CLEVER QUESADILLAS

These mildly spiced, nutrient-packed quesadillas are more of a meal than the traditional cheese variety.

Prep: 5 minutes **Cooking:** 20 minutes

1. **Pan-fry** 12 oz (375 g) **Extra Lean Ground Beef** seasoned with 1 tbsp (15 mL) **chili powder** for 6 to 8 minutes, breaking meat into small chunks with back of spoon, until beef is browned and cooked through. Remove from heat.

2. **Stir** in 1/2 cup (125 mL) EACH **shredded light Cheddar cheese** and **refried beans**, 1/3 cup (75 mL) **salsa** and 1 **green onion** (chopped). Spread 1/2 cup (125 mL) over 1 **small flour tortilla**; top with a second tortilla. Repeat with **8 more tortillas**.

3. **Bake** on cookie sheet at 450°F (230°C) for 8 to 10 minutes or until golden. Cut into wedges. **Makes 5 servings.**

Per Serving: 452 Calories, 27 g protein, 14 g fat, 54 g carbohydrate
% Daily Value (DV): an excellent source of iron (36% DV) and zinc (46% DV), 29% DV sodium

Cook's Notes: For a child-friendly no-spice version, use ketchup instead of salsa and reduce or omit the chili powder.

Lighten up!

Spices you probably have in your cupboard turn everyday ground beef into an exotic dish for supper or entertaining. Serve over couscous and garnish with toasted pine nuts and fresh coriander.

MOROCCAN STIR-FRY (on cover)

Prep: 15 minutes **Cooking:** 20 minutes **Serves:** 6

1 lb (500 g)	**Extra Lean or Lean Ground Beef**
1	onion, chopped
1	EACH carrot and sweet pepper, cut into matchstick pieces
2	cloves garlic, minced
1 tbsp (15 mL)	paprika
1 tsp (5 mL)	EACH ground ginger, cumin and cinnamon
1/4 tsp (1 mL)	EACH salt, pepper and hot chili pepper flakes
1 can (28 oz/796 mL)	diced tomatoes
3/4 cup (175 mL)	sliced green olives

1. **Cook** ground beef and onion, carrot, sweet pepper and garlic in large skillet over medium-high heat for 8 to 10 minutes, breaking beef into small chunks with back of spoon, until beef is browned.

2. **Stir** in seasonings and cook, stirring, for 1 minute. Stir in tomatoes and bring to boil.

3. **Reduce** heat to low and simmer, covered, for 5 to 10 minutes or until vegetables are tender. Stir in olives; heat through.

Per Serving (made with Extra Lean): 190 Calories, 18 g protein, 8 g fat, 12 g carbohydrate
% Daily Value (DV): good source of iron (24% DV) and an excellent source of zinc (43% DV), 31% DV sodium

HEALTH-CONSCIOUS COOKING:

- **Cooking can reduce the amount of fat in raw ground beef on average by one third.** Grilling, broiling and pan-frying allows fat to drip out or be drained off.

- You can rinse cooked drained ground beef with hot water to **reduce fat even further.**