

# Recipes

\* Kid-friendly

\*\* Need to marinate

\*\*\* Need to soak beans overnight

≤ 30 mins

## Toppings/Sauces/Dressings

Chili and Spice Seasoning

Fresh Salsa

Hot 'N Spicy Seasoning

Vinaigrette Salad Dressing

Yogurt Salad Dressing

## Breakfast

Applesauce Pancakes

Cinnamon-Sprinkled French Toast\*

Fruity Granola Yogurt Parfait\*

Huevos Con Turkey Sausage\*

Oven-Baked Pancakes

    Whole Wheat Pancakes

    Three-Grain Pancakes

Springtime Cereal

## Appetizers/Soups/Salads

Cannery Row Soup

Chicken Salad

Corn Chowder

Gazpacho

Spinach Salad for Spring and Summer

Sunshine Salad

Tuna Salad

Waldorf Salad

## Entrées

BEEF:

Beef Stroganoff

Perky Picadillo

Southwest Salad

Stir-Fried Beef and Chinese Vegetables

Stir-Fried Beef and Potatoes

LAMB:

Shish Kabob

CHICKEN:

20-Minute Chicken Creole

Baked Chicken Nuggets

Chicken Marsala

Chicken Oriental

Chicken and Vegetables

TURKEY:

Turkey Patties

Turkey Stir-Fry

FISH:

Baked Salmon Dijon

Baked Trout Olé

Scallop Kabobs

Spicy Baked Fish

VEGETARIAN:

Frittata Primavera

### ≤ 30 mins (continued)

#### Sides

Brown or White Rice  
 Caribbean Pink Beans\*\*\*  
 Green Beans Sauté  
 Oriental Rice  
 Scallion Rice  
 Sunshine Rice  
 Vegetables with a Touch of Lemon

#### Desserts

Mousse à la Banana  
 Rainbow Fruit Salad

### ≤ 60 mins

#### Breads

Carrot Raisin Bread  
 Good-for-You Cornbread  
 Homestyle Biscuits

#### Appetizers/Soups/Salads

Bean and Macaroni Soup  
 Mexican Pozole  
 Minestrone Soup  
 Pupusas Revueltas with Chicken

#### Entrées

##### BEEF:

Beef Casserole  
 Black Skillet Beef with Greens  
 and Red Potatoes

##### CHICKEN:

Barbecued Chicken  
 Chicken Ratatouille  
 Chicken and Spanish Rice  
 Chicken Stew  
 Grilled Chicken with Green Chile Sauce\*\*

#### Entrées (continued)

##### TURKEY:

Spaghetti with Turkey Meat Sauce  
 Turkey Meatloaf  
 Turkey Stuffed Cabbage

##### FISH:

Catfish Stew and Rice  
 Mediterranean Baked Fish  
 Mouth-Watering Oven-Fried Fish

##### VEGETARIAN:

Classic Macaroni and Cheese  
 Parmesan Rice and Pasta Pilaf  
 Summer Vegetable Spaghetti  
 Vegetarian Spaghetti Sauce

#### Sides

New Orleans Red Beans  
 New Potato Salad  
 Smothered Greens with Turkey

## ≤ 60 mins (continued)

### Desserts

1-2-3 Peach Cobbler  
 Baked Apple Slices  
 Oatmeal Cookies  
 Peach Cake  
 Peach-Apple Crisp  
 Rice Pudding  
 Sweet Potato Custard  
 Winter Crisp  
     Summer Crisp

## ≤ 90 mins

### Breakfast

Zucchini Breakfast Bread

### Breads

Banana-Nut Bread

### Entrées

CHICKEN:

Chicken and Rice  
 Spicy Southern Barbecued Chicken\*\*  
 Yosemite Chicken Stew and Dumplings

VEGETARIAN:

Italian Vegetable Bake  
 Vegetable Stew  
 Zucchini Lasagna

### Sides

Wonderful Stuffed Potatoes

### Desserts

Apple Coffee Cake  
 Frosted Cake