

index

Page numbers in italics indicate illustrations.

A

Acorn Squash, Simmerin', 72

Appetizers

- Bacon-Tater Snacks, 27, 27
- Cheese Spread, Molded Herbed, with Apples, 100
- Cream Cheese with Ginger-Chili Sauce, 100, 100
- Fruit Dip, Fresh Strawberry, 27
- Mexican Olé, Microwave, 27

Apple(s)

- Cheese Spread, Molded Herbed, with, 100
- and Chicken "Clams," 158, 159
- Omelet, -Canadian Bacon, 14, 15
- Pork Chops, Spiced, 139

Apricot

- Chicken over Couscous, 129, 129
- Lamb Chops, -Glazed, 137

Artichokes, Chicken Provençal, 66

B

Bacon

- Frittata, Canadian Bacon-Tomato, 29
- Omelet, Canadian Bacon-Apple, 14, 15
- and Spinach Omelet, 16
- Turkey Wraps, Club, 166

Bacon, Turkey

Bagel and Cheese Bake, 32

- Tater, Snacks, 27, 27

Bagel and Cheese Bake, 32

Bagel-wiches, Turkey, Ham and Cheese, 169

Bananas, Pork Kabobs with Tropical Fruit, 194

Barbecue(d)

- Beef Tortillas, BBQ, 153
- Pork Fajitas, 48

Turkey Barbecues, 168

Turkey Burgers, Onion-Smothered, 118, 119

Basil

- Lemon Chicken, Skillet, with Rice, 130, 131
- Tomato Linguine, with Chicken, 62, 62
- Zucchini-Potato Frittata, 22

BBQ Beef Tortillas, 153

Bean(s)

- Black, Chowder, 126
- Burgers, California, 190, 191
- Chili, Rush-Hour, 56, 56
- Corn, and Pork Bundles, 202
- Corn Salad, Fiesta, 189
- Garbanzo, Hummus Pita Pizzas, 120
- Mexican Olé, Microwave, 27
- Nachos, Beef Dinner, 88
- Pasta, Tex-Mex, 58
- Pizzas, Mexican, Two-Cheese and Turkey, 167

Quesadillas, Fiesta, 213

and Rice Wraps, Spicy, 177

Soup, Vegetable, Sausage and, 80

Taco Salad, Navajo, 40

Veggie and Tortilla Dinner, Colorful, 110, 111

Beef

-Broccoli Stir-Fry, Spicy, 92, 92

Burgers, Cajun Country, 185

Burgers, Tex-Mex, Best West, 184

with Burgundy Mushrooms, 90, 91

and Cabbage Wraps, 154, 155

Chili, Rush-Hour, 56, 56

Chili, Tortilla and Cheese, 83

Fajita and Vegetable Pita, Fast, 46

Meatball Sandwiches, Knife and Fork, 76, 76

Milanese Grill, 192, 192

with Mushrooms and Noodles, 60

Nachos, Dinner, 88

Pasta, One-Dish, 146

Patties, Olé, 52

Sandwiches, Italian, 77

Sloppy Joes, Sweet 'n Easy, 78

Steak and Potato Salad, 182

Tenderloin with Mushroom-Shallot Sauce, 89

Tortillas, BBQ, 153

and Vegetable Packets, 193

Bell Pepper(s)

Chicken-Vegetable Salad, 183, 183

Creole-Style Skillet Dinner, 73, 73

Fajitas, Barbecued Pork, 48

Fajita Wraps, Chicken, Speedy, 160

Fish Provençal, 142

Pizza, Foot-Long, 178, 179

Pork Kabobs, Summer, 195, 195

Pork Kabobs with Tropical Fruit, 194

Red, Couscous-Stuffed, 134, 135

Sausage and Veggie Pitats, 203

and Turkey Hoagies, 171

Turkey-Vegetable, Sandwiches, Take-Along, 173

Berries

Star-Studded, 165

See also specific berries

Black Bean Chowder, 126

Blueberry-Popcorn Bars, 133, 133

Broccoli

-Beef Stir-Fry, Spicy, 92, 92

Fajita and Vegetable Pita, Fast, 46, 46

Linguine and Veggies in Parmesan Sauce, 112, 112

Scrambled Egg and Veggie Pockets, 20, 21

Bundles, Corn, Pork, and Bean, 202

Burgers

- Bean, California, 190, 191
- Beef, Cajun Country, 185
- Tex-Mex, Best West, 184
- Turkey
 - New England Open-Faced, 186
 - Onion-Smothered Barbecued, 118, 119
 - Terrific, 187

