

Index

Page numbers in *italics* indicate illustrations

A

- Antipasto Salad with Balsamic Vinaigrette, 175
- Apple
 - Chicken Burgers, 132, 133
 - and Grape Salad, 64
 - Honey-Mustard Chicken, 129, 129
 - Sundaes, Caramelized, 140
- Asian
 - Chicken Noodle Soup, 144
 - Chicken Salad, Crunchy, 174
 - Fish, Crispy, -Pasta Salad, 182, 183
 - Noodles, Basil-Pork and, 80, 81
- Asparagus
 - Chicken and, Creamy, 92
 - Chicken and Mushroom Stir-Fry, 58, 59
 - and Ham Chowder, 158, 159

B

- Bagels, Nacho, *Superfast*, 28
- Balsamic Vinaigrette, Antipasto Salad with, 175
- Banana Roll-Ups, 42
- Banana-Strawberry Yogurt Smoothie, 22
- Barbecue(d)
 - Chicken, Chipotle, 126
 - Chicken Wraps, 12
 - Salmon, Brown Sugar, 135, 135
- Bean(s)
 - Burgers, and Veggie, 30, 31
 - Chili
 - Beefy Chili Mac, Skillet, 69
 - Chicken-Three Bean, 153, 153
 - Corn and, 150, 151
 - Salad
 - Cannellini, and Chicken, 168
 - Kidney Bean-Mostaccioli, 188
 - Pasta, Creamy, 186, 187
 - and Wild Rice, 189
 - Soup, Tortellini and, *Superfast*, 149
- Beef
 - Burgers
 - Bistro, 108, 109
 - Blue Cheese, 106
 - Juicy, 102, 103
 - Marinated Mushroom-Topped, 105, 105
 - Onion-Topped, 107
 - Chili, Corn and Bean, 150, 151
 - Chili Mac, Beefy, Skillet, 69
 - Fettuccine with Peppers and, 71, 71
 - Hamburger
 - Divan Skillet, 35
 - Hash Skillet Supper, 36, 37
 - Philly's, Open-Faced, 9, 9

- and Potato Skillet, 38
- Mexican Skillet Dinner, 46
- 'n Rice, Spanish, Skillet, 39
- and Pasta Alfredo, 76
- and Ramen Noodle Bowls, 72, 73
- Salisbury Steak, Veggie, 40, 41
- Soup, Pasta Cheeseburger, 139
- Tacos, Sloppy Joe Confetti, 7
- Taco Salad, Chips 'n Salsa, 166
- See also* Steak(s)
- Bell Pepper(s)
- Fettuccine with Beef and, 71, 71
- Pasta with Pesto, Three-Pepper, 97, 97
- Steak Salad, 163
- Beverages
 - Orange-Pineapple Twister, 178
 - Strawberry-Banana Yogurt Smoothie, 22
- Biscuit(s)
 - Club Sandwiches, California, 13
 - Fish Hero Sandwiches, 21
 - Goofy Face-Topped Burger, 148
 - with Pork Sausage Gravy, 53
- Bisque, Crab, Quick, *Superfast*, 161
- Blue Cheese Burgers, 106
- Blue Cheese Butter, Steaks with, 115
- Bread
 - Chili Cheese, 164
 - Pesto French, Grilled, 110
- Broccoli
 - Hamburger Divan Skillet, 35
 - Ravioli with Tomatoes, Mushrooms and, 83
 - Romaine Salad with Strawberries, 118
- Brown Rice, Fish with Carrots and, 66
- Brown Sugar Barbecued Salmon, 135, 135
- Burgers
 - Bean and Veggie, 30, 31
 - Bistro, 108, 109
 - Blue Cheese, 106
 - Chicken-Apple, 132, 133
 - Juicy, 102, 103
 - Mushroom, Marinated, -Topped, 105, 105
 - Onion-Topped, 107
 - Turkey, Garlicky, 17, 17
- Burritos, Tropical Peanut Butter, 33
- Butter
 - Blue Cheese, Steaks with, 115
 - Lemon-Chive, Steaks with, 111, 111
 - Orange, Lamb Chops with, 125

