# MEAL RECIPES

## Pita Pizza

**Ingredients**
- Pitas
- Pizza Sauce
- Cheese
- Toppings (optional)

**Directions**
Spoon sauce over pita, top with your choice of cheese and toppings. Place on grill or in oven (375 degrees) for about 5-8 minutes.

## Quesadillas

**Ingredients**
- Tortillas
- Cheese
- Toppings (Optional)

**Directions**
Place cheese and toppings between 2 tortillas. Place on grill or stovetop for about 3-5 minutes.

## Oven Fried Chicken

**Ingredients**
- ½ cup cornflakes, crushed
- ½ grated parmesan cheese
- ¼ low-fat milk
- 4 boneless, skinless chicken breast halves

**Directions**
Preheat oven to 350 degrees. Grease baking sheet. Combine cornflakes & cheese in one bowl, and milk in another. Dip chicken in milk and then cornflake mixture. Add salt & pepper to taste. Bake for 30 minutes.

## 'Gator Bait' Turkey Burgers

**Ingredients**
- 1 (16-20 oz.) package ground turkey
- 1 tsp. dried basil
- 1 tsp. onion powder
- ½ cup breadcrumbs
- Salt to taste

**Directions**
Mix all ingredients. Shape into 5 patties. Place on grill, and cook 7-8 minutes. Internal temperature should reach 165 degrees. Serve with buns & your choice of toppings.

## Baked Ziti

**Ingredients**
- 1 lb. ziti
- 1 (15 oz.) container low fat ricotta
- 8 oz. mozzarella cheese
- 1 lb. cooked lean ground beef (optional)
- 1 tsp. dried basil
- 1 jar pasta sauce
- 2 Tbsp. parmesan cheese

**Directions**

## Grilled Pepper Poppers

**Ingredients**
- Red, green or yellow peppers
- Your choice of shredded cheese

**Directions**
Cut peppers in halves, lengthwise. Remove seeds. Sprinkle cheese into pepper halves. Carefully place on the grill. Cook until the pepper chars slightly. Remove peppers from grill carefully.