Burgundy Mushrooms, Beef with, 90, 91

Burritos, Cheese and Egg, 17

Butter, Lemon, Catfish Fillets, 102, 103

C

Cabbage

- and Beef Wraps, 154, 155
- and Chicken Wraps, Crispy, 162, 162
- Pork and Pineapple Stir-Fry, 70, 71
- Seafood Sandwiches, Crunchy, 174, 175
- Turkey Salad, Mandarin-Smoked, 41

Cajun Beef Burgers, 185

Cajun Chicken with Fresh Tomato Relish, 206

California Bean Burgers, 190, 191

California Chicken Salad, 44

Calzones, Three-Cheese, 121

Canadian Bacon

- Apple Omelet, 14, 15
- Tomato Frittata, 29

Canned foods, pantry list, 10

Caramelized Onion Glaze, Chicken with, 204, 205

Carbohydrates, recommended intake, 214

Caribbean Rub, Sweet-Spiced, Pork with, 198

Carrot(s)

- Beef and Vegetable Packets, 193
- Orange-Glazed, 72, 72
- Pork and Noodle Primavera, 132
- See also* Coleslaw Mix

Catfish Fillets, Lemon Butter, 102, 103

Cauliflower, Linguine and Veggies in Parmesan Sauce, 112, 112

Cheese

- and Bagel Bake, 32
- Bagel-wiches, Turkey, Ham and, 169

Calzones, Three-, 121

Chowder, Spicy Mexican, 122, 123 and Egg Burritos, 17

Frittata

- Canadian Bacon-Tomato, 29
- Hickory Ham and Potato, 26, 26
- Potato and Sausage, Cheesy, 24, 25
- Tomato, Cheesy, 23

Melts, Ham Salad, 176

Mexican Olé, Microwave, 27

Nachos, Beef Dinner, 88

Pasta, and Smoked Sausage Skillet, 84

Pita Pockets, Scrambled Egg and Veggie, 20, 21

Pizzas, Mexican, Two-Cheese and Turkey, 167

Potatoes, Chili-Stuffed, 124

Quesadillas, Fiesta, 213

Santa Fe Salad, Layered, 45

Sauce, Tuna Spaghetti with, 61, 61

Spread, Molded Herbed, with Apples, 100

Taco Salad, Navajo, 40

and Tomato Pasta Skillet, 144, 145

Tortilla

- and Cheese Chili, 83
- Eggs, 18, 18
- Rolls, Ham and Vegetable, 156
- Soup, Speedy, 53

See also specific cheeses

Chicken

and Apple "Clams," 158, 159

Apricot, over Couscous, 129, 129

Breasts, Herb-Seasoned, 67

Breasts, Pineapple-Glazed, 212

and Cabbage Wraps, Crispy, 162, 162

Cajun, with Fresh Tomato

Relish, 206

Chowder, and Pasta, 82

and Couscous Roll-Ups, 157

Fajita Wraps, Speedy, 160

Hash Browns, Southwest, 31

Lemon-Basil Skillet, with Rice, 130, 131

Linguine, Tomato-Basil, with, 62, 62

Mandarin Orange, 98

with Onion Glaze, Caramelized, 204, 205

Packets Milano, 147

Parmesan, Italiano, 99

Parmesan, Sautéed, 63

Pita Taquitos, 161, 161

Provençal, 66

Ravioli Primavera, 128

Salad

- California, 44
- Citrus, 127
- Santa Fe Salad, Layered, 45
- Vegetable, 183, 183

Sandwiches, Mediterranean, 163

Soup, Noodle, 81

Soup, -Tortellini, 54, 55

Stir-Fry, Orange, 65, 65

Stir-Fry, Springtime, 101

Subs, Quick, 170

Sweet-and-Sour, Quick, 64

Tacos, Spicy Chinese, 50, 51

Tetrazzini, Easy, 97

Chile(s)

Beef Patties, Olé, 52

Burgers, Tex-Mex, Best West, 184

Ginger-Chili Sauce, Cream Cheese with, 100, 100

Pasta, Tex-Mex, 58

Tortilla Soup, Speedy, 53

Chili

Rush-Hour, 56, 56

-Stuffed Potatoes, 124

Tortilla and Cheese, 83

Chinese Chicken Tacos, Spicy, 50, 51

Cholesterol, 8, 214

Chowder

Black Bean, 126

Cheese, Spicy Mexican, 122, 123

Chicken and Pasta, 82

Cinnamon-Cranberry Trail Mix, 133

Citrus Chicken Salad, 127

Club Turkey Wraps, 166

Coleslaw Mix

Beef and Cabbage Wraps, 154, 155

Chicken and Cabbage Wraps, Crispy, 162, 162

Pork and Pineapple Stir-Fry, 70, 71

Seafood Sandwiches, Crunchy, 174, 175

Corn

Chicken, Sweet-and-Sour, Quick, 64

Chicken Pita Taquitos, 161, 161

(continues)

