[Apple Cinnamon Breakfast Quesadillas]  
makes 4 servings

- nonstick cooking spray
- 2 (10-inch) flour whole-grain tortillas
- 1 cup chunky applesauce
- 4 oz. Cabot Sharp Light Cheddar, grated (about 1 cup)
- 2 tablespoons light brown sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon melted Cabot Salted Butter
- ½ cup Cabot Light Sour Cream

1. Preheat oven to 400°F. Coat baking sheet with cooking spray.
2. Spread applesauce over two tortillas. Top with cheese and remaining tortillas.
3. In small bowl, mix together brown sugar and cinnamon. Brush tops of quesadillas with butter and sprinkle with half of sugar-cinnamon mixture.
4. Bake for 6 to 10 minutes or until golden brown. Set aside to cool.
5. Meanwhile, stir sour cream into remaining sugar-cinnamon mixture.
6. Cut each quesadilla into quarters. Serve topped with dollops of sour cream mixture.

[Orange Yogurt Smoothie]  
makes 1-2 servings

- 1 cup Cabot Lowfat Greek-Style Yogurt (Vanilla Bean or Strawberry)
- ½ cup orange juice
- ½ cup frozen or fresh fruit

1. Combine ingredients in blender; blend until fruit is pureed.

[Easy Cheesy Egg Burrito]  
makes 2 servings

- nonstick cooking spray
- 2 large eggs
- ½ cup chopped cooked vegetables (leftovers are fine)
- 2 tablespoons milk
- 1 oz. Cabot Sharp Light Cheddar, grated (about ¼ cup)
- 2 tablespoons tomato salsa

1. Coat inside of small microwave-safe bowl with cooking spray; add eggs and beat lightly with fork to combine. Add vegetables and milk and stir together.
2. Cover bowl loosely with plastic wrap (to prevent splatter). Microwave on high power for 40 seconds.
3. Stir eggs to break up clumps, recover bowl and microwave for about 30 seconds longer or until cooked through (time will vary with microwave).
4. Place half of eggs in center of each tortilla and top with cheese. Roll up and top with salsa.

For more recipes, visit: cabotcheese.coop
**1 ½ tablespoons olive oil**

**4 large garlic cloves, minced**

**2 cups chopped green bell pepper**

**1 cup (½-inch) pieces zucchini**

**1 cup (½-inch) pieces yellow summer squash**

**1 cup diced red onion**

Veggies above can be substituted with 5 cups frozen vegetables

**2 teaspoons ground cumin**

**Salt and black pepper to taste**

**1 (15.5-ounce) can black beans, rinsed and drained**

**4 oz. Cabot Jalapeño Light Cheddar, grated (about 1 cup)**

**4 (9- or 10-inch) flour tortillas (burrito-size)**

**[Chicken and Black Bean Burrito]**

**makes 4 servings**

1. Preheat oven to 375°F. Coat 9-by-13-inch baking dish with cooking spray.
2. Heat oil in large heavy skillet over medium heat. Add garlic and stir until fragrant and lightly colored, about 30 seconds. Add pepper, zucchini, yellow squash and onion and cook, stirring, until crisp-tender, about 8 minutes.
3. Sprinkle with cumin and continue stirring until vegetables are tender but not soggy, about 2 minutes longer. Season generously with salt and pepper and set aside.
4. Place beans in large bowl; mash into coarse puree with fork. Stir in cheese and reserved vegetables.
5. Place tortillas on work surface. Spoon one fourth of vegetable filling down center of each, then top with one fourth of chicken and sprinkle with one fourth of cilantro.
7. Bake for 10 minutes, or until filling is just heated through. To serve, cut each burrito into two or three sections.

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**3 cups elbow macaroni**

**1 tablespoon canola oil**

**1 tablespoon all-purpose flour**

**¼ teaspoon ground black pepper**

**¼ teaspoon dry mustard powder**

**1 cup low-fat milk**

**6 oz. Cabot Sharp Light Cheddar, grated (about 1½ cups)**

**¼ cup unseasoned dry breadcrumbs, crushed crackers, or crushed cereal (optional)**

**[Healthier Macaroni and Cheese]**

**makes 6 servings**

1. Cook macaroni in large pot according to package directions; drain, return to pot and set aside.
2. Meanwhile, in medium saucepan, stir together oil and flour to make paste. Place over medium-low heat and cook for 1 to 2 minutes, stirring constantly. Add pepper and dry mustard and stir for 1 minute longer.
3. Slowly whisk in milk. Increase heat to medium and cook, stirring, for about 5 minutes or until mixture comes to a simmer and thickens. Remove from heat and stir in cheese.
4. Stir cheese sauce into reserved macaroni and serve.
5. Alternatively, spread mixture in shallow baking dish and sprinkle with optional breadcrumbs. Bake in 375°F oven for 15 to 20 minutes or until golden and bubbling.

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**1% cups all-purpose white flour**

**pinch salt and pepper**

**4 large egg whites**

**½ cup reduced-fat (2%) milk**

**1 ½ cups crushed cornflakes**

**4 oz. Cabot Sharp Light Cheddar, grated (about 1 cup)**

**6 boneless chicken breast halves, cut into ½-inch-wide strips**

**[Crispy Baked Chicken Strips]**

**makes 6 servings**

2. In three separate bowls:
   - mix together flour, salt and pepper
   - beat together egg whites and milk
   - mix together cornflakes and cheese
3. Dip chicken strips first into flour, then into egg white mixture, then into cornflake mixture, turning to coat. Place in baking dish. (Discard any unused mixture.)
4. Bake for 25 minutes or until nicely browned, turning over after about 12 minutes. Serve with ketchup or barbecue sauce if desired.