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

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

Fruit Pizza

Submitted by Katrina Thorman

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, 216mg sodium, 15g sugars

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.