Corn (continued)

- Pasta, Tex-Mex, 58
- Pizzas, Mexican, Two-Cheese and Turkey, 167
- Pork, and Bean Bundles, 202
- Quesadillas, Fiesta, 213
- Salad, Fiesta, 189
- Taco Salad, Navajo, 40

Couscous, 96

- Chicken, Apricot, over, 129, 129 and Chicken Roll-Ups, 157
- Stuffed Red Bell Peppers, 134, 135

Cranberry

- Raspberry Syrup, French Toast with, 34, 35
- Trail Mix, -Cinnamon, 133
- Turkey Burgers, New England Open-Faced, 186

Cream Cheese

- Fruit Dip, Fresh Strawberry, 27 with Ginger-Chili Sauce, 100, 100
- Ham and Egg Roll-Ups, 19
- Ham and Vegetable Tortilla Rolls, 156
- Spread, Molded Herbed Cheese, with Apples, 100

Creole-Style Skillet Dinner, 73, 73

D

Dairy products, pantry list, 9

Deviled Egg and Ham Salad Sandwiches, 109

Dip, Fruit, Fresh Strawberry, 27

E

Egg(s)

- Bagel and Cheese Bake, 32
- Burritos, and Cheese, 17
- Deviled, and Ham Salad Sandwiches, 109
- and Ham Roll-Ups, 19
- Omelet, Apple-Canadian Bacon, 14, 15
- Omelet, Spinach and Bacon, 16
- Scrambled, and Veggie Pockets, 20, 21
- Tortilla, 18, 18
- See also French Toast; Frittata

Eggplant, Chicken-Vegetable Salad, 183, 183

F

Fajita(s)

- Chicken Wraps, Speedy, 160
- Pork, Barbecued, 48
- and Vegetable Pita, Fast, 46, 46

Family dinners, 7

Fats and oils

- pantry list, 9
- recommended intake, 8, 214

Fiber, dietary, viii, 214

Fiesta Corn Salad, 189

Fiesta Quesadillas, 213

Fish

- Catfish Fillets, Lemon Butter, 102, 103
- Halibut, Pan-Roasted, over Rotini, 140, 141
- Oven-Baked, Crispy, 104, 105
- Provençal, 142
- and Rice Bundles, 106
- Salmon Burgers, Pacific Northwest, 188, 188
- Salmon, Honey-Glazed, and Rice, Simple, 143, 143
- Swordfish, Grilled, 207
- Swordfish with Pineapple Salsa, 208, 209
- Tuna Salad Sandwiches, 49
- Tuna Spaghetti with Cheese Sauce, 61, 61

Fool, Strawberry-Orange, 165, 165

French Toast

- Honey Wheat, 36
- Italian, 33
- with Raspberry-Cranberry Syrup, 34, 35
- Strata, 37, 37

Frittata

- Basil-Zucchini-Potato, 22
- Canadian Bacon-Tomato, 29
- Hickory Ham and Potato, 26, 26
- Pasta, 28, 28
- Potato and Sausage, Cheesy, 24, 25
- Spinach-Tomato, 30
- Tomato, Cheesy, 23

Frozen fruits and vegetables, 9

Fruit(s)

- Berries, Star-Studded, 165
- Bowl, Island, 189

- dietary recommendations, 8
- Dip, Fresh Strawberry, 27
- pantry list, 9
- snack tips, 11
- Tropical, Kabobs, Pork with, 194
- See also specific fruits

G

Garbanzo Beans, Hummus Pita

Pizzas, 120

Ginger-Chili Sauce, Cream Cheese with, 100

Ginger-Plum Glaze, Pork-Pineapple Kabobs with, 197, 197

Glaze(d)

- Apricot-, Lamb Chops, 137
- Caramelized Onion, Chicken with, 204, 205
- Honey-, Salmon and Rice, Simple, 143, 143
- Honey Mustard-, Pork Chops, 68, 69
- Honey-Orange, Pork Chops, 200, 201
- Mustard-, Pork Chops, 199
- Orange-, Carrots, 72, 72
- Pineapple-, Chicken Breasts, 212
- Plum-Ginger, Pork-Pineapple Kabobs with, 197, 197

Grains

- pantry list, 9
- recommended intake, 8

Green Bean(s)

- Pasta, One-Dish, 146
- Smoked Sausage and Cheese Pasta Skillet, 84
- Vegetable Soup, Bumper Crop, 79

