

Titan Pride Salad

INGREDIENTS :

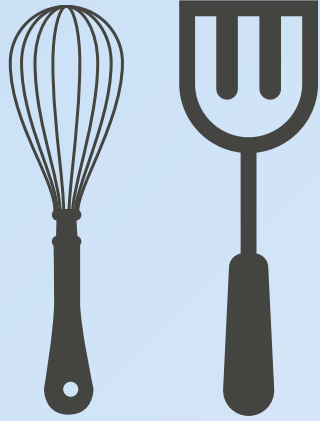
- 1 Cup blueberries
- 1 Cup Mandarin Oranges
- 1/4 Cup Orange Juice
- 4 packets of sugar or Splenda (roughly 1/2 tbsp of either)

INSTRUCTIONS :

1. Mix all ingredients in a bowl.
2. Cover and refrigerate for 20 minutes.



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Turkey Burgers

INGREDIENTS :

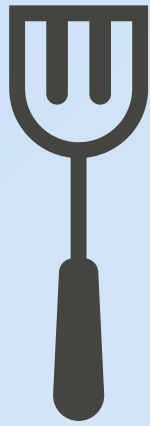
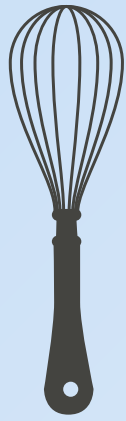
- 1 lb. of 99% fat free ground turkey
- Salt & Pepper
- Favorite Bun
- Oil or Cooking Spray
- Favorite Burger Toppings (Ketchup, Lettuce, Tomato, Mayonnaise, Pickles, Onions, Onion Rings, Bacon, etc.)

INSTRUCTIONS :

1. Place skillet or pan on medium heat. Cover skillet with a turn of the oil (about one tablespoon) or place spray on skillet or pan.
2. While pan heats place turkey meat in bowl.
3. Mix meat with hands or masher.
4. Add salt and pepper to taste.
5. Take a handful of meat and ball into a sphere.
6. Pound sphere into a patty.
7. Place skillet into patty. Cook each side for about 3 to 4 minutes.
8. Let patty cool, then assemble hamburger using bun and other chosen ingredients.



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Cheesy Fries

INGREDIENTS :

- 1 sack frozen French fries, any brand or shape prepared to package directions
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 1 1/2 cups whole milk
- 2 1/2 cups, (10-ounce) sack shredded yellow Cheddar
- 3 squirts ketchup, about 1/4 cup

INSTRUCTIONS :

1. Use directions on fry bag to oven bake your fries. While fries are baking:
2. Place a sauce pot on the stove and heat it over medium heat.
3. Add butter and melt it.
4. Add the flour and stir.
5. Cook butter and flour together for 1 minute or so. This is called "roux" (Pronounced Roo). Take the -ster from Rooster and there you go!
6. Use a whisk to stir as the milk goes into the pot. Keep stirring until the milk gets thicker.
7. Use a wooden spoon or heat-safe spatula to stir in the cheese.
8. When all of the cheese melts, take the sauce off the heat and stir in 3 squirts of ketchup.



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