C

- Caesar Salad, Chicken Nugget, 169
- Caesar Tortellini with Ham, 78

- Cajun Chicken Salad, 176, 177
- California Club Biscuit Sandwiches, 13
- Cannellini Bean and Chicken Salad, 168
- Caramelized Apple Sundaes, 140
- Caramel Pineapple Sundae, 184
- Carrots
 - Fish with Brown Rice and, 66
 - and Sugar Snap Peas, Orange-Glazed, 128
- Celery, Nacho, 16
- Cheese
 - Bread, Chili, 164
 - Chicken Con Queso, 57
 - Chicken with Couscous, Two-Cheese, 88
 - Chowder, Hot Dog, Cheesy, *Superfast*, 156, 157
 - Eggplant Parmesan, Grilled, 136, 137
 - Hash Browns, -Chili, 43, 43
 - Heroes, Family, *Superfast*, 18, 19
 - Nacho Bagels, *Superfast*, 28
 - Nacho Celery, 16
 - Pizzas, Pepperoni, Individual, 116, 117
 - Pizza Soup, Cheesy, *Superfast*, 146
 - Quesadillas, Taco Cheese, *Superfast*, 32
 - Snackwiches, Cheesy, 26
 - Soup, Pasta Cheeseburger, 139
 - Tomato-Sausage Sauce, Cheesy, Penne with, 84, 85
 - See also specific cheeses*
- Cheeseburger Pasta Soup, 139
- Chicken
 - Apple-Honey-Mustard, 129, 129
 - and Asparagus, Creamy, 92
 - Barbecue Chipotle, 126
 - Burgers, -Apple, 132, 133
 - Chili, -Three Bean, 153, 153
 - Club Biscuit Sandwiches, California, 13
 - Con Queso, 57
 - with Couscous, Two-Cheese, 88
 - Fettuccine and, Southwest, 89
 - Focaccia, Mediterranean, 14, 15
 - and Gravy, Home-Style, 56
 - Lemon-, Primavera, 93
 - Mushroom, and Asparagus Stir-Fry, 58, 59
 - Puttanesca Sauté, 86, 87
- Salad
 - Caesar, Chicken Nugget, 169
 - Cajun, 176, 177
 - and Cannellini Bean, 168
 - Crunchy Asian, 174
 - Greek, 170, 171
- Satay, 130
- Soup, Noodle, Asian, 144
- Soup, Rice, Southwestern, *Superfast*, 145
- Sweet-and-Sour, Skillet, 60

Tacos, Stand-Up, 23, 23
Thighs, Honey-Glazed, 131
Tortellini with, 91, 91
Vegetable and Cream Cheese Sandwich, *Superfast*, 10, 11
Wraps, Barbecue, 12
Chicken Fried Pork Chops, 57, 57
Chili
Beefy Chili Mac, Skillet, 69
-Cheese Hash Browns, 43, 43
Chicken-Three Bean, 153, 153
Corn and Bean, 150, 151
Turkey Tenderloins, 61
Chili(es)
Cheese Bread, 164
Chipotle Chicken, Barbecue, 126
Chipotle-Corn Chowder, 155
Chips 'n Salsa Taco Salad, 166
Chowder
Cheesy Hot Dog, *Superfast*, 156, 157
Chipotle-Corn, 155
Corny Potato, *Superfast*, 154
Fish, Coconut-, 160
Ham and Asparagus, 158, 159
Club Biscuit Sandwiches, California, 13
Club Salad, Ranch, 172, 173
Coconut-Fish Chowder, 160
Cooking spray, uses for, 167
Corn
and Bean Chili, 150, 151
with Chives, 74
Chowder, Chipotle, 155
Chowder, Potato, Corny, *Superfast*, 154
Ravioli, with Cilantro and, 94, 95
Sloppy Joe Confetti Tacos, 7
Couscous, Chicken with, Two-Cheese, 88
Crab Bisque, Quick, *Superfast*, 161
Cream Cheese
Chicken and Vegetable Sandwich, *Superfast*, 10, 11
Panini, Garden, *Superfast*, 29
Crossword Puzzle Soup, 141, 141
D
Dill(y)
Peas with, 96
Tomato Soup, 8
Tuna Patties, 67
E
Eggplant Parmesan, Grilled, 136, 137
Equipment. *See* Tools and supplies
F
Fettuccine
with Beef and Peppers, 71, 71
Chicken and, Southwest, 89
Primavera, Lemon-Chicken, 93
Tuna and Ham with, 82
Fish
with Carrots and Brown Rice, 66
Chowder, Coconut-, 160
Crispy, -Pasta Salad, Asian, 182, 183
Hero Sandwiches, 21
Salmon, Brown Sugar Barbecued, 135, 135
See also Tuna
Five-Layer Salad, 134
Focaccia, Mediterranean Chicken, 14, 15
Frittata, Ham, Supper, 52
G
Glaze(d)
Apple-Honey-Mustard Chicken, 129, 129
Brown Sugar Barbecued Salmon, 135, 135