H

Halibut, Pan-Roasted, over Rotini, 140, 141

Ham

- Bagel-wiches, Turkey, Cheese and, 169
- Black Bean Chowder, 126
- Mushroom Toast Toppers, 47
- and Potato Frittata, Hickory, 26, 26
- Roll-Ups, and Egg, 19
- Salad and Deviled Egg Sandwiches, 109

(continues)

Ham (continued)

- Salad Melts, 176
- and Swiss Sandwiches,
Miniature, 117
- Tortilla Rolls, and Vegetable, 156
- Hash Browns, Chicken,**
Southwest, 31
- Herbed Cheese Spread, Molded, with**
Apples, 100
- Herb-Seasoned Chicken**
Breasts, 67
- Hickory Ham and Potato Frittata,**
26, 26
- Hoagies, Turkey and Pepper,** 171
- Honey**
 - French Toast, Wheat, 36
 - Mustard Potato Salad, Warm,
189, 189
 - Orange Glazed Pork Chops,
200, 201
 - Pork Chops, Mustard-Glazed,
68, 69
 - Salmon, -Glazed, and Rice, Simple,
143, 143
- Hummus Pita Pizzas,** 120

I

Ingredients

- metric conversion guide, 216
- nutrition guidelines, 8, 10, 214
- pantry, 9

Island Fruit Bowl, 189

Italian

- Beef Sandwiches, 77
- Chicken Parmesan, Italiano, 99
- French Toast, 33
- Pork, Spiced, Easy, 196
- Shrimp Salad, Warm, 42, 43
- Toast Toppers, 116, 116

K

Kabobs, Pork

- Pineapple, with Plum-Ginger Glaze,
197, 197
- Summer, 195, 195
- with Tropical Fruit, 194

Kiwi, Fruit Bowl, Island, 189

L

Lamb Chops, Apricot-Glazed, 137

Lemon

- Basil Chicken, Skillet, with Rice,
130, 131
- Butter Catfish Fillets, 102, 103
- Raspberry Parfaits, 165
- Sauce, Turkey Scallopini with
Lemon, 96
- Linguine**
 - Tomato-Basil, with Chicken, 62, 62
 - and Veggies in Parmesan Sauce,
112, 112
- Lo Mein, Pork,** 138, 138

M

Mandarin Orange

- Chicken, 98
- Chicken Salad, Citrus, 127
- Turkey Salad, -Smoked, 41
- Mango, Fruit Bowl, Island,** 189
- Mashed Potatoes, Skin-On, and**
Onions, 72
- Meatball Sandwiches, Knife and Fork,**
76, 76
- Meat Loaves, Turkey,** 94, 95
- Meats, in pantry list,** 9
- Mediterranean Chicken**
Sandwiches, 163
- Melts, Ham Salad,** 176
- Metric conversion guide,** 216

Mexican

- Cheese Chowder, Spicy, 122, 123
- Olé, Microwave, 27
- Pizzas, Two-Cheese and Turkey, 167
- Milanese Beef Grill,** 192, 192

Mozzarella

- Calzones, Three-Cheese, 121
- French Toast, Italian, 33
- Meatball Sandwiches, Knife and
Fork, 76, 76
- Pizza, Classic, 107
- Pizza, Foot-Long, 178, 179
- Pizza Parlor Supreme, 108
- Toast Toppers, Italian, 116, 116
- Tomato and Cheese Pasta Skillet,
144, 145
- Turkey and Penne Pasta, 93

Mushroom(s)

- Beef with Noodles and, 60
- Beef and Vegetable Packets, 193
- Burgundy, Beef with, 90, 91

- Chicken Breasts, Herb-Seasoned, 67
- Chicken Tetrizzini, Easy, 97
- Ham Toast Toppers, 47
- Kabobs, Pork, Summer, 195, 195
- Pizza, Foot-Long, 178, 179
- Pizza Parlor Supreme, 108
- Risotto, and Herb, 59
- Shallot Sauce, Beef Tenderloin
with, 89

Mustard

- Glazed Pork Chops, 199
- Honey-Glazed Pork Chops, 68, 69
- Honey Potato Salad, Warm,
189, 189

N

Nachos, Beef Dinner, 88

Navajo Taco Salad, 40

New England Open-Faced Turkey Burgers, 186

Noodle(s)

- Beef with Burgundy Mushrooms, 90,
91
- Beef with Mushrooms and, 60
- Soup, Chicken, 81
- See also* Ramen Noodle Soup Mix

Nutrition guidelines, 8, 10, 214

O

Oils. *See* Fats and oils

Omelet

- Apple-Canadian Bacon, 14, 15
- Spinach and Bacon, 16

Onion(s)

