

## Tex-Mex Skillet

Recipe by:  
Cooking Matters  
Serving Size  
Serves 8, 1/2 cup filling and 1 tortilla per serving

### Ingredients

1/2 medium head lettuce  
1 medium green bell pepper  
1 large tomato  
1 small jalapeño pepper  
1/2 medium red onion  
2 cloves garlic  
2 ounces low-fat cheddar cheese  
1 (15 1/2-ounce) can black beans, no salt added  
1 pound lean ground beef, chicken, or turkey  
1 (12-ounce) bag frozen corn  
1/2 cup water  
3/4 teaspoon chili powder  
1/4 teaspoon salt  
1/4 teaspoon ground cumin  
Pinch ground black pepper  
8 (6-inch) whole wheat flour tortillas

### Materials

Box grater  
Can opener  
Colander  
Cutting board  
Large skillet with lid

Measuring cups  
Measuring spoons  
Sharp knife  
Small bowl  
Nutritional Information

### Instructions

1. Rinse lettuce, bell pepper, tomato, and jalapeño. Rinse and peel onion. Peel garlic.
2. Chop or shred lettuce into bite-size pieces. Mince garlic. Halve the jalapeño and bell peppers. Remove seeds with the tip of a knife. Dice peppers.
3. Over a small bowl, grate tomato and onion using the coarse side of a box grater. Collect all pulp and juices.
4. Grate cheddar cheese.
5. In a colander, drain and rinse beans.
6. In a large skillet over medium-high heat, cook meat, bell pepper, and garlic, until meat is lightly browned. Drain to remove fat.
7. Stir in frozen corn, beans, water, and spices. Bring mixture to a boil. Lower heat and cover. Simmer for 10 minutes, or until most liquid is gone.

8. While meat mixture is simmering, make a salsa. Add jalapeño and a pinch of salt to the grated tomato and onion. Stir and set aside.
9. Divide the meat mixture evenly among the 8 tortillas. Top each with grated cheese, salsa, and lettuce. Roll up and serve.

### Chef's Notes

- Use any type of cooked beans in place of the black beans.
- For a vegetarian option, use an extra can of drained and rinsed beans in place of the meat.
- To increase heat, leave a few seeds from the jalapeño in the salsa. Or, season with an extra pinch of cayenne pepper.
- Top with rinsed and chopped tomatoes, green onions, low-fat sour cream, or low-fat plain yogurt, if you like.



## Rolled Oats and Peanut Butter Cookies

Recipe by:  
Chef Paulette Pashenee  
Serving Size  
Serves 18, 2 cookies per serving

### Ingredients

1 ripe banana  
1/2 stick (4 Tablespoons) unsalted butter  
1/3 cup granulated sugar  
1/2 cup peanut butter  
1/3 cup light brown sugar, packed  
1 large egg  
1/2 teaspoon vanilla extract  
1/2 cup all-purpose flour  
1/2 cup whole wheat flour  
1/2 teaspoon baking soda  
2/3 cup rolled oats  
Optional Ingredients:  
1/2 cup raisins (or 1/3 cup chocolate chips)

### Materials

Baking sheet  
Fork  
Large bowl  
Measuring cups  
Measuring spoons

Microwave-safe bowl  
Mixing spoon  
Sharp knife

### Instructions

1. Preheat oven to 375°F.
2. Mash the banana with a fork.
3. Cut butter in half. In a microwave-safe bowl, heat in microwave 10–15 seconds to soften. Be careful not to melt butter.
4. In a large bowl, use a mixing spoon to blend butter, banana, and sugar.
5. Add peanut butter and brown sugar. Continue mixing until completely combined.
6. Add egg and vanilla. Mix until smooth.
7. Add flours and baking soda. Mix until smooth.
8. Stir in rolled oats. If using chocolate chips or raisins, gently stir in now.
9. Scoop dough with a teaspoon. Shape into 1-inch balls. Place dough balls 2 inches apart on an

ungreased baking sheet. Flatten dough balls by using a fork to make a criss-cross pattern on the cookies.

10. Bake on middle rack of oven until cookies are lightly browned on bottom, about 8–10 minutes. Remove from oven. Let sit 5 minutes to firm up. Remove from tray.

### Chef's Notes

- Cookies may take a little more or less time to brown depending on your oven.
- For a quick snack, crumble cookies on top of 1/2 cup low-fat plain yogurt.



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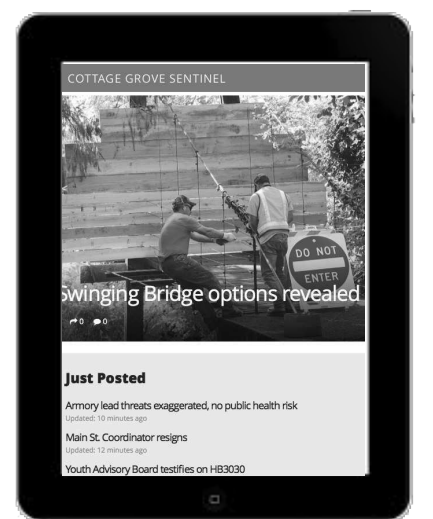
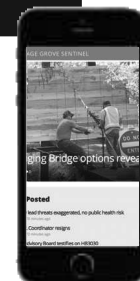
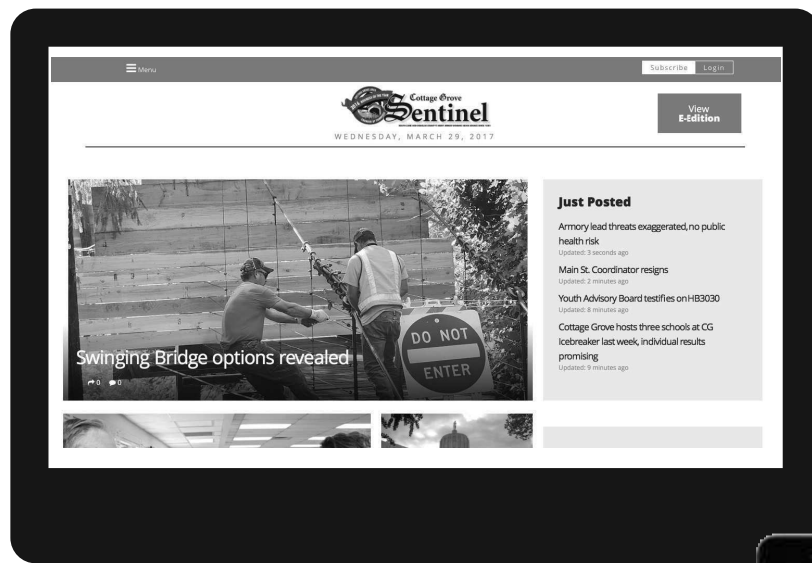
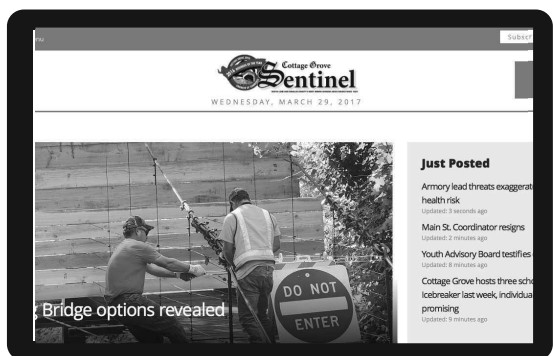
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