

Mango & Black Bean Salad

Ingredients:

1 15.8 ounce can black beans, drained and rinsed
2 cups mango, peeled and diced
1 cup sweet red bell pepper, diced
4 green onions, thinly sliced
1/4 cup fresh lime juice
1 tablespoon olive oil
1 seeded Jalapeno pepper, minced (optional)
1/2 teaspoon cilantro

Preparation:

Combine all ingredients, including beans in bowl. Toss and serve.

English Muffin Pizza's

Ingredients:

2 cooked chicken breasts, cubed

4 whole wheat English muffins cut in half

1/2 cup low sodium pizza sauce

1 cup low fat shredded mozzarella cheese

1/4 cup diced green or red pepper * or veggie of choice*

1/4 cup diced mushrooms

1/4 cup chopped green onion

Preparation:

Lightly toast English muffins. Place, cut side up, on lightly greased or foil-lined baking sheet.

Spread each half with 1 tbsp of the sauce; Sprinkle with chicken, pepper, mushrooms, and green onions. Sprinkle each with 2 tbsp of the cheese. Broil 6 inches from heat until cheese is bubbly, about 2 minutes. Let cool slightly.

To pack for lunch, let cool completely. Pack in airtight container. *(Make-ahead: Refrigerate in airtight for container up to 12 hours.)*

Oven Baked Chicken Strips

Total prep and cooking time: **1/2 hour** *note, these can be made ahead of time, cooked and frozen.

4 boneless, skinless chicken breasts, cut into strips

1/2 cup whole wheat flour

3/4 teaspoon garlic powder

3/4 teaspoon ground pepper

1/4 teaspoon cayenne powder (Optional)

1 cup breadcrumbs (can use gluten free bread)

1 beaten egg white (Optional)

Preheat your oven to 375 F. Line a cookie sheet with Parchment Paper.

Make your assembly line: Combine the flour, garlic powder, ground pepper and cayenne pepper on a plate or flat bowl. Beat the egg well, until it is no longer streaky, and pour into a dish. Place that dish to the right of the flour mixture. In another dish - again, a plate, or flat bowl works best, put the breadcrumbs. Place this to the right of the beaten egg, and put your prepared pan to the right of the breadcrumbs.

Lift a strip of raw chicken up, and dredge it through the flour. Make sure all of the chicken is coated in flour, and shake it to allow any excess to fall back into the bowl. Next, dip the floured chicken into the beaten egg, lift out - allow it to drip for a moment, and place it in the bowl of breadcrumbs. Roll or pat the strip with breadcrumbs until it is well coated, then place on the prepared cookie sheet. Repeat until all the chicken is on the cookie sheet. Spritz lightly with olive oil, and place in a hot oven for 10 minutes. Use tongs to turn the pieces over, and bake for another 8-10 minutes, depending on the size of the pieces (cut one open if you're not sure to make sure it's white in color). Cooking time varies, depending on oven.

Variation: An even simpler version omits the egg and flour mixture entirely. Instead, dredge the chicken strips in Dijon mustard, then roll in breadcrumbs. Make sure every bit of the chicken strip is fully coated. Place on cookie sheet, and proceed as above.

Apple Pork Wraps

$\frac{1}{4}$ teaspoon of Fresh sage
Cooked pork
 $\frac{1}{2}$ teaspoon Olive oil
A few leaves of romaine lettuce
Whole-wheat wrap
About 2" of cucumber, sliced thinly
1/2 an apple, sliced thinly
Black pepper

Chop the sage finely. Mix the pork and fresh sage with $\frac{1}{2}$ teaspoon of olive oil. Lay one or two leaves of romaine lettuce on the whole-wheat wrap. Spread the pork evenly over the lettuce. Cover this with thinly sliced cucumber and apple. Add pepper to taste. Wrap and eat.