- Beef and Vegetable Packets, 193
- Caramelized Glaze, Chicken with,
204, 205
- Red, Fish Provençal, 142
- Turkey Burgers, -Smothered
Barbecued, 118, 119

Orange(s)

- Carrots, -Glazed, 72, 72
- Chicken Stir-Fry, 65, 65
- Honey Glazed Pork Chops, 200, 201
- Strawberry Fool, 165, 165
- See also* Mandarin Orange

P

Pacific Northwest Salmon Burgers, 188, 188

Packets

- Beef and Vegetable, 193
- Chicken Milano, 147

Panini, Roast Beef, 150, 151**Pantry ingredients, ix****Parfaits, Lemon-Raspberry, 165****Parmesan**

- Calzones, Three-Cheese, 121
- Chicken, Italiano, 99
- Chicken, Sautéed, 63
- Pita Pizzas, Hummus, 120
- Sauce, Linguine and Veggies in, 112, 112

Pasta

- Broccoli-Beef Stir-Fry, Spicy, 92, 92
- Cheese, and Smoked Sausage Skillet, 84
- and Chicken Chowder, 82
- Chicken Tetrazzini, Easy, 97
- Frittata, 28, 28
- Linguine, Tomato-Basil, with Chicken, 62, 62
- Linguine and Veggies in Parmesan Sauce, 112, 112
- One-Dish, 146
- Penne and Turkey, 93
- Pork Lo Mein, 138, 138
- Ravioli, Chicken, Primavera, 128
- Rotini, Halibut, Pan-Roasted, over, 140, 141
- Salad, Chicken-Vegetable, 183, 183
- Salad, Shrimp, Warm Italian, 42, 43
- Salad, Spinach, Shrimp and, 113
- Spaghetti, Tuna, with Cheese Sauce, 61, 61
- Tex-Mex, 58
- Tomato and Cheese Skillet, 144, 145
- Tortellini-Chicken Soup, 54, 55
- Turkey and Twists in Tomato-Cream Sauce, 57
- See also Noodle(s); Ramen Noodle Soup Mix

Pea(s)

- Chicken, Sweet-and-Sour, Quick, 64
- Chicken Stir-Fry, Springtime, 101
- Chicken-Tortellini Soup, 54, 55
- Linguine and Veggies in Parmesan Sauce, 112, 112
- Pork and Noodle Primavera, 132
- Turkey Salad, Mandarin-Smoked, 41

Penne Pasta and Turkey, 93**Pepper(s). See Bell Pepper(s); Chile(s)****Physical activity, health and, 8****Pie(s)**

- Raspberry Sherbet, 100
- Shepherd's, Skillet, 85

Pineapple

- Chicken Breasts, -Glazed, 212
- Fruit Bowl, Island, 189
- Pork Kabobs with Plum-Ginger Glaze, 197, 197
- Pork Kabobs with Tropical Fruit, 194
- and Pork Stir-Fry, 70, 71
- Salsa, Swordfish with, 208, 209

Pita(s)

- Beef Pocket Sandwiches, Teriyaki, 152
- Chicken and Apple "Clams," 158, 159
- Chicken Taquitos, 161, 161
- Fajita and Vegetable, Fast, 46, 46
- Pizzas, Hummus, 120
- Sausage and Veggie, 203
- Scrambled Egg and Veggie Pockets, 20, 21
- Seafood Sandwiches, Crunchy, 174, 175

Pizza(s)

- Classic, 107
- Foot-Long, 178, 179
- Mexican Two-Cheese and Turkey, 167
- Pita, Hummus, 120
- Pizza Parlor Supreme, 108

Pizza Soup, 125**Plum-Ginger Glaze, Pork-Pineapple Kabobs with, 197, 197****Poorboy Sandwiches, Turkey, 164****Popcorn Bars, Blueberry-, 133, 133****Pork**

- Chops
 - with Caribbean Rub, Sweet-Spiced, 198
 - Country Breaded, 136
 - Honey-Mustard-Glazed, 68, 69
 - Honey-Orange Glazed, 200, 201
 - Mustard-Glazed, 199
 - Spiced Apple, 139
 - Spiced, Italian, Easy, 196
- Corn, and Bean Bundles, 202
- Fajitas, Barbecued, 48

- Kabobs, -Pineapple, with Plum-Ginger Glaze, 197, 197
- Kabobs, Summer, 195, 195
- Kabobs, with Tropical Fruit, 194
- Lo Mein, 138, 138
- and Noodle Primavera, 132
- and Pineapple Stir-Fry, 70, 71
- See also Bacon; Ham; Sausage

Potato(es)

