

# BROWN-BAGGING IT

Send them Back to School with Healthy Lunches They'll Really Want to Eat!

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## HOW ABOUT

### Take-Along Vegetable Chili Dog

This veggie chili is best served at room temperature. For lunch to go, pack it separately from the bun to avoid sogginess. At lunchtime, the chili gets spooned into the bun and topped with cheese. Yum!

#### INGREDIENTS

3 Tablespoons olive oil  
1/8 teaspoon pepper  
1 large onion – chopped  
1 (1.25 oz.) package chili spice mix  
1 (14 to 16 oz.) can dark red kidney beans (undrained)  
1 (14 to 16 oz.) can corn (undrained)  
1 (28 oz.) can diced tomatoes (undrained)  
1 small sweet potato (peeled and cut into bite-size cubes – about 1 cup)  
Salt to taste  
Optional - 2 cups okra (fresh or

frozen cut into thin rings – about 1/8 to 1/4 inch thick)  
Optional - 1 small green pepper (seeded and chopped - about 1/3 cup)  
Hot dog buns or pita  
Shredded cheese

#### DIRECTIONS

Heat oil and pepper in a large pot. Add onion, on low heat, stirring occasionally till golden – about 4 minutes. Add the spice mix. Cook for 2 minutes. Add remaining ingredients. Simmer (uncovered), stirring occasionally to reduce sauce to desired consistency – about 10 minutes. Add salt to taste. Cool. Pack into serving-size portions. Freezes well. Pack the hot dog buns and the chili separately to avoid sogginess. Spoon the chili into the bun at lunchtime and top with shredded cheese.

### Brownie Cupcakes

These brownies are the perfect special treat. Easy to pack because no cutting is required!

*Makes 12 | Uses 1 (12 cups) muffin/cupcake pan with each cup measuring about 2 1/2 inches in diameter*

#### INGREDIENTS

6 oz. semi-sweet chocolate or chocolate chips  
1 stick + 2 Tablespoons butter  
1 cup sugar  
3 eggs  
3/4 cups all-purpose flour

#### DIRECTIONS

Position oven rack so brownies will bake in the center. Preheat the oven to 325 degrees. Line the pan with cupcake papers. Melt chocolate and butter together in

a small pot over low heat or in the microwave. Set aside to cool slightly. Using a mixer, beat sugar and eggs together on high for a full 3 minutes. Reduce the mixer speed and stir in the cooled chocolate/butter mixture then the flour. Divide batter between the lined muffin cups. Bake until just set - 25 minutes. Do not overbake. (A cake tester will not come out clean.) Cool in pan for 5 minutes then remove cupcakes to rack to cool completely. These freeze well.

### LUNCH TIP!

Keep lunches cold by freezing single serve containers of water, juice or iced tea and adding them to the lunch bag. It keeps the food cold, and by the time lunch comes around, it will be melted enough to drink but nice and cold.