

INDEX OF RECIPES

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Dietary Guidelines for Americans



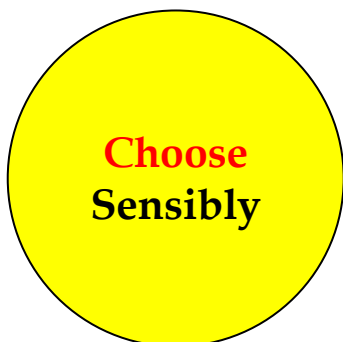
*Aim for a healthy weight.
Be physically active each day.*

*Let the Food Guide Pyramid guide
your choices.*

*Choose a variety of grains daily,
especially whole grains.*

*Choose a variety of fruits and
vegetables daily.*

Keep food safe to eat.



*Choose a diet that is low in saturated
fat and cholesterol and moderate in
total fat.*

*Choose beverages and food to
moderate your intake of sugars.*

Choose foods with less salt.

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	Hunter Style Turkey Stew	L 829 00

	Mexican Turkey Pasta	L 805 00
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	Chili Conquistador (Ground Turkey)	L 042 01
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	Sprouts Superba	Q 011 00
Cabbage		
	Cabbage (Fresh)	Q 107 02
	Calico Cabbage	Q 012 01
	Fried Cabbage with Bacon	Q 012 02
	Fried Cabbage	Q 012 00
	Oriental Stir-Fry Cabbage	Q 015 00
	Red Cabbage with Sweet and Sour Sauce	Q 043 00
Carrots		
	Carrot and Celery Amandine	Q 016 00
	Carrot Slices (Canned)	Q 108 01
	Carrot Slices (Frozen)	Q 108 00
	Carrot Strips (Fresh)	Q 108 03
	Carrots (1/4 Inch Slices) (Fresh)	Q 108 02
	Glazed Carrots	Q 017 01
	Lyonnaise Carrots	Q 017 00
	Orange Carrots Amandine	Q 014 00
Cauliflower		
	Cauliflower (Fresh)	Q 109 02
	Cauliflower (Frozen)	Q 109 00
	Cauliflower Au Gratin	Q 018 00
	Cauliflower Parmesan	Q 024 02
	Cauliflower Polonaise	Q 010 02
	Cauliflower with Cheese Sauce	Q 803 00
	French Fried Cauliflower	Q 020 00
Corn, Cream Style		
	Corn Fritters (Pancake Mix)	Q 021 01
	Corn Fritters	Q 021 00
	Cream Style Corn (Canned)	Q 112 01
	Scalloped Cream Style Corn	Q 023 00
Corn, Whole Kernel		
	Calico Corn	Q 027 00
	Corn and Green Bean Casserole	Q 083 00

	Corn O'Brien	Q 027 01
	Corn on the Cob (Fresh)	Q 111 02
	Corn on the Cob (Frozen)	Q 111 00
	Corn, Whole Kernel (Canned)	Q 110 01
	Corn, Whole Kernel (Frozen)	Q 110 00
	Hacienda Corn and Black Beans	Q 080 00
	Mexican Corn	Q 027 02
	Scalloped Whole Kernel Corn	Q 023 01
	Succotash (Frozen)	Q 124 00
Eggplant		
	Eggplant Parmesan	Q 028 00
	Ratatouille	Q 022 00
Greens		
	Greens, Collard (Fresh)	Q 113 02
	Greens, Collard (Frozen)	Q 113 00
	Greens, Kale (Fresh)	Q 113 03
	Southern Style Greens (Fresh Collards)	Q 029 00
	Southern Style Greens (Fresh Kale)	Q 029 03
	Southern Style Greens (Frozen)	Q 029 01
	Sweet Sour Greens	Q 029 02
Mixed Vegetables		
	Mixed Vegetables (Frozen)	Q 126 00
Mushrooms		
	Mushrooms, Frozen, Breaded	Q 804 00
	Sautéed Mushrooms	Q 030 00
	Sautéed Mushrooms and Onions	Q 030 01
Okra		
	French Fried Okra	Q 020 01
	Okra (Canned)	Q 114 01
	Okra (Frozen)	Q 114 00
	Okra and Tomato Gumbo	Q 031 00
	Okra Melange	Q 503 00
	Okra, Frozen, Breaded	Q 800 00