- Bacon-Tater Snacks, 27, 27
- Beef and Vegetable Packets, 193
- Chili-Stuffed, 124
- Frittata, Basil-Zucchini-, 22
- Frittata, and Sausage, Cheesy, 24, 25
- Hash Browns, Chicken, Southwest, 31
- Mashed, Skin-On, and Onions, 72
- Salad, Honey Mustard, Warm, 189, 189
- and Sausage Skillet, Home-Style, 86, 87
- Shepherd's Pie, Skillet, 85
- and Steak Salad, 182
- Vegetable Soup, Bumper Crop, 79

R**Ramen Noodle Soup Mix**

- Chicken Stir-Fry, Springtime, 101
- Chicken, Sweet-and-Sour, Quick, 64
- Pork and Noodle Primavera, 132

Raspberry

- Cranberry Syrup, French Toast with, 34, 35
- Lemon Parfaits, 165
- Sherbet Pie, 100

Ravioli, Chicken, Primavera, 128**Red Bell Peppers, Couscous-Stuffed, 134, 135****Relish, Tomato, Fresh, Cajun Chicken with, 206****Rice**

- and Bean Wraps, Spicy, 177
- Chicken, Lemon-Basil Skillet, with, 130, 131
- Chicken Stir-Fry, Orange, 65, 65
- Creole-Style Skillet Dinner, 73, 73
- and Fish Bundles, 106
- Pork and Pineapple Stir-Fry, 70, 71
- Risotto, Mushroom and Herb, 59
- Veggie and Tortilla Dinner, Colorful, 110, 111

Ricotta, Calzones, Three-Cheese, 121
Risotto, Mushroom and Herb, 59
Roast Beef Panini, 150, 151
Roll-Ups
Chicken and Couscous, 157
Egg and Ham, 19
Ham and Vegetable Tortilla, 156
Rotini, Halibut, Pan-Roasted, over,
140, 141
**Rub, Sweet-Spiced Caribbean, Pork
with**, 198

S

Sage, Chicken Packets Milano, 147
Salad(s)
Chicken, California, 44
Chicken, Citrus, 127
Chicken-Vegetable, 183, 183
Corn, Fiesta, 189
Fruit Bowl, Island, 189
Ham, and Deviled Egg Sandwiches,
109
Ham, Melts, 176
Potato, Honey Mustard, Warm,
189, 189
Santa Fe, Layered, 45
Shrimp, Warm Italian, 42, 43
Spinach, Shrimp and Pasta, 113
Steak and Potato, 182
Taco, Navajo, 40
Tuna Sandwiches, 49
Turkey, Mandarin-Smoked, 41
Salmon
Burgers, Pacific Northwest, 188, 188
Honey-Glazed, and Rice, Simple,
143, 143
Salsa, Pineapple, Swordfish with,
208, 209
Salt intake, recommended, viii, 214
Sandwich(es)
Bagel-wiches, Turkey, Ham and
Cheese, 169
Beef, Italian, 77
Beef BBQ Tortillas, 153
Beef Pocket, Teriyaki, 152
Calzones, Three-Cheese, 121
Chicken and Apple “Clams,”
158, 159
Chicken, Mediterranean, 163
Chicken Pita Taquitos, 161, 161

Chicken Subs, Quick, 170
Egg, Deviled, and Ham Salad, 109
Fajita and Vegetable Pita, Fast,
46, 46
Ham Salad Melts, 176
Ham and Swiss, Miniature, 117
Hoagies, Turkey and Pepper, 171
Meatball, Knife and Fork, 76, 76
Melts, Ham Salad, 176
Panini, Roast Beef, 150, 151
Sausage and Veggie Pitats, 203
Scrambled Egg and Veggie
Pockets, 20, 21
Seafood, Crunchy, 174, 175
Sloppy Joes, Sweet 'n Easy, 78
Subs, Chicken, Quick, 170
Tacos, Turkey, Soft-Shell, 172
Toast Toppers, Italian, 116, 116
Toast Toppers, Mushroom-Ham, 47
Tuna Salad, 49
Turkey
Barbecues, 168
and Ham and Cheese Bagel-
wiches, 169
and Pepper Hoagies, 171
Poorboy, 164
Tacos, Soft-Shell, 172
-Vegetable, Take-Along, 173
See also Burgers; Roll-Ups; Wraps
Santa Fe Salad, Layered, 45
Sauce(s)
Cheese, Tuna Spaghetti with,
61, 61
Lemon, Turkey Scallopini with, 96
Mushroom-Shallot, Beef Tenderloin
with, 89
Parmesan, Linguine and Veggies
in, 112, 112
Pineapple Salsa, Swordfish
with, 208, 209
Tomato-Cream, Turkey and
Twists in, 57
Sausage
Bean, and Vegetable Soup, 80
Pizza, Classic, 107
Pizza Parlor Supreme, 108
and Potato Frittata, Cheesy, 24, 25
and Potato Skillet, Home-Style,
86, 87
Vegetable Soup, Bumper Crop, 79