Honey-, Pork Chops, 122, 123
Honey, Chicken Thighs, 131
Orange, Carrots and Sugar Snap Peas, 128
Goofy Face-Topped Soup, 148
Grape and Apple Salad, 64
Grapefruit, Red, Tossed Salad, 50
Gravy
Chicken and, Home-Style, 56
Pork Sausage, Biscuits with, 53
Greek Chicken Salad, 170, 171
H
Ham
and Asparagus Chowder, 158, 159
Club Biscuit Sandwiches, California, 13
Frittata, Supper, 52
and Noodles, Easy, 77
and Pineapple Kabobs, 124
Tortellini with, Caesar, 78
and Tuna with Fettuccine, 82
and Vegetable Pasta Salad, 165, 165
Hamburger. *See* Beef, Hamburger; Burgers
Hash, Hamburger, Skillet Supper, 36, 37
Hash Browns, Chili-Cheese, 43, 43
Heroes, Family, *Superfast*, 18, 19
Honeydew Melon-Orange Salad, 152
Honey-Glazed Chicken Thighs, 131
Honey-Glazed Pork Chops, 122, 123
Hot Dog Chowder, Cheesy, *Superfast*, 156, 157
Hot Dog Wraps, Salsa, *Superfast*, 120
I
Ice Cream
Banana Roll-Ups, 42
See also Sundaes
Ice-cube trays, uses for, 79
Italian
Mixed Salad, 70
Steak Sandwiches, Open-Faced, *Superfast*, 112, 113
Tortellini-Vegetable Salad, 185, 185
K
Kabobs
Ham and Pineapple, 124
Kielbasa-Vegetable, 119, 119
Meatball, Sweet-and-Sour, 101
Kielbasa-Vegetable Kabobs, 119, 119
L
Lamb Chops with Orange Butter, 125
Linguine, Meatballs with, Skillet, 75, 75
M
Macaroni, Beefy Chili Mac, Skillet, 69
Mango and Shrimp Salad, 179, 179
Meatball Kabobs, Sweet-and-Sour, 101
Meatballs with Linguine, Skillet, 75, 75
Mediterranean Chicken Focaccia, 14, 15
Mexican Beef Skillet Dinner, 46
Mostaccioli-Kidney Bean Salad, 188
Mushroom(s)
Chicken and Asparagus Stir-Fry, 58, 59
Marinated, -Topped Burgers, 105, 105
Ravioli with Broccoli, Tomatoes and, 83
N
Nacho Bagels, *Superfast*, 28
Nacho Celery, 16
Nachos, S'mores, 104
Noodle(s)
Asian, Basil-Pork and, 80, 81
Asian Chicken Salad, Crunchy, 174
Beef and Ramen Noodle Bowls, 72, 73

and Ham, Easy, 77
Soup, Chicken, Asian, 144
Soup, Shrimp-Vegetable, 142, 143
O
Orange
Butter, Lamb Chops with, 125
Glazed Carrots and Sugar Snap Peas, 128
-Honeydew Melon Salad, 152
-Pineapple Twister, 178
P
Panini, Garden, *Superfast*, 29
Paper towels, uses for, 49
Pasta
and Beef, Alfredo, 76
Beefy Chili Mac, Skillet, 69
Cheeseburger Soup, 139
Chicken and Asparagus, Creamy, 92
Chicken Puttanesca Sauté, 86, 87
Crossword Puzzle Soup, 141, 141
Hamburger Divan Skillet, 35
Ham and Vegetable Salad, 165, 165
Linguine, Meatballs with, Skillet, 75, 75
Penne with Tomato-Sausage Sauce, Cheesy, 84, 85
with Pesto, Three-Pepper, 97, 97
Primavera, Lemon-Chicken, 93
Shrimp and, 98
See also Fettuccine; Noodle(s); Ravioli; Tortellini
Pasta Salad
-Bean, Creamy, 186, 187
Chicken, Crunchy Asian, 174
-Fish, Crispy, Asian, 182, 183
Mostaccioli-Kidney Bean, 188
Shells and Shrimp, Pesto, 180
Tortellini-Tuna, 181
Tortellini-Vegetable, Italian, 185, 185
Peanut Butter Burritos, Tropical, 33
Peas with Dill, 96
Peas, Sugar Snap, and Carrots, Orange-Glazed, 128
Penne with Tomato-Sausage Sauce, Cheesy, 84, 85
Pepper(s). *See* Bell Pepper(s); Chili(es)
Pepperoni Pizzas, Individual, 116, 117
Pesto
French Bread, Grilled, 110
Pasta with, Three-Pepper, 97, 97
Shrimp and Pasta, 98
Shrimp and Shells Salad, 180
Tenderloins, -Stuffed, 114
Pineapple
Caramel Sundae, 184
and Ham Kabobs, 124
-Orange Twister, 178
Pita Sandwiches, Tuna, *Superfast*, 24, 25
Pizza Soup, Cheesy, *Superfast*, 146
Pizzas, Pepperoni, Individual, 116, 117
Plastic food-storage bag, uses for, 147
Pork
Basil-, and Asian Noodles, 80, 81
Breaded Honey Mustard, 47
Chops
Chicken Fried, 57, 57
Honey-Glazed, 122, 123
Taco, 121
Zesty Skillet, 48
Taco Salad, Chips 'n Salsa, 166
See also Ham; Sausage
Potato(es)
Corny Chowder, *Superfast*, 154
Hamburger Hash Skillet Supper, 36, 37
and Hamburger Skillet, 38

