Southwestern Cheese and Corn Chowder is a perfect ending to a chilly day. Black Bean Bruschetta is packed with flavor and full of fiber, you can even save any leftover bean puree for a snack later. Layered Fruit Salad is a pretty way to enjoy your favorite fruits, you can even mix it up and add your own or top with your favorite chopped nuts.

GET FIT TIP

Get out the sidewalk chalk and play a game of hopscotch.
ENTREE SOUTHWESTERN CHEESE & CORN CHOWDER

Serves: 6 (1 cup per serving)

**INGREDIENTS**
- 2 tablespoons butter
- 1 small onion, chopped
- 3 cups chicken broth, fat-free
- 2 cups corn, fresh
- 2 potatoes, peeled and cut into 1/2 inch cubes
- 1 small red pepper, diced
- 1 rib celery, sliced
- 2 cups milk, low-fat
- 1 cup reduced-fat cheddar cheese, shredded
- 1/2 teaspoon cumin, ground
- 1/2 teaspoon salt
- 1/2 teaspoon cayenne pepper

**PREP**
- Melt butter in large saucepan. Add onion and cook until tender, about 5 minutes. Stir in chicken broth and all vegetables. Bring mixture to a boil, reduce heat and simmer covered 5 minutes or until potatoes are tender.
- Remove 2 cups of soup and puree in blender or processor. Return to saucepan with remaining soup. Stir in milk, cheese, and seasoning; simmer 10 minutes.

*Nutrition facts per serving: Calories: 188, Total Fat: 6 g, Cholesterol: 13 mg, Sodium: 557 mg, Potassium: 334 mg, Calcium: 199 mg, Total Carbohydrate: 24 g, Fiber: 3 g, Protein: 14 g, Vitamin D: 4 IU*

SIDE BLACK BEAN BRUSCHETTA

Serves: 8 (1 1/2 inch slice of bread per serving)

**INGREDIENTS**
- 1 pound bread, whole grain loaf
- 1 1/2 cups low-fat cheddar cheese, shredded
- 1 – 15 ounce can black beans, drained
- 1 large garlic clove
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon red wine vinegar
- 2 teaspoons olive oil, extra-virgin
- 3 tablespoons water, or as needed
- 12 cherry tomatoes, sliced
- 12 fresh sprigs parsley

**PREP**
- Cut bread into half inch slices. Toast bread in 350° F oven for 10 minutes. Divide cheese among slices, packing firmly on each. Bake 10 more minutes or until cheese is melted and toasts are crisp. Set aside. Meanwhile, puree beans, garlic, parsley, vinegar and oil in blender or food processor. Add water one tablespoon at a time, if necessary, to puree. Chill. Just before serving, generously spread bean mixture on each cheddar toast. Top each portion with a tomato slice and a portion of parsley sprig.

*Nutrition facts per serving: Calories: 182, Total Fat: 4 g, Cholesterol: 5 mg, Sodium: 375 mg, Potassium: 238 mg, Calcium: 278 mg, Total Carbohydrate: 32 g, Fiber: 11 g, Protein: 11 g, Vitamin D: 1 IU*
DESSERT LAYERED FRUIT SALAD

INGREDIENTS
3 (9-inch) bananas or 3 cups sliced
2 (14 ounce) cans pineapple chunks in own juice
4 cups seedless grapes (1 1/4 pounds), sliced in half
4 cups (1 pound) large fresh strawberries, sliced in half
Fresh mint and/or kiwi fruit, sliced (optional)

PREP
Slice the bananas into the bottom of the trifle dish. Pour the pineapple chunks and juice over the bananas. Arrange a layer of the sliced grapes over the pineapple. Arrange a layer of sliced strawberries over the grapes. Cover the salad with plastic wrap. Refrigerate it until serving time. If desired, garnish the salad with washed fresh mint leaves or sliced kiwi fruit.

Nutrition facts per serving: Calories: 145, Total Fat: 1 g, Cholesterol: 0 mg, Sodium: 3 mg, Potassium: 464 mg, Calcium: 30 mg, Total Carbohydrate: 37 g, Fiber: 4 g, Protein: 2 g, Vitamin D: 0 IU

Serves: 10 (1/2 cup per serving)

TIP
Use any leftover fruit salad to make a fruit and yogurt parfait for breakfast or a snack. Top with granola to add some whole grains and an extra crunch.

Use any leftover fruit salad to make a fruit and yogurt parfait for breakfast or a snack. Top with granola to add some whole grains and an extra crunch.