



Healthy Rewards

Staying Healthy Is Now More Rewarding!



Try these great recipes!



Caribbean Milk Cooler

Makes 4 servings
Prep Time: 10 min
Cook Time: 5 min

Ingredients:

2 cups fat-free or low-fat milk
2 cups unsweetened pineapple juice
1 tablespoon vanilla extract
1 tablespoon coconut extract
2 tablespoons sugar
Ice cubes
Mint sprigs (optional)

Instructions:

In a blender container, combine all ingredients except ice cubes and mint and blend on high speed until frothy. Pour into four tall glasses filled with ice cubes. Garnish with mint sprigs if desired. Note: For a thicker drink, freeze pineapple juice in an ice cube tray. Blend these pineapple cubes with all other ingredients except mint. Omit regular ice cubes. Serve in a chilled glass.



Strawberry Frozen Yogurt Squares

Makes 9 servings (2 1/2 x 2 1/2 inch bars)
Prep time: 10 minutes
Freezer time: 8 hours

Ingredients:

1 cup crunchy wheat and barley cereal
3 cups fat-free strawberry yogurt
1 (10-ounce) bag frozen unsweetened strawberries (about 2 1/2 cups)
1 cup fat-free sweetened condensed milk
1 cup light or fat-free whipped topping (optional)

Instructions:

Line an 8x8-inch baking pan with foil. Sprinkle cereal evenly on the bottom of the pan; set aside.

Place yogurt, strawberries and condensed milk in a blender; cover and blend until smooth. Pour the mixture over top of cereal, gently smoothing yogurt mixture to edges of pan. Cover with foil (or plastic wrap) and freeze for 8 hours or until firm. Use edges of foil to loosen and remove from pan; let recipe thaw for 5 to 10 minutes. Cut into squares, top with whipped topping, if desired, and serve.



Beef Burrito With Pepper Jack Cheese

Makes 6 servings
Prep time: 15 minutes
Cook time: 9 minutes

Ingredients:

1/2 pound ground beef sirloin
2 teaspoons minced garlic
1 cup chunky salsa, divided
2 cups cooked brown or white rice
6 (9-inch) whole-wheat flour tortillas
1 (15-ounce) can black beans, drained and rinsed
1 (11-ounce) can corn kernels, drained
2 cups shredded Pepper Jack cheese
1/3 cup sliced green onion, including green tops

Instructions:

In a medium non-stick skillet, brown ground beef and garlic over medium heat; (break beef mixture up into smaller chunks with a spoon). Drain fat and stir in 1/2 cup of the salsa; set aside.

Spread 1/3 cup of rice on center of a tortilla, leaving a 1/2-inch border. Scatter about 2 tablespoons of beans and 1 1/2 tablespoons of corn over rice. Spread 1/3 cup of the beef mixture and 1/4 cup of the cheese over corn. Top with 2 teaspoons of the salsa and a few pieces of green onion. Fold in two opposite edges of tortilla one inch each and roll up. Place, seam side down, on microwave safe dish. Repeat with remaining tortillas.

Place burritos in a microwave oven and heat 1 minute or until heated through. Serve with remaining salsa.