

# Cheeseburger Casserole



- 2 sprays cooking spray
- 2 large Yukon Gold potatoes, boiled or steamed whole, drained and cooled
- 1 medium garlic clove(s), minced
- 1 small onion(s), chopped
- 1 small green pepper(s), chopped
- 1 cup mushroom(s), sliced
- 1 pound lean ground turkey
- 1/8 tsp ground cumin
- 1/4 tsp table salt
- 1/8 tsp black pepper, freshly ground
- 2 oz Kraft Velveeta Light Reduced-Fat Pasteurized Processed Cheese Product, or similar product, cubed
- 1/4 cup low-fat evaporated milk
- 1/8 tsp crushed red pepper flakes
- 8 items baked low-fat tortilla chips, crushed

Preheat oven to 350°F. Coat a 9-inch square baking dish with cooking spray. Peel and thinly slice potatoes; layer in prepared baking dish. Bake potatoes until slightly crisp, about 10 minutes; remove baking dish from oven and set aside. While potatoes are baking, coat a large nonstick skillet with cooking spray and warm over medium-high heat; add garlic, onion, green pepper and mushrooms. Cook, stirring frequently, until vegetables are tender, about 7 to 10 minutes; remove to a plate, cover to keep warm and set aside. Add turkey to skillet; cook until browned, breaking up meat with a wooden spoon as it cooks, about 8 to 10 minutes. Add cooked vegetables, cumin, salt and pepper to turkey and stir to combine; spread mixture over potatoes in baking dish. In a small microwave safe bowl, combine cheese product, evaporated milk and crushed red pepper flakes; cover and microwave on high power until cheese melts, about 1 to 2 minutes. Spoon melted cheese over turkey and sprinkle with tortilla chips. Bake for 35 minutes; remove from oven and let stand for 5 minutes before slicing into 6 pieces. Yields 1 piece per serving.

# Almond Drop Cookies

- 2 1/2 cups flour
- 1 cup sugar
- 1/2 teaspoon baking soda
- 1/8 teaspoon Salt
- 1 cup butter, softened
- 1/2 cup egg substitute
- 1 tablespoon almond extract

1. Preheat oven to 325° degrees F.
2. In food processor mix flour, sugar, butter, salt and baking soda until it forms little Balls.
3. Add egg substitute and extract.
4. Drop spoon full of batter onto greased cookie sheet.
5. Bake for 25 minutes.

Makes 2 to 3 dozen cookies  
Approximate Nutritional Breakdown Per Cookie:  
Calories 73, Protein 1g, Carbohydrate 14g, Fat 1g, Fiber 0



## Reduce Stress:

Easier said than done right? Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like. (Soak in a hot tub; walk on the beach or in a park; read a good book; visit a friend; play with your dog; listen to soothing music; watch a funny movie; Get a massage, a facial or a haircut) Meditate. Count to ten before losing your temper or getting aggravated. Avoid difficult people when possible.

