

### SPINACH ROLL-UPS

Ingredients:

- 1 cup light mayonnaise
- 1/2 cup light sour cream
- 1 package (3 oz.) light cream cheese, softened
- 1/3 cup precooked turkey bacon (crumbled)
- 1 envelope ranch salad dressing mix
- 2 pkgs (10 oz. each) frozen chopped spinach, thawed and squeezed dry
- 6 whole wheat tortillas (8 inch)

Directions:

1. In a large bowl, combine the mayonnaise, sour cream, cream cheese, bacon and salad dressing mix.
2. Stir in spinach until well blended. Spread over tortillas; roll up tightly jelly-roll style.
3. Wrap in plastic wrap. Refrigerate for at least 5 hours.
4. With a serrated knife, cut into 1/2-in. slices. Refrigerate leftovers.

Yield: 12-14 servings

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### POPCORN S'MORES

- 1 cup light brown sugar, packed
- 1/2 cup corn syrup
- 10 cups popcorn (popped)
- 2 cups Teddy Grahams
- 1/2 cup butter
- 1/2 teaspoon baking soda
- 1 package mini marshmallows
- 1 cup chocolate chips

Combine the brown sugar, butter and corn syrup in a medium pan and cook over high heat for 5 minutes. Remove from heat and stir in the baking soda. Combine the popcorn and the marshmallows in a large metal or heat resistant bowl. Drizzle the sugar mixture over the popcorn, then gently stir in the teddy grahams and chocolate chips. Let the mixture set until cool enough to handle. Using buttered hands, form the mixture into golf ball size balls. Store in air tight container. Makes about 30 balls.

### CHUCKWAGON CHICKEN SALAD

4 tablespoons greek yogurt  
2 tablespoon reduced fat mayonnaise  
1 teaspoon lemon juice  
½ teaspoon reduced sodium soy sauce  
¼ teaspoon pumpkin pie or apple pie spice  
1 c roasted skinless chicken breast, cut into 1 in cubes  
1 apple, cored and cut into 1 in cubes  
2 stalks rib celery, cut diagonally into 1 in segments  
¼ c drained mandarin orange segments  
¼ c seedless red grapes  
¼ c seedless green grapes

Mix the first five ingredients together well and chill. In alternating order, thread the remaining ingredients on to six skewers. To make the hub, place the bowl of dressing in the middle of serving dish.

To make the spokes on the wheel, position the six skewers in a circle, with one end near the hub. Makes six servings.

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### CORN SALSA

3 cups frozen corn, thawed  
1 can (15 ounces) black beans, rinsed and drained  
5 green onions, thinly sliced  
1 medium sweet red pepper, finely chopped  
⅓ cup rice vinegar  
1 tablespoon olive oil  
1 tablespoon Dijon mustard  
½ teaspoon salt  
¼ to ½ teaspoon hot pepper sauce  
¼ teaspoon pepper  
Dash cayenne pepper  
⅔ cup minced fresh cilantro

In a small bowl, combine the first five ingredients. In another bowl, whisk the vinegar, oil, mustard, salt, pepper sauce, pepper and cayenne. Stir in cilantro. Drizzle over corn mixture and toss to coat. Chill until serving. Serve salsa with your favorite snack chips or with grilled meats.