



Grilled Ham Steak with Mustard Sauce

Ingredients:

- 1 ham steak
- 1Tbsp. Dijon mustard
- 1Tbsp. honey
- 1Tbsp. apricot preserves

Preparation:

Cut outer edge of fat on ham diagonally at 1-inch intervals to prevent curling (do not cut into ham).

Mix together mustard, honey and preserves.

Heat coals or gas grill for direct heat.

Grill ham uncovered 4 to 6 inches from medium-high heat 4 minutes. Turn ham; brush with mustard mixture. Grill 4 minutes longer. Turn ham again; brush with remaining mustard mixture. Grill about 2 minutes longer or until heated through.

Great Dinners for Much Less Than You Think!

Turkey Taco Salad

As seen on ABC 27 on 7/12/2017

Ingredients:

- 1 lb. ground turkey
- 1 medium sweet red pepper, chopped
- 1 small sweet yellow pepper, chopped
- 1/3 cup chopped onion
- 3 garlic cloves, minced
- 1 (16 oz.) jar salsa
- 1 (15 oz.) can kidney beans, rinsed and drained
- 2 tsp. chili powder
- 1 tsp. ground cumin
- 8 cups torn romaine
- Optional toppings: chopped tomatoes, shredded cheddar cheese and crushed tortilla chips

Preparation:

In a large skillet, cook turkey, peppers, onion and garlic over medium heat 6-8 minutes or until turkey is no longer pink and vegetables are tender, breaking up turkey into crumbles; drain.

Stir in salsa, beans, chili powder and cumin; heat through.

Divide romaine among four plates.

Top with turkey mixture and toppings of your choice. Serve immediately.

Ground Beef Risotto

Ingredients:

- 1 lb. ground beef
- 1 small onion, chopped
- 2 cloves garlic, finely chopped
- 1/4 tsp. pepper
- 1 cup uncooked Arborio or regular long-grain white rice
- 3 1/2 cups Progresso™ beef flavored broth (from 32-oz carton)
- 1/2 cup shredded carrot
- 1/2 cup shredded fresh Parmesan cheese
- 3 Tbsp. chopped fresh chives

Preparation:

In 12" nonstick skillet, cook beef, onion, garlic and pepper over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain if desired. Stir in rice; cook 2 minutes, stirring constantly.

Stir in broth; heat to boiling. Reduce heat to medium-low. Cover; simmer 10 minutes.

Stir in carrot. Cook uncovered 5 to 7 minutes longer or until liquid is absorbed.

Remove skillet from heat. Stir in cheese. Cover; let stand 3 minutes. Sprinkle with chives.

Avocado Tuna Melts

Ingredients:

- 4 slices whole wheat bread
- 2 cans (5 oz each) chunk light tuna in water, drained
- 3 Tbsp. plain yogurt
- 1/2 tsp. salt
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1 avocado, peeled, pitted and sliced
- 1 medium tomato, thinly sliced
- 1 cup shredded Swiss cheese (4 oz)

Preparation:

Move oven rack 4 to 6 inches from broiler. Set oven control to broil.

Use toaster to lightly toast bread. Arrange in single layer on foil-lined cookie sheet.

In medium bowl, stir together tuna, yogurt, salt, garlic powder and onion powder.

Top each bread slice with avocado, tomato and tuna mixture. Sprinkle each with 1/4 cup cheese.

Broil sandwiches 3 to 4 minutes or just until cheese is melted.