Slow-cooked Sicilian Pot Roast is a delicious way to include lean and healthy beef into your diet. Roasting vegetables brings out their sweetness and Roasted Brussels Sprouts with Apples is sure to be a hit, even among picky eaters. Top off this Dinner Tonight meal with Cocoa-Berry Yogurt Tarts and help get your three servings of dairy.

Take the dog for a walk, or a friend’s if you don’t have one of your own.
ENTREE SLOW-COOKED SICILIAN POT ROAST

INGREDIENTS
2 1/2 pounds well-trimmed top round roast or flat half brisket
1/2 teaspoon coarsely ground black pepper
Non-stick cooking spray
2 1/2 cups sliced fresh mushrooms
1 1/2 cup onions, chopped
1 1/2 cup red or green bell peppers, chopped
1– 14 1/2 ounce can diced Italian-style tomatoes, undrained
1– 6 ounce can tomato paste with roasted garlic or Italian seasonings

PREP
➤ Rinse the meat with cool water and pat it dry with paper towels. Sprinkle both sides with some of the pepper. Coat a large nonstick skillet with nonstick cooking spray and preheat over medium-high heat.

➤ Place the meat in the skillet and cook for 2 to 3 minutes on each side, until nicely browned.

➤ Place the mushrooms, onions, and bell peppers in a 3-quart slow cooker and top with the roast. Pour the tomatoes over the meat. Cover and cook on high for 5 hours or on low for 10 hours, until the meat is very tender.

➤ Remove the roast to a serving platter and cover loosely with aluminum foil to keep warm. Add the tomato paste to the remaining slow cooker mixture and stir to mix well. Slice the roast across the grain and serve hot accompanied by the sauce. Serve with whole grain pasta, if desired.

Serves: 8 (3 ounces per serving)

Nutrition facts per serving: Calories: 193, Total Fat: 6 g, Cholesterol: 80 mg, Sodium: 350 mg, Potassium: 409, Calcium: 39 mg, Total Carbohydrate: 13 g, Fiber: 2 g, Protein: 32 g, Vitamin D: 1 IU

SIDES ROASTED BRUSSELS SPROUTS WITH APPLES

INGREDIENTS
1/2 cup fresh apples, chopped
8 ounces fresh brussels sprouts, trimmed and quartered
2 tablespoons apple cider juice
2 teaspoons extra virgin olive oil
1 teaspoon fresh thyme, minced
(Can substitute 1/2 teaspoon dried)
1/4 teaspoon table salt
1/8 teaspoon black pepper

PREP
➤ Preheat oven to 375° F. Combine apples and brussels sprouts in an 11x17 inch baking dish.

➤ Add apple cider, olive oil, minced fresh thyme, salt and black pepper. Toss well. Bake for 25 minutes or until sprouts are tender.

Serves: 2 (3/4 cup per serving)

Nutrition facts per serving: Calories: 113, Total Fat: 5 g, Cholesterol: 0 mg, Sodium: 321 mg, Potassium: 477 mg, Calcium: 52 mg, Total Carbohydrate: 17 g, Fiber: 5 g, Protein: 4 g, Vitamin D: 0 IU
**DESSERT COCOA-BERRY TARTS**

**INGREDIENTS**
- 1 1/2 cups vanilla yogurt, low-fat
- 1 1/2 cups ricotta cheese, reduced-fat
- 2 tablespoons sugar
- 2 tablespoons cocoa powder, unsweetened
- 6 graham cracker tart shells
- 3/4 cup strawberries, sliced (raspberries or blueberries also can be used)

**PREP**
- Mix yogurt, ricotta, sugar and cocoa powder thoroughly with whisk until creamy. Spoon 1/6 mixture into each tart shell and top with sliced strawberries.
- Refrigerate before serving.

**Nutrition facts per serving:** Calories: 251, Total Fat: 9 g, Cholesterol: 19 mg, Sodium: 214 mg, Potassium: 176 mg, Calcium: 172 mg, Total Carbohydrate: 35 g, Fiber: 1 g, Protein: 8 g, Vitamin D: 29 IU

Serves: 6 (1 tart shell per serving)