Sausage, Turkey
Bean, and Vegetable Soup, 80
Creole-Style Skillet Dinner, 73, 73
Pizza, Classic, 107
Pizza Parlor Supreme, 108
and Potato Frittata, Cheesy, 24, 25
and Potato Skillet, Home-Style,
86, 87
Smoked, and Cheese Pasta
Skillet, 84
Vegetable Soup, Bumper Crop, 79
and Veggie Pitats, 203
Savory Snack Mix, 133
**Scallopini, Turkey, with Lemon
Sauce**, 96
Scrambled Egg and Veggie Pockets,
20, 21
Seafood Sandwiches, Crunchy,
174, 175
Shellfish. See Shrimp
Shepherd's Pie, Skillet, 85
Sherbet, Raspberry, Pie, 100
Shrimp
Grilled Marinated, 210, 211
Salad, Warm Italian, 42, 43
Sandwiches, Crunchy Seafood,
174, 175
Spinach and Pasta Salad, 113
Skillet Dinners
Chicken, Lemon-Basil, with Rice,
130, 131
Creole-Style, 73, 73
fats in, 8
Sausage, Smoked, and Cheese
Pasta, 84
Sausage and Potato, Home-Style,
86, 87
Shepherd's Pie, 85
Tomato and Cheese Pasta, 144, 145
Sloppy Joes, Sweet 'n Easy, 78
Snacks
Bacon-Tater, 27, 27
fruits and vegetables, xi
pantry list, 9
Popcorn Bars, Blueberry-, 133, 133
Savory Mix, 133
Trail Mix, Cranberry-Cinnamon,
133
Sodium intake, recommended,
8, 214

Soup(s)

Chicken Noodle, 81
Chicken-Tortellini, 54, 55
Chowder
 Black Bean, 126
 Cheese, Spicy Mexican,
 122, 123
 Chicken and Pasta, 82
 Pizza, 125
 Sausage, Bean, and Vegetable, 80
 Tortilla, Speedy, 53
 Vegetable, Bumper Crop, 79

Sour Cream

Bacon-Tater Snacks, 27, 27
Nachos, Beef Dinner, 88
Parmesan Sauce, Linguine and
 Veggies in, 112, 112
Santa Fe Salad, Layered, 45
-Tomato Sauce, Turkey and Twists
 in, 57

Southwest Chicken Hash

Browns, 31

Spaghetti

Chicken Tetrastini, Easy, 97
Tuna, with Cheese Sauce, 61, 61

Spiced

Apple Pork Chops, 139
Italian Pork, Easy, 196
Sweet-, Caribbean Rub, Pork
 with, 198

Spicy

Bean and Rice Wraps, 177
Broccoli-Beef Stir-Fry, 92, 92
Cheese Chowder, Mexican,
 122, 123
Chicken Tacos, Chinese, 50, 51

Spinach

Chicken-Tortellini Soup, 54, 55
Frittata, -Tomato, 30
Meatball Sandwiches, Knife and
 Fork, 76, 76
Omelet, and Bacon, 16
Shrimp and Pasta Salad, 113

Spreads, Cheese, Molded Herbed, with Apples, 100

Squash

Sausage and Veggie Pitas, 203
Simmerin', 72
See also Zucchini

Star-Studded Berries, 165

Steak

Milanese Beef Grill, 192, 192
and Potato Salad, 182

Stir-Fry

Broccoli-Beef, Spicy, 92, 92
Chicken Orange, 65, 65
Chicken, Springtime, 101
Pork and Pineapple, 70, 71

Strata

Bagel and Cheese Bake, 32
French Toast, 37, 37

Strawberry(ies)

Fool, -Orange, 165, 165
French Toast Strata, 37, 37
Fruit Bowl, Island, 189
Fruit Dip, Fresh, 27

Subs, Chicken, Quick, 170

Sugar intake, 8

Sweet-and-Sour Chicken, Quick, 64

Swiss and Ham Sandwiches,

Miniature, 117

Swordfish, Grilled, 207

Syrup, Raspberry-Cranberry, French

Toast with, 34, 35

T

Taco(s)