	Southern Fried Okra	Q 032 00
Onions		
	French Fried Onion Rings	Q 035 00
	French Fried Onion Rings (Frozen)	Q 035 01
	Fried Onions	Q 036 00
	Onions (Canned)	Q 115 01
	Onions (Fresh)	Q 115 02
	Smothered Onions (Dehydrated Onions)	Q 037 00
	Spanish Onions	Q 034 00
	Tempura Fried Onion Rings	Q 035 02
Peas		
	Peas (Canned)	Q 116 01
	Peas (Frozen)	Q 116 00
	Peas and Carrots (Frozen)	Q 127 00
	Peas with Carrots (Frozen)	Q 041 01
	Peas with Celery (Frozen)	Q 041 02
	Peas with Mushrooms (Canned Peas)	Q 041 04
	Peas with Mushrooms (Frozen)	Q 041 00
	Peas with Onions	Q 041 03
Potatoes, Sweet		
	Baked Sweet Potatoes	Q 066 00
	Candied Sweet Potatoes	Q 067 00
	Glazed Sweet Potatoes (Syrup)	Q 067 02
	Glazed Sweet Potatoes	Q 067 01
	Marshmallow Sweet Potatoes	Q 069 02
	Mashed Sweet Potatoes	Q 069 00
	Potatoes, Sweet (Canned)	Q 118 01
	Potatoes, Sweet (Fresh)	Q 118 02
	Scalloped Sweet Potatoes and Apples	Q 013 00
	Sweet Potatoes Southern Style	Q 069 01
Potatoes, White (Canned)		
	Oven Browned Potatoes (Canned)	Q 050 04
	Oven-Glo Potatoes (Canned)	Q 050 03

	Paprika Buttered Potatoes (Canned)	Q 033 03
	Parsley Buttered Potatoes (Canned)	Q 033 02
	Potatoes, White (Canned)	Q 119 01
Potatoes, White, Dehydrated		
	German Potato Griddle Cakes (Dehydrated)	Q 019 00
	Hashed Brown Potatoes (Dehydrated, Diced)	Q 054 04
	Hashed Brown Potatoes (Dehydrated, Sliced)	Q 054 00
	Lyonnaisse Potatoes (Dehydrated)	Q 054 01
	O'Brien Potatoes (Dehydrated, Sliced)	Q 054 02
	Potatoes Au Gratin (Dehydrated, Slices)	Q 051 01
	Scalloped Potatoes (Dehydrated, Diced)	Q 055 02
	Scalloped Potatoes (Dehydrated, Sliced)	Q 055 01
	Scalloped Potatoes and Onions (Dehydrated, Sliced)	Q 055 00
Potatoes		
	Baked Potatoes	Q 044 00
	Cajun Oven Fries	Q 801 00
	Cottage Fried Potatoes	Q 046 01
	Deviled Oven Fries	Q 075 00
	Franconia Potatoes	Q 050 01
	French Fried Potatoes	Q 045 00
	Garlic Cheese Potatoes	Q 500 00
	Garlic Roasted Potato Wedges	Q 070 00
	Garlic-Lemon Roasted Potato Wedges	Q 084 00
	Grilled Potato Patties	Q 048 01
	Hacienda Potatoes	Q 079 00
	Hashed Brown Potatoes	Q 046 00
	Home Fried Potatoes	Q 047 00
	Italian Roasted Potatoes	Q 502 00
	Lyonnaisse Potatoes	Q 046 03
	Mashed Potatoes	Q 048 00
	O'Brien Potatoes	Q 049 00
	Oven Browned Potatoes	Q 050 00
	Oven-Glo Potatoes	Q 050 02

	Paprika Buttered Potatoes	Q 033 01
	Parsley Buttered Potatoes	Q 033 00
	Potatoes and Herbs	Q 078 00
	Potatoes Au Gratin Using Prepared Sauce	Q 808 00
	Potatoes Au Gratin	Q 051 00
	Potatoes, White (Fresh)	Q 119 02
	Quick Baked Potato Halves	Q 044 01
	Rissole Potatoes	Q 052 00
	Roasted Pepper Potatoes	Q 504 00
	Rosemary Roasted Potato Wedges	Q 071 00
	Scalloped Potatoes and Onions	Q 053 01
	Scalloped Potatoes	Q 053 00
Potatoes, White, Frozen, French Fries		
	Baked Potato Rounds (Precooked)	Q 045 06
	French Fried Potatoes (Frozen)	Q 045 01
	French Fried Potatoes (Frozen, Oven Method)	Q 045 02
	French Fried Shoestring Potatoes (Frozen)	Q 045 03
	French Fried Shoestring Potatoes (Frozen, Oven)	Q 045 04
Potatoes, White, Frozen, Shredded		
	Baked Potato Pancakes (Frozen Shredded Potato)	Q 077 00
	Hashed Brown Potatoes (Frozen, Shredded, 2.5 oz)	Q 046 04
	Hashed Brown Potatoes (Frozen, Shredded, 3 oz)	Q 046 02
Potatoes, White, Instant, Granules		
	Garlic Cheese Potatoes (Instant)	Q 500 01
	Golden Potato Balls (Instant)	Q 056 00
	Grilled Potato Cakes	Q 057 01
	Mashed Potatoes (Instant)	Q 057 00
	Roasted Pepper Potatoes (Instant)	Q 504 01
Potatoes, White, Shredded, Dehydrated		
	Baked Potato Pancakes	Q 077 01
	Hashed Brown Potatoes (Dehydrated, Shredded)	Q 054 03
Potato Mix		
	French Fried Potatoes (Dehydrated Mix)	Q 045 05