Hash Browns, Chili-Cheese, 43, 43
and Sausage Skillet Sizzle, 54, 55
Taco-Topped, 44, 45
Puttanesca Chicken Sauté, 86, 87

Q
Quesadillas, Taco Cheese, *Superfast*, 32

R
Ramen Noodle
and Beef Bowls, 72, 73
Chicken Salad, Crunchy Asian, 174
Chicken Soup, Asian, 144
Ranch Club Salad, 172, 173
Ravioli
with Broccoli, Tomatoes and Mushrooms, 83
with Corn and Cilantro, 94, 95
Vegetable, Summer, 99
Rhubarb-Strawberry Sundaes, 90
Rice
Beef 'n, Spanish, Skillet, 39
Brown, Fish with Carrots and, 66
Chicken Con Queso, 57
Chicken Salad, Cajun, 176, 177
Chicken Soup, Southwestern, *Superfast*, 145
Chicken, Sweet-and-Sour, Skillet, 60
Wild Rice and Bean Salad, 189
Romaine-Broccoli Salad with
Strawberries, 118

S
Salad(s)
Antipasto, with Balsamic Vinaigrette, 175
Apple and Grape, 64
Fish, Crispy, -Pasta, Asian, 182, 183
Five-Layer, 134
Honeydew Melon-Orange, 152
Italian Mixed, 70
Mostaccioli-Kidney Bean, 188
Pasta-Bean, Creamy, 186, 187
Pasta, Ham and Vegetable, 165, 165
Ranch Club, 172, 173
Red Grapefruit Tossed, 50
Romaine-Broccoli, with Strawberries, 118
Shells and Shrimp, Pesto, 180
Shrimp and Mango, 179, 179
Steak, Pepper, 163
Taco, Chips 'n Salsa, 166
Tortellini-Tuna, 181
Tortellini-Vegetable, Italian, 185, 185
Wild Rice and Bean, 189
See also Chicken, Salad
Salisbury Steak, Veggie, 40, 41
Salmon, Brown Sugar Barbecued, 135, 135
Sandwich(es)
Bagels, Nacho, *Superfast*, 28
Burritos, Peanut Butter, Tropical, 33
Cheesy Snackwiches, 26
Chicken, Vegetable and Cream Cheese, *Superfast*,
10, 11
Chicken Focaccia, Mediterranean, 14, 15
Chicken Wraps, Barbecue, 12
Club Biscuit, California, 13
Fish Hero, 21
Hamburger Philly's, Open-Faced, 9, 9
Heroes, Family, *Superfast*, 18, 19
Panini, Garden, *Superfast*, 29
Quesadillas, Taco Cheese, *Superfast*, 32
Steak, Open-Faced Italian, *Superfast*, 112, 113
Tuna Pita, *Superfast*, 24, 25
Turkey, Swiss Almond, *Superfast*, 20

Wraps, Chicken, Barbecue, 12
Wraps, Hot Dog, Salsa, *Superfast*, 120
See also Burgers; Tacos

