



Healthy Snack Recipes

Tuna Pizza (requires mom's help)

- 4 English muffins or flour tortillas
 - 1 6-ounce can of tuna, water-pack, well drained
 - 2 tablespoons of mayonnaise
 - Tomato sauce or salsa
 - Shredded cheese
1. Mix tuna and mayonnaise together well.
 2. Place 4 English muffins on a paper towel.
 3. Spread tuna mixture on muffins and top with tomato sauce and shredded cheese.
 4. Heat in the microwave until cheese is melted (you can also bake at 350 for 15 minutes or until cheese is melted).
 5. **Cool before eating.**



“No Fat” Bean Dip

- 16 ounce can of kidney beans
 - ½ can salsa of choice (mild, medium or hot)
1. Open kidney beans, put into colander and rinse with water.
 2. Put rinsed kidney beans and salsa into a blender on low speed until thick and smooth.
 3. Remove dip from blender, place in bowl and serve.

“Low Fat” Tortilla Chips

- 1 to 2 packages of corn tortillas
 - “No Fat” Bean Dip (from above)
1. Cut tortillas into pieces (like a pie or into strips). Place tortillas on a cookie sheet or pan and bake at 350 degrees for 10 minutes or until toasted.
 2. For crispier chips, dip the tortillas into a bowl of lightly salted water before baking.
 3. Let cool and serve.

