



Healthy Snacks for the Budget Shopper

Healthy snacks...sounds like an oxymoron, but food companies are producing cookies and crackers with more healthful ingredients and opting to bake instead of fry things like potato chips. The problem is many of these snacks aren't the cheapest foods at the store. Plus, unless they're on sale or you have a coupon, they're often items the savvy shopper doesn't figure into their budget. And with the school vacation now in full swing, snacks and drinks are usually on the list of things to buy. Here are some ideas you might like to try.

Summer Meals

I love wraps, especially for light summer eating. They're great for supper, picnics and you can fill them with things like salmon salad, cold cuts, you name it. And wraps also make great quesadillas too [La Tortilla Factory](http://www.latortillafactory.com) sent these recipes for you to try- www.latortillafactory.com And there will be more great summer recipe ideas in the June newsletter.

Grilled Mushroom and Swiss Cheese Quesadilla

Serves 2

Preparation time 8 minutes

Cooking time: 10 minutes

- 1 tablespoon olive oil
- 2 cups crimini or white mushroom, brushed with paper towel to remove dirt
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 cup small diced zucchini
- ½ cup small diced tomatoes
- ½ cup shredded Swiss cheese
- 2-4 La Tortilla Factory tortillas
- ½ cup guacamole, store-bought or home-made, optional

1. Preheat the grill or broiler, sprinkle 1 tablespoon plus olive oil, salt and pepper to the mushroom, and cook for 1- 2 minutes or until lightly caramelized. If using broiler, spread the mushroom on a sheet pan and cook in the broiler for about 5-7 minutes or until brown.

2. Transfer to a bowl and cooled, then thinly sliced

3. On a same griller or a skillet, place a tortilla on a the griller of the skillet, place a tortilla, spread about 2 tablespoons cooked mushrooms, 1 tablespoon of zucchini, tomatoes and 2 tablespoons of cheese and fold into half. Cook over medium-low heat for 1 minute or until the cheese is melted or the tortilla is lightly brown. Flip the tortilla to other side and cook to light brown.

Continue to cook the remaining tortilla. Serve with guacamole.



Rotisserie Chicken Caesar Salad Wrap

Serves 2, 300 calories

2 ½ oz shredded rotisserie chicken, only breast meat
1 oz romaine lettuce, thinly sliced
2 tablespoons shredded fresh carrots
2 tablespoons low-fat Caesar dressing
½ teaspoons freshly ground black pepper
2 tablespoons low-fat parmesan cheese
2 La Tortilla Factory tortillas or wraps

1. In a small bowl, combine the chicken, lettuce, carrots, dressing, pepper, and mix well. Divide into two portions.

2. Place one portion of the chicken mixture and half of parmesan cheese onto a tortilla. Fold the sides over the filling and roll into a wrap.

