

### Lime and Chicken Soup with Avocado

*Taken from Walk KS*

2 T olive oil  
1 large yellow onion  
3 stalks celery, thinly sliced  
1 medium jalapeno pepper, seeded, diced  
5 cloves garlic, minced  
1 lb. boneless, skinless chicken breast  
1 cup frozen corn  
1 can (14.5 ounces) no-salt-added diced tomatoes  
6 cups reduced-sodium chicken broth  
1 1/2 tsp. Italian seasoning  
1 tsp. oregano  
1/4 tsp. cumin  
3 medium limes, 2 cut in half, 1 cut into 6 wedges for garnish  
1/2 bunch cilantro, rinsed, chopped  
1 medium avocado, cut into 1/2 inch cubes.  
In soup pot, heat oil over medium-high heat. Sauté onion, celery, jalapeno, and garlic for 6 minutes or until tender.  
Add whole chicken breast, corn, tomatoes, broth, and seasonings to pot. Stir to mix ingredients. Bring soup to a boil over high heat; then reduce heat, cover and simmer for 55 minutes. Remove chicken breast to large platter and shred using two forks. Return chicken to soup. Over strainer to catch seeds, squeeze juice of 2 limes into soup. Add cilantro and gently stir. Ladle soup into serving bowls. Top each bowl with avocado, garnish with lime wedge and serve.

6 servings

285 calories; 12g fat, 18g carbohydrates, 589mg sodium

### Fruit Pizza

*Submitted by Katrina Tharman*

1 roll (16.5 oz) Pillsbury™ refrigerated sugar cookies  
1 pkg. (8 oz.) fat-free cream cheese, softened  
1/3 cup sugar or 8 T Spenda Sugar Blend  
1/2 tsp vanilla  
2 kiwifruit, peeled, halved lengthwise and sliced  
1 cup halved or quartered fresh strawberries  
1 cup fresh or frozen blueberries  
1 cup fresh grapes, halved

\*can substitute or add different fruits as desired

Heat oven to 350°F. Spray 12-inch pizza pan with cooking spray. Break up cookie dough in pan; press dough evenly in bottom of pan to within 1/2 inch of edge. Bake 16 or 20 minutes or until golden brown. Cool completely on cooling rack, about 30 minutes. In a small bowl, beat cream cheese, sugar and vanilla with electric mixer on medium speed until fluffy. Spread mixture over cooled crust. Arrange fruit over cream cheese. Stir jelly until smooth; spoon or brush over fruit. Refrigerate until chilled, at least 1 hour. To serve, cut into wedges or squares. Cover and refrigerate any remaining pizza.

15 servings

190 calories, 7g fat, 210mg sodium, 15g sugars

### Corn and Black Bean Salsa

*Taken from Walk KS*

1 15.5 can black beans, drained and rinsed  
2 cups frozen corn  
1/2 cup fresh cilantro, chopped  
1/4 cup green onion, chopped  
1/4 cup red onion, chopped  
1 clove garlic, minced  
1/2 cup fresh lime juice  
1 1/2 T vegetable or olive oil  
1 to 2 tsp. ground cumin (according to your taste)  
1/2 cup chopped tomatoes  
Salt and pepper to taste  
Combine all ingredients except tomatoes. Chill for 2 hours. Add tomatoes and serve. 1/2 cup servings  
80 calories, 2.5g fat, 13g carbohydrates, 60mg sodium

### Lazy Daisy Cake

*Submitted by Janice Eylar*

Beat together:  
2 eggs  
1 cup sugar  
Heat together:  
1/2 cup milk  
2 T butter  
Alternately mix together with above:  
1 cup flour  
1 tsp. baking powder  
Bake at 350° in 9x13 pan for 30 minutes. Remove from oven and cover with icing.

#### Icing Recipe:

3/4 cup brown sugar  
4 T cream  
3 oz. melted butter  
1 cup coconut.  
Put back in oven until sugar melts. 15 servings  
250 calories, 11g fat, 30g sugars, 150mg sodium

### Pumpkin Bread

*Submitted by Opal Jamvold*

3 cups sugar  
2 cups pumpkin or squash  
1 tsp. cinnamon  
3 1/2 cups flour  
1 cup oil  
2/3 cup water  
1 tsp. nutmeg  
2 tsp. soda  
4 eggs  
1 1/2 tsp salt  
Combine dry ingredients and set aside. Beat eggs and add sugar, oil, pumpkin, and water. Mix well. Add dry ingredients; put in greased pans and bake at 350° for about 1 hour.  
3 Loaves—15 servings  
410 calories, 16g fat, 420mg sodium, 42g sugars

Recipes are due April 15, 2020 from  
Moray Homemakers.