Chicken, Spicy Chinese, 50, 51
Salad, Navajo, 40
Turkey, Soft-Shell, 172

Taquito, Chicken Pita, 161, 161

Teriyaki Beef Pocket Sandwiches, 152

Tex-Mex Burgers, Best West, 184

Tex-Mex Pasta, 58

Toast Toppers

Italian, 116, 116
Mushroom-Ham, 47

Tomato(es)

and Cheese Pasta Skillet, 144, 145
Chicken Packets Milano, 147
Chili, Rush-Hour, 56, 56
-Cream Sauce, Turkey and Twists
 in, 57
Creole-Style Skillet Dinner, 73, 73
Fish Provençal, 142
Frittata, Spinach-, 30
Frittata, Canadian Bacon-, 29
Frittata, Cheesy, 23
Linguine, -Basil, with Chicken,
 62, 62

Pasta, Tex-Mex, 58

Pizza, Classic, 107

Pizza Soup, 125

Relish, Fresh, Cajun Chicken
 with, 206

Vegetable Soup, Bumper Crop, 79

Vegetable Soup, Sausage, Bean
 and, 80

Tortellini-Chicken Soup, 54, 55

Tortilla(s)

Beef BBQ, 153
Burgers, Tex-Mex, Best West, 184
Burritos, Cheese and Egg, 17
Calzones, Three-Cheese, 121
Chili, Cheese and, 83
Eggs, 18, 18
Fajitas, Barbecued Pork, 48
Mexican Olé, Microwave, 27
Nachos, Beef Dinner, 88
Pizzas, Mexican Two-Cheese and
 Turkey, 167

Quesadillas, Fiesta, 213

Roll-Ups

Chicken and Couscous, 157
Egg and Ham, 19
Ham and Vegetable, 156

Soup, Speedy, 53

Taco Salad, Navajo, 40

Tacos, Chicken, Spicy Chinese,
 50, 51

Tacos, Turkey, Soft-Shell, 172
and Veggie Dinner, Colorful,
 110, 111

Wraps

Bean and Rice, Spicy, 177
Beef and Cabbage, 154, 155
Cabbage and Chicken, Crispy,
 162, 162
Chicken Fajita, Speedy, 160
Turkey, Club, 166

Trail Mix, Cranberry-Cinnamon, 133

Tropical Fruit Kabobs, Pork with, 194

Tuna

Salad Sandwiches, 49
Spaghetti with Cheese Sauce,
 61, 61

Turkey

Bagel-wiches, Ham, Cheese and, 169

(continues)

Turkey (continued)

Barbecues, 168
in Beef Patties, Olé, 52
Burgers
 New England Open-Faced, 186
 Onion-Smothered Barbecued,
 118, 119
 Terrific, 187
Hoagies, and Pepper, 171
Meat Loaves, 94, 95
and Penne Pasta, 93
Pizzas, Mexican, Two-Cheese and,
 167
Pizza Soup, 125
Salad, Mandarin-Smoked, 41
Sandwiches, Poorboy, 164
Sandwiches, -Vegetable,
 Take-Along, 173
Scallopini with Lemon Sauce, 96
Shepherd's Pie, Skillet, 85
Tacos, Soft-Shell, 172
Toast Toppers, Italian, 116, 116
and Twists in Tomato-Cream
 Sauce, 57
Wraps, Club, 166
See also Bacon, Turkey; Sausage,
 Turkey

V

Vegetable(s)

and Beef Packets, 193
-Chicken Salad, 183, 183
Chicken Stir-Fry, Orange,
 65, 65
Chowder, Chicken and Pasta, 82
Chowder, Cheese, Spicy
 Mexican, 122
dietary recommendations, viii
and Fajita Pita, Fast, 46, 46
and Ham Tortilla Rolls, 156
Linguine and Veggies in Parmesan
 Sauce, 112, 112
pantry list, 9
Pork Lo Mein, 138, 138
Scrambled Egg and Veggie Pockets,
 20, 21
snack tips, 11
Soup, Bumper Crop, 79
Soup, Sausage, Bean and, 80
and Tortilla Dinner, Colorful Veggie,
 110, 111
-Turkey Sandwiches,
 Take-Along, 173
See also specific vegetables

Vinaigrette, 44

W

Wheat French Toast, Honey, 36

Wraps

Bean and Rice, Spicy, 177
Beef and Cabbage, 154, 155
Cabbage and Chicken, Crispy,
 162, 162
Chicken Fajita, Speedy, 160
Turkey, Club, 166

Y

Yogurt

Fruit Dip, Fresh Strawberry, 27
Mashed Potatoes, Skin-On, and
 Onions, 72

Z

Zucchini

Chicken Pita Taquitos, 161, 161
Chicken Ravioli Primavera, 128
Chicken-Vegetable Salad,
 183, 183
Frittata, Basil-Potato-, 22
Pizza, Foot-Long, 178, 179
Pork Kabobs, Summer, 195, 195
Sausage and Veggie Pitas, 203
Vegetable Soup, Sausage, Bean
 and, 80