

Here are a few recipe samples from *The Instead Of ... Cookbook*. We hope you enjoy them!

### **Quick and Cheesy Bean Quesadillas**

Les and I enjoy these simple quesadillas as much as kids do. The kids are getting good at making these too. We have a panini press at home which makes these quesadillas super quick to cook up.

Serves 4

#### **Stuff You Need:**

Four 6-8-inch flour tortillas  
low-fat, shredded Colby, Monterey Jack, or Cheddar cheese  
fat-free refried beans  
Salsa & sour cream

#### **What You Do:**

Spread some of the refried beans on one tortilla with a table knife.  
Place the tortilla, bean side up, in a skillet or panini press at medium heat.  
Sprinkle half of the cheese over the tortilla. Top with 1 plain tortilla.  
Cook over medium heat a few minutes, or until cheese begins to melt.  
Use a pancake turner to heat the other side.  
Repeat with the remaining tortillas, refried beans, and cheese.  
Cut each quesadilla into 6 triangles. Serve with salsa and sour cream, if you like.

#### **Nutritional Info:**

\* Fat: 3.6g  
\* Carbs: 20.6g  
\* Protein: 8.2g  
\* Calories: 150

### **Apple Bars**

This recipe came to me from one of the mom's of a child I taught years ago. If you are looking for an alternate to the traditional or store-bought granola bar, this is a very good one.

#### **Stuff You Need:**

##### Oat Mixture

1 3/4 cup rolled oats  
1 1/2 cups whole wheat flour  
2/3 cup margarine  
1/4 tsp. baking soda  
3/4 cup brown sugar

### Filling

2 1/2 cups sliced apples (fresh is best)  
1 tsp. butter

### Cinnamon Mixture

1/3 cup sugar  
3/4 tsp. cinnamon

### What You Do:

Combine oat mixture ingredients and preheat in a 375F oven for a few minutes.  
Put half of this into a lightly greased square baking pan.  
Pat with butter and sprinkle with sugar and cinnamon mixture.  
Cover with remaining oat mixture.  
Bake for 40-45 minutes.  
Cool and cut into squares.

**Tip:** Two cans of drained peaches or pear slices can be used in place of the apples.  
Just reduce cooking time slightly.

### Nutritional Info:

- \* Fat: 7g
- \* Carbs: 25g
- \* Protein: 2.2g
- \* Calories: 166

[Here's a recipe from the bonus "20 Meals in 20 Minutes" section:](#)

### 16) Best Ever Maple Salmon

#### Stuff You Need:

3/4 cup maple syrup  
1/4 cup soy sauce  
4 salmon fillets  
cracked black pepper  
1/2 tsp. oil

#### What You Do:

Combine syrup and soy sauce.  
Marinate salmon in sauce mix at least 4 hrs. or overnight.  
Spread oil over parchment paper. Place salmon on parchment lined cookie sheet.  
Cover with the black pepper.  
Bake at 500F for about 8 minutes or until cooked through, moist, and pale pink in color.

Serve with a salad and enjoy!

Makes 4 servings.