**Chicken Pot Pie Spring Rolls**
12 spring roll wrappers  
One 10.75-oz. can 98% fat-free cream of celery condensed soup  
2 cups frozen bite-sized mixed veggies (like diced carrots, peas, corn, etc.)  
2 oz. cooked skinless lean chicken breast, finely chopped  
1 tsp. cornstarch  
Optional: salt and black pepper, to taste

**Directions:**
Preheat oven to 350 degrees.

In a small dish, mix cornstarch thoroughly with 1 tsp. cold water. In a large bowl, combine cornstarch mixture with soup, and mix thoroughly. Add veggies and chicken, mix well, and then season to taste with salt and pepper, if you like. Place in slow cooker for 3-4 hours on high or 6-7 hours on low.

On a large dry surface, lay out three spring roll wrappers. Set out a small dish of water, dip your spring rolls into it for about 10-15 seconds or until the wrapper becomes tacky. Lay out wrapper on a separate dish. Take about ¼ cup of your pot pie mixture and place inside the wrapper and fold into a roll. Repeat with how ever many spring rolls you would like to make.  
Line a large baking pan with foil and/or spray with nonstick spray. Using a large spatula, carefully transfer the pockets to the baking pan. Lightly brush roll with vegetable oil to help brown. Repeat the entire process 3 more times, so that you have 12 pockets on the baking sheet (if desired). If needed, prepare and use an additional baking sheet.  
Bake in the oven for 15-20 minutes. Allow to cool for 5 minutes before serving. Then dig in!

MAKES 12 SERVINGS
**Stuffed Tomatoes**
8 oz. crab
1 egg
2 tbs. mayonnaise
½ cup bread crumbs
1 tsp. dried tarragon
3 tbs. chopped green onions
Salt & Pepper to taste
4-5 medium tomatoes
Non-stick spray
Parmesan cheese

*Directions:*
Preheat oven to 350 degrees.
Cut the tops off of the tomatoes and scoop out the insides. Place in a baking dish that has been sprayed with non-stick spray.

In a small bowl, mix all of the crab cake ingredients together. Stuff your tomatoes with the crab mixture and sprinkle parmesan cheese on top.
Bake in the oven for 20-25 minutes or until cheese is bubbly.
MAKES 4 SERVINGS

**Squash Bake**
1 tbs. butter
5-8 small/medium patty pan squash
½ small onion
Salt & pepper
Non-stick spray
Parmesan cheese

Preheat oven to 400 degrees.
Cut the squash into fork-sized pieces. Slice the onion. Melt the butter in a sauté pan and sauté squash and onions together. Add salt and pepper to taste.

Spray a baking dish with non-stick spray. Spread the squash and onion mixture in the baking dish and cover with parmesan. Bake until bubbly on top, about 15 minutes.

MAKES 4 SERVINGS