Sausage
Gravy, Biscuits with, 53
Kabobs, Kielbasa-Vegetable, 119, 119
and Potato Skillet Sizzle, 54, 55
Soup, Crossword Puzzle, 141, 141
-Tomato Sauce, Cheesy, Penne with, 84, 85
Scissors, kitchen, uses for, 27
Shellfish
Crab Bisque, Quick, *Superfast*, 161
See also Shrimp
Shells and Shrimp Salad, Pesto, 180
Shrimp
Lemon-Garlic, Stir-Fried, 65, 65
and Mango Salad, 179, 179
and Pasta, Pesto, 98
and Shells Salad, Pesto, 180
-Vegetable Noodle Soup, 142, 143
Sloppy Joe Confetti Tacos, 7
Smoothie, Strawberry-Banana Yogurt, 22
S'mores Nachos, 104
Snackwiches, Cheesy, 26
Soup(s)
Bisque, Crab, Quick, *Superfast*, 161
Chicken Noodle, Asian, 144
Chicken Rice, Southwestern, 145
Chili, Chicken-Three Bean, 153, 153
Chili, Corn and Bean, 150, 151
Crossword Puzzle, 141, 141
Goofy Face-Topped, 148
Pasta Cheeseburger, 139
Pizza, Cheesy, *Superfast*, 146
Shrimp-Vegetable Noodle, 142, 143
Tomato Dill, 8
Tortellini and Bean, *Superfast*, 149
See also Chowder
Southwest Chicken and Fettuccine, 89
Southwestern Chicken Rice Soup, *Superfast*, 145
Spanish Beef 'n Rice, Skillet, 39
Steak(s)
with Blue Cheese Butter, 115
with Lemon-Chive Butter, 111, 111
Salad, Pepper, 163
Sandwiches, Open-Faced Italian, *Superfast*, 112, 113
Tenderloins, Pesto-Stuffed, 114
Stir-Fried, Shrimp, Lemon-Garlic, 65, 65
Stir-Fry, Chicken, Mushroom and Asparagus, 58,
59
Strawberry(ies)
-Banana Yogurt Smoothie, 22
-Rhubarb Sundaes, 90
Romaine-Broccoli Salad with, 118
Sugar Snap Peas and Carrots, Orange-Glazed, 128
Sundae(s)
Apple, Caramelized, 140
Pineapple Caramel, 184
Strawberry-Rhubarb, 90
Sweet-and-Sour Chicken, Skillet, 60
Sweet-and-Sour Meatball Kabobs, 101
Swiss Almond Turkey Sandwiches, *Superfast*, 20

T
Taco (Seasoning/Sauce)
Cheese Quesadillas, *Superfast*, 32
Pork Chops, 121
Potatoes, -Topped, 44, 45
Salad, Chips 'n Salsa, 166
Turkey Medallions, 62, 63

Tacos
Chicken, Stand-Up, 23, 23
Sloppy Joe Confetti, 7
Tomato(es)
Ravioli with Broccoli, Mushrooms and, 83
-Sausage Sauce, Cheesy, Penne with, 84, 85
Soup, Crossword Puzzle, 141, 141
Soup, Dill, 8
Soup, Pizza, Cheesy, *Superfast*, 146
Tools and supplies
cooking spray, 167
ice cube trays, 79
paper towels, 49
plastic food-storage bag, 147
scissors, kitchen, 27
wire cooling racks, 127
Tortellini
and Bean Soup, *Superfast*, 149
with Chicken, 91, 91
with Ham, Caesar, 78
-Tuna Salad, 181
-Vegetable Salad, Italian, 185, 185
Tortillas
Banana Roll-Ups, 42
Burritos, Tropical Peanut Butter, 33
Pizzas, Individual Pepperoni, 116, 117
Quesadillas, Taco Cheese, *Superfast*, 32
Wraps, Barbecue Chicken
Wraps, Salsa Hot Dog, *Superfast*, 120
Tuna
and Ham with Fettuccine, 82
Patties, Dilly, 67
Pita Sandwiches, *Superfast*, 24, 25
-Tortellini Salad, 181
Turkey
Burgers, Garlicky, 17, 17
Club Salad, Ranch, 172, 173
Heroes, Family, *Superfast*, 18, 19
Medallions, Taco, 62, 63
Sandwiches, Swiss Almond, *Superfast*, 20
Tenderloins, Chili, 61

V
Vegetable(s)
Bean and Veggie Burgers, 30, 31
Chicken and Cream Cheese Sandwich, *Superfast*,
10, 11
Chicken, Sweet-and-Sour, Skillet, 60
and Ham Pasta Salad, 165, 165
Kabobs, Kielbasa-, 119, 119
Panini, Garden, *Superfast*, 29
Primavera, Lemon-Chicken, 93
Salisbury Steak, Veggie, 40, 41
Soup, -Shrimp Noodle, 142, 143
Summer, Ravioli, 99
-Tortellini Salad, Italian, 185, 185
See also specific vegetables
Vinaigrette, 168
Balsamic, Antipasto Salad with, 175

W
Wild Rice and Bean Salad, 189
Wire cooling racks, uses for, 127
Wraps
Chicken, Barbecue, 12
Hot Dog, Salsa, *Superfast*, 120

Y
Yogurt
Strawberry-Banana Smoothie, 22
Tomato Dill Soup, 8
See also Sundaes