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
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 (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