



TURN MEALTIME INTO FUNTIME!

Whole Grain Nutrition in Every Yummy Bite

Chili Out

Make this great tasting, healthy twist on chili dogs by using all beef, lean hot dogs and turkey chili—a good way to make use of leftover chili, but do cook it down some; if it's too soupy you'll just make the hotdog buns soggy.

Serves 8

8 Sara Lee® Soft & Smooth® Hotdog Buns

8 all-beef, 97% lean hot dogs

2 cups turkey chili (make your favorite recipe using turkey instead of beef), cooked down so most of liquid is evaporated

8 ounces shredded nonfat (or 2%) cheddar cheese

1. Heat oven to 350 degrees. Open hot dog buns and place them on cookie sheet cut-side-up. Toast lightly in oven 5 minutes, until just golden. Remove but leave on cookie sheet.
2. Grill hot dogs in a grill pan or on outdoor grill until hot, about 5 minutes. While hotdogs are grilling, warm chili in saucepan over medium heat.
3. To serve, place 1 hotdog on each bun. Top each hotdog with 1/4 cup chili and finish with 1 ounce shredded nonfat (or 2%) cheddar cheese. Return to oven until cheese melts. Serve immediately.





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Pizza Blast-Off

Instead of burgers or pizza tonight, serve up the best of both worlds: lean ground beef in your favorite pizza sauce with skim mozzarella. Please everyone by letting the kids customize their pizza burger with their own favorite toppings—keep it extra nutritious by offering plenty of veggie toppings (grilled onions, cooked mushrooms, etc.). Toasting the buns keeps them from getting soggy once the toppings go on.

Makes 8 pizza burgers

8 Sara Lee® Soft & Smooth® Hamburger buns
or try NEW Soft & Smooth® Mini Buns

1 pound lean ground beef

1 small onion, finely diced

2 cups pizza sauce

8 ounces shredded skim milk mozzarella

Pizza toppings: pepperoni, cooked sausage, sautéed vegetables.

Optional Garnish: sliced green onions or chopped parsley

1. Open burger buns and place on a cookie sheet and place in 350 degree oven for about 5 minutes, until golden brown. Remove from oven and cool slightly. Leave on cookie sheet.

2. While burger buns toast, cook ground beef with onion over medium-high heat in nonstick skillet. Cook until all pink is gone; drain if necessary. Add pizza sauce to skillet and bring to simmer.

3. Top each half burger bun with scant 1/4 cup pizza sauce and cheese, dividing both evenly among the 16 burger bun halves. Add any requested toppings. Bake until cheese melts, about 5 minutes. Garnish with onions or parsley if desired. Serve immediately.





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Texas Two-Step Turkey Ranch

Everyone's favorite flavors: cream cheese, ranch dressing and turkey work together on one sandwich. This makes a great lunchbox treat because the cream cheese keeps the bread from getting soggy.

Makes 4 sandwiches

8 ounces light or nonfat cream cheese, softened
to room temperature

1/2 packet ranch-style dry dressing mix

8 Slices Sara Lee® Soft & Smooth® Bread

8 ounces sliced turkey lunch meat

1 cup shredded iceberg lettuce

Mix cream cheese and dressing mix together in a small bowl. Lay out 8 slices bread and spread each slice with 1 tablespoon cream cheese mixture. Top 4 slices of bread with 2 ounces turkey each. Top each turkey slice with 1/4 cup shredded iceberg lettuce. Top these 4 slices with remaining bread, cream cheese side down. Slice on diagonal and serve or bag and chill.





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Trail Mix Bagels

Mini bagels topped with trail mix and peanut butter are easy after school snacks to prepare. Just the snack kids need to get them through to dinner: high protein and so tasty they'll never suspect it's actually good for them.

Makes 4 bagel snacks

- 4 Sara Lee® Soft & Smooth® Mini Bagels
- 1/2 cup peanut butter (we like chunky for that extra crunch, but smooth works, too)
- 1/4 cup sliced almonds
- 1/4 cup golden raisins
- 1 apple, peeled, cored, sliced and cut into small pieces.
- Cinnamon for dusting
- Optional: Honey

Lay bagels out on toaster oven tray, cut side up. Spread each half with 1 tablespoon peanut butter. Divide almonds and raisins evenly among the halves. Gently top each half with a few pieces chopped apple. Bake in toaster oven about 5 minutes, just until peanut butter looks glossy. Sprinkle with cinnamon and, if using, a drizzle of honey. Cool slightly and serve.