Rutabagas (Fresh)		
	Rutabagas (Fresh)	Q 128 00
Sauerkraut		
	German Sauerkraut	Q 059 00
	Sauerkraut (Canned)	Q 120 01
Spinach		
	Club Spinach	Q 060 00
	Spinach (Canned)	Q 121 01
	Spinach (Fresh)	Q 121 02
	Spinach (Frozen)	Q 121 00
	Tangy Spinach	Q 063 00
Squash		
	Baked Hubbard Squash	Q 061 00
	Creole Summer Squash	Q 062 00
	Louisiana Style Smothered Squash	Q 064 00
	Savory Summer Squash	Q 064 01
	Squash and Carrot Medley (Frozen)	Q 074 01
	Squash and Carrot Medley (Fresh)	Q 074 00
	Squash, Fall and Winter (Fresh)	Q 123 02
	Squash, Summer (Fresh)	Q 122 02
	Squash, Summer (Frozen)	Q 122 00
Tomatoes		
	Stewed Tomatoes with Croutons	Q 058 01
	Stewed Tomatoes	Q 058 00
	Tomatoes (Canned)	Q 125 01
Turnips		
	Turnips (Fresh)	Q 129 00
	Turnips and Bacon	Q 040 00
Vegetable Combos		
	Bean Combo	Q 001 02
	Broccoli Combo	Q 001 01
	Brussels Sprouts Combo	Q 001 04
	Cauliflower Combo	Q 001 03

	Corn Combo	Q 001 06
	Green Bean Combo	Q 001 05
	Honey Dijon Vegetables	Q 082 00
	Japanese Vegetable Stir Fry	Q 073 00
	Tempura Vegetables	Q 068 00
	Vegetable Stir Fry Using Frozen Vegetables	Q 809 00
	Vegetable Stir Fry	Q 025 00

MEATLESS ENTRÉE ALTERNATIVES

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	Baked Macaroni and Cheese	F 001 00
	Broccoli Quiche (Frozen Eggs and Egg Whites)	F 011 02
	Broccoli Quiche	F 011 01
	Broccoli, Cheese, and Rice	L 075 00
	Cheese Deli Sandwich	N 039 00
	Cheese Pita Pizza	L 171 00
	Cheese Tortellini Marinara (Dehydrated)	L 173 02
	Cheese Tortellini Marinara	L 173 00
	Chilies Rellenos	L 074 00
	Crunchy Vegetable Burrito	N 050 00
	Egg Salad Sandwich	N 010 00
	French Bread Pizza	L 165 08
	Garden Vegetable Wrap	N 046 00
	Grilled Cheese Sandwich	N 006 00
	Italian Broccoli Pasta	L 189 00
	Japanese Vegetable Stir Fry	Q 073 00
	Lasagna (Frozen)	L 804 00
	Manicotti, Frozen	L 841 00
	Monterey Egg Bake	F 014 00
	Mushroom Quiche (Frozen Eggs and Egg Whites)	F 011 03
	Mushroom Quiche	F 011 00
	Mushroom, Green Pepper and Onion Pizza	L 165 02
	Mushroom, Onion, and Green Pepper Pita Pizza	L 171 01
	New York Egg Salad Sandwich (Egg and Tomato)	N 010 01
	Pasta Primavera	L 501 00
	Pizza (12 Inch Frozen Crust)	L 166 00
	Pizza (Pourable Pizza Crust)	L 165 10
	Pizza (Roll Mix)	L 165 06
	Pizza (Thick Crust)	L 165 01
	Pizza	L 165 00
	Potato Frittata	L 175 00
	Rice Frittata	L 174 00

	Southwestern Sweet Potatoes, Black Beans, and Corn	L 196 00
	Southwestern Sweet Potatoes, Black Beans, Corn (Canned)	L 196 01
	Spinach Lasagna	L 009 00
	Spinach Tortellini Marinara (Frozen)	L 173 01
	Vegetable Curry with Rice	L 203 00
	Vegetable Lasagna	L 508 00
	Vegetable Stir Fry	Q 025 00
	Vegetable Stuffed Peppers	L 176 00
	Vegetarian Burrito	L 507 00
	Vegetarian Hearty Burger	N 051 00
	Veggie Egg Pocket	F 013 00
	Western Sandwich (Denver)	N 018 00