

Spoon meat mixture down center of each tortilla; roll and place seam-side down in greased 13" x 9" x 2" baking dish.

Spoon remaining 1 cup picante sauce evenly over enchiladas. Sprinkle with cheese and bake in a preheated 350°F oven 5-7 minutes until cheese melts.

Serve with additional picante sauce. Garnish with regular or fat-free dairy sour cream, ripe olive slices, shredded lettuce and fresh cilantro, as desired. Makes 10-12 enchiladas.

Nutrition Analysis. If making 12 enchiladas, one enchilada provides 326 calories, 20 g protein, 34 g carbohydrates, 3 g dietary fiber, 13 g fat, 48 mg cholesterol, 116 mg calcium, 409 mg potassium and 595 mg sodium.

*1 cup fresh or frozen corn kernels may be substituted.

Form into 2 balls; roll between wax paper until 1/8-inch thick. Remove paper; cut out 24 3-inch circles with a cookie cutter or empty fruit can. Fit into 2-inch tart pans or over inverted custard or muffin cups; prick well. Bake in preheated 450°F oven 8-10 minutes or until golden. Remove from pan; cool.

For filling: Combine sugar, flour, cornstarch and salt in a saucepan. Mix in milk. Stirring constantly, cook over medium-high heat until thickened. Stir 6 tablespoons of the mixture into the beaten eggs yolks and return to saucepan. Cook and stir until filling boils. Remove from heat and stir in vanilla; cool.

For glaze: Strain raspberries and reserve juice. Add enough orange juice to raspberry juice to make 1 cup of liquid. In small saucepan, combine sugar and cornstarch. Stir in juice. Cook and stir over medium-high heat until thickened.

To serve, spoon 2 tablespoons filling into each tart and drizzle a tablespoon of glaze over each. Cover and refrigerate tarts to store. Makes 24 tarts.

Nutrition Analysis. One tart provides 157 calories, 3 g protein, 26 g carbohydrates, 1 g dietary fiber, 5 g fat, 1 mg cholesterol, 45 mg calcium, 103 mg potassium and 61 mg sodium.

*Modified to decrease fat, salt and calories.

Spaghetti Pizza

1/2 pound lean ground turkey, beef or pork	1/2 cup skim milk
1 medium clove garlic, peeled and minced	1 egg, beaten
6 ounces uncooked spaghetti	2 cups spaghetti sauce
	1 cup shredded, part-skim mozzarella

Preheat oven to 350°F. Spray a 12" pizza pan or 9" x 13" pan with cooking spray. Do not choose a pizza pan with holes designed for a crisp crust.

In a small skillet, brown meat with minced garlic; drain.

Break spaghetti into 3-inch pieces. Cook according to package directions; drain thoroughly.

In large bowl, combine milk and egg. Stir in thoroughly drained spaghetti. Pour into prepared pan.

Top with meat, sauce, cheese, and 1/4 cup each of your choice of toppings:

Sunflower Wheat Bread (Bread Machine)

1 1/2-Pound Loaf	Ingredient	1-Pound Loaf
3/4 cup	Water	1/2 cup
1/3 cup	Cracked wheat	1/4 cup
1 cup	Skim milk (80°F)	3/4 cup
2 1/2 cups	Bread flour	1 3/4 cups
1/2 cup	Whole wheat flour	1/4 cup
1 teaspoon	Salt	1/2 teaspoon
1 1/2 tablespoons	Butter	1 tablespoon
2 tablespoons	Honey	1 tablespoon
1/8 teaspoon	Ground turmeric, optional	1/16 teaspoon
2 tablespoons	Dry roasted, salted sunflower seeds	1 tablespoon
1/2 teaspoon	Grated orange zest	1/4 teaspoon
1 tablespoon	Orange juice	1 1/2 teaspoons
2 teaspoons	Active dry yeast	1 1/2 teaspoons