sandwich cookie crumbs <sup>1</sup>	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Chopped pecans, divided <sup>2</sup>	3/4 C.	1-1/2 C.	2-1/4 C.	3 C.	3-3/4 C.	4-1/2 C.
Butter or margarine, melted	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Reduced fat cream cheese, softened	16 oz.	32 oz.	48 oz.	64 oz.	80 oz.	96 oz.
Sweetened condensed milk	14 oz.	28 oz.	42 oz.	56 oz.	70 oz.	84 oz.
Chocolate flavored syrup	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Non-dairy fat free whipped topping, thawed	8 oz.	16 oz.	24 oz.	32 oz.	40 oz.	48 oz.

### Assembly Directions:

In a small cup, dissolve coffee granules in hot water. Set aside.

In another bowl, combine cookie crumbs, 1/2 C. pecans, and butter. Pat into the bottom of a 9x13 baking dish.

In a mixing bowl, beat cream cheese until light and fluffy. Blend in coffee mixture, milk and chocolate syrup. Fold in whipped topping and spread over crust. Sprinkle the remaining pecan on top.

### Freezing Directions:

Wrap completely in heavy-duty aluminum foil, or put dessert in a two gallon freezer bag. Seal, label, and freeze.



### Serving Directions:

Thaw slightly and serve.

### Notes:

<sup>1</sup> 14 sandwich cookies = 1 C. crumbs

<sup>2</sup> 1 lb. pecans = 3-3/4 cups chopped

One recipe can be made in two 8x8 pans.

### Nutritional Info:

Per Serving: 377 Calories; 20g Fat (46.8% calories from fat); 8g Protein; 43g Carbohydrate; 1g Dietary Fiber; 33mg Cholesterol; 371mg Sodium.

Exchanges: 1/2 Lean Meat; 3-1/2 Fat; 2-1/2 Other Carbohydrates.