



## HEALTHY CHOICES



### Steak and Mushroom Quesadillas

8 oz	<b>Sirloin Tip Beef Marinating Steak</b> , ( $\frac{3}{4}$ inch/2 cm thick), trimmed	250 g
1	can (10 oz/284 mL) <b>Money's Sliced Mushrooms</b>	1
$\frac{1}{3}$ cup	finely chopped fresh coriander	75 mL
2 tbsp	lime juice	25 mL
4 tsp	finely chopped smoked chipotle peppers in adobo sauce	20 mL
1	clove garlic, minced	1
2	small tomatoes, seeded and diced	2
1 cup	shredded part-skim mozzarella cheese	250 mL
$\frac{1}{2}$ cup	each diced sweet red and yellow peppers	125 mL
6	small whole wheat tortillas	6
	fat-free sour cream (optional)	

- Place steak in a resealable plastic bag. Drain the mushrooms, reserving  $\frac{1}{4}$  cup (60 mL) of the liquid. Whisk liquid with  $\frac{1}{4}$  cup (60 mL) of the coriander, lime juice, chipotle peppers and garlic; blend until smooth. Pour mixture over the steak, reserving 2 tbsp (25 mL). Seal bag and refrigerate for at least 4 hours or overnight.
- Remove the steak from the marinade; pat dry. Discard marinade. Heat heavy skillet over medium-high heat; sear the steak for 2 minutes per side or until cooked to no more than medium doneness. Let cool slightly; Slice thinly into bite-size pieces. Toss steak with the mushrooms, tomatoes, cheese, peppers, remaining coriander and reserved chipotle mixture; divide evenly among tortillas. Fold tortillas over to enclose filling.
- Spray a clean, large, nonstick skillet with cooking spray; cook quesadillas over medium heat, in batches, for 2 to 3 minutes per side or until golden and heated through. Serve with sour cream (if using). **Makes 6 servings.**

Per Serving (without sour cream): Cal 254, Pro 24 g, Total Fat 8 g, Sat. Fat 3 g, Chol 41 mg, Carb 23 g, Fibre 6 g, Sodium 528 mg, Potassium 668 mg.



### Tomato-Mushroom Pasta Bowl

10	plum tomatoes, halved lengthwise	10
10	cloves garlic, halved	10
1	small onion, sliced	1
1 tbsp	olive oil	15 mL
$\frac{1}{4}$ tsp	each salt and pepper	1 mL
2	cans (each 10 oz/284 mL) <b>Money's Whole Mushrooms</b> , drained	2
3 tbsp	prepared basil pesto	45 mL
2 tbsp	balsamic vinegar	25 mL
1	pkg (375 g) hot cooked <b>Catelli® Healthy Harvest® Whole Wheat Penne</b>	1
3 cups	leftover <b>Butterball Turkey</b> , chopped cooked breast	750 mL
$\frac{1}{4}$ cup	each chopped fresh parsley and crumbled goat cheese	75 mL

- Toss the tomatoes with the garlic, onion, oil, salt and pepper. Insert a piece of garlic into the flesh of each tomato half. Transfer the tomatoes, cut side down, to a roasting pan. Scatter onions over top. Roast in 425°F (220°C) oven for 40 minutes or until softened. Remove the shrivelled skins from the tomatoes using a pair of tongs.
- Toss the mushrooms with pesto and vinegar; add to the roasting pan. Roast for 10 minutes or until heated through.
- Break up the tomatoes and garlic into a slightly chunky sauce using the edge of a spoon. Add the pasta, turkey and parsley to the pan; toss with the vegetable mixture, scraping up any browned bits. Sprinkle with goat cheese. **Makes 6 servings.**

Per Serving: Cal 468, Pro 36 g, Total Fat 10 g, Sat. Fat 3 g, Chol 67 mg, Carb 58 g, Fibre 9 g, Sodium 502 mg, Potassium 502 mg.

