



## Sliced Tomato/ Cottage Cheese Salad

Dinner in a Cache  
Hot Rolls

Banana Slush

### Dinner in a Cache

- 1 pound of ground Beefalo
- 3 sm. to med. baking potatoes, peeled & sliced
- 3 medium carrots, scraped & sliced
- 3 sm. to med. onions, peeled & sliced
- 1 1/2 cups green peas
- 3 stalks celery, sliced
- Optional: steak sauce, herbs, etc.

Tear off three generous squares of foil and place in cereal bowl. Place Beefalo pattie (1/3 lb.) in center of foil. On top of Beefalo layer onion, potatoes, carrots, celery and green peas. Sprinkle with your favorite steak sauce (Worchestershire, soy sauce, what ever your family likes) or just a blend of herbs. I like to have all three sheets of foil in front of me and sort of divide the vegetables between them, it's faster that way.

Fold foil around meat and vegetables, remove bowl and place foil caches on baking pan. These can be made in advance and refrigerated until about 45 minutes before dinner. Bake in 350 degree oven for about 40 minutes. Unwrap foil (take care, don't get burned) and with spatula slide on to a plate. You have a full meal and no clean-up.

Per Serving	Prime Beef	Beefalo	Difference
Calories	650	438	212
Cholesterol	117 mg.	62 mg.	55 mg.
Fat	40 g.	15 g.	25 g.

These are really quite generous servings. You might want to reduce the amounts on the vegetables. Also, vary the vegetables to suit your family, instead of the ones listed use, baby limas, bell pepper, mushrooms, minced garlic or whatever you like. It's easy to double or triple the recipe. If you have extras, just dice them into chicken broth, or cream suop and you have tomorrow's lunch.



### Salad

- 3 med. chilled, ripe tomatoes
- 3/4 cup cottage cheese

Slice chilled ripe tomatoes, top with 1/4 cup cottage cheese (use low fat or no fat cottage cheese to be heart healthy). Sprinkle with diced fresh basil and top with carrot curl. Serves 3. Calories 66 per serving.



### Banana Slush

- 4 to 5 large bananas
- 1 cup sweetened pineapple juice
- 1 1/2 cups fresh strawberries

Two to three days ahead (or at least over night) peel bananas and wrap in saran (leave one end of saran free and it will be easier to open). Place in freezer.

Just before serving, break bananas into sections and put in blender with enough pineapple juice to get the consistency you like for your slush. Blend till bananas are liquid. Pour into dessert cups and top with fresh strawberries.

243 calories per serving, no fat, no cholesterol.