

# INDEX OF RECIPES

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# Dietary Guidelines for Americans



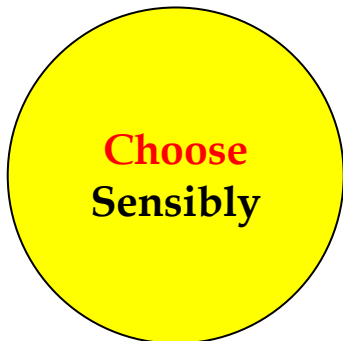
*Aim for a healthy weight.  
Be physically active each day.*

*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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	Mexican Baked Chicken (8 Pc)	L 143 01
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	Savory Baked Chicken (8 Pc)	L 158 00
	Southern Fried Chicken (8 Pc)	L 155 01
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	Baked Tandoori Chicken (Breast Boneless)	L 818 00
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	Chicken Parmesan (Breast Boneless)	L 051 01
	Cranberry Glazed Chicken (Breast Boneless)	L 190 00
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	Sante Fe Glazed Chicken (Breast Boneless)	L 210 00
	Savory Baked Chicken (Breast Boneless)	L 826 00
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	Chicken A La King (Canned Chicken)	L 147 01
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	Baked Chicken and Rice (Cooked Diced)	L 048 00
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	Chicken Chow Mein (Cooked Diced)	L 160 00
	Chicken Enchiladas (Cooked Diced)	L 003 01
	Chicken Pot Pie (Cooked Diced)	L 150 03
	Chicken Rotini Salad (Cooked Diced)	L 116 02
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	Puree Mongole	P 023 01
	Shrimp Gumbo	P 010 01
	Split Pea Soup with Ham	P 023 00

	Texas Tortilla Soup	P 025 00
	Tomato Bouillon	P 005 00
	Tomato Rice Soup	P 006 01
	Tomato Soup	P 006 00
	Tortellini Soup	P 026 00
	Turkey Vegetable Soup	P 029 00
	Vegetable Soup	P 007 00
	Velvet Corn Soup	P 801 00
	Zesty Bean Soup (Dry Beans)	P 021 01
	Zesty Bean Soup	P 021 00

## SECTION Q – VEGETABLES

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<b>Asparagus</b>		
	Asparagus (Canned)	Q 100 01
	Asparagus (Fresh)	Q 100 02
	Asparagus (Frozen)	Q 100 00
<b>Baked Beans (Canned)</b>		
	Baked Beans (Canned)	Q 002 00
<b>Beans, Canned, Green or Wax</b>		
	Beans, Green (Canned)	Q 101 01
	Beans, Wax (Canned)	Q 101 02
	Green Beans Parisienne (Canned)	Q 042 00
	Green Beans with Corn (Canned Beans)	Q 039 01
	Herbed Green Beans	Q 026 00
<b>Beans, Canned, Kidney</b>		
	Baked Beans (Kidney Beans, Canned)	Q 002 01
	Italian-Style Baked Beans (Canned Beans)	Q 004 01
<b>Beans, Canned, Pinto</b>		
	Baked Beans (Pinto Beans, Canned)	Q 002 02
	Refried Beans with Cheese	Q 038 00
	Refried Beans (Canned Beans)	Q 038 01
	Refried Beans with Cheese (Canned Beans)	Q 038 02
<b>Beans, White in Tomato Sauce (Canned)</b>		
	Beans, White in Tomato Sauce (Canned)	Q 103 01
<b>Beans, Dry (Kidney, Pinto or White)</b>		
	Boston Baked Beans	Q 003 00
	Italian-Style Baked Beans	Q 004 00
	Savory Baked Beans	Q 003 01
	Savory Style Beans	Q 005 01
	Simmered Dry Beans with Bacon	Q 005 00
	Simmered Dry Beans	Q 005 02
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<b>Beans, Frozen, Green or Wax</b>		
	Beans, French Style Cut (Frozen)	Q 101 03

	Beans, Green (Frozen)	Q 101 00
	Beans, Wax (Frozen)	Q 101 04
	Green Beans Creole	Q 007 01
	Green Beans Nicoise	Q 007 03
	Green Beans Parisienne (Frozen Beans)	Q 042 01
	Green Beans Southern Style	Q 007 04
	Green Beans with Corn (Frozen Beans)	Q 039 00
	Green Beans with Mushrooms	Q 007 02
	Hacienda Green Beans	Q 081 00
	Lyonnaise Green or Wax Beans	Q 007 00
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<b>Beans, Lima</b>		
	Beans, Lima (Canned)	Q 102 01
	Beans, Lima (Frozen)	Q 102 00
<b>Beets</b>		
	Beets (Canned)	Q 104 01
	Beets in Orange-Lemon Sauce	Q 008 01
	Harvard Beets	Q 008 00
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<b>Black-Eyed Peas (Canned)</b>		
	Black-Eyed Peas (Canned)	Q 117 01
<b>Broccoli</b>		
	Broccoli (Fresh)	Q 105 02
	Broccoli (Frozen)	Q 105 00
	Broccoli Parmesan	Q 024 00
	Broccoli Polonaise	Q 010 00
	Herbed Broccoli	Q 065 00
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	South of the Border Medley	Q 076 01
<b>Brussels Sprouts</b>		
	Brussels Sprouts (Frozen)	Q 106 00
	Brussels Sprouts Parmesan	Q 024 01
	Brussels Sprouts Polonaise	Q 010 01

	Sprouts Superba	Q 011 00
<b>Cabbage</b>		
	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
<b>Carrots</b>		
	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
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<b>Cauliflower</b>		
	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
<b>Corn, Cream Style</b>		
	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
<b>Corn, Whole Kernel</b>		
	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
<b>Eggplant</b>		
	Eggplant Parmesan	Q 028 00
	Ratatouille	Q 022 00
<b>Greens</b>		
	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
<b>Mixed Vegetables</b>		
	Mixed Vegetables (Frozen)	Q 126 00
<b>Mushrooms</b>		
	Mushrooms, Frozen, Breaded	Q 804 00
	Sautéed Mushrooms	Q 030 00
	Sautéed Mushrooms and Onions	Q 030 01
<b>Okra</b>		
	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
<b>Onions</b>		
	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
<b>Peas</b>		
	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
<b>Potatoes, Sweet</b>		
	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
<b>Potatoes, White (Canned)</b>		
	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
<b>Potatoes, White, Dehydrated</b>		
	German Potato Griddle Cakes (Dehydrated)	Q 019 00
	Hashed Brown Potatoes (Dehydrated, Diced)	Q 054 04
	Hashed Brown Potatoes (Dehydrated, Sliced)	Q 054 00
	Lyonnais 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
<b>Potatoes</b>		
	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
	Lyonnais 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
<b>Potatoes, White, Frozen, French Fries</b>		
	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
<b>Potatoes, White, Frozen, Shredded</b>		
	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
<b>Potatoes, White, Instant, Granules</b>		
	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
<b>Potatoes, White, Shredded, Dehydrated</b>		
	Baked Potato Pancakes	Q 077 01
	Hashed Brown Potatoes (Dehydrated, Shredded)	Q 054 03
<b>Potato Mix</b>		
	French Fried Potatoes (Dehydrated Mix)	Q 045 05

<b>Rutabagas (Fresh)</b>		
	Rutabagas (Fresh)	Q 128 00
<b>Sauerkraut</b>		
	German Sauerkraut	Q 059 00
	Sauerkraut (Canned)	Q 120 01
<b>Spinach</b>		
	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
<b>Squash</b>		
	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
<b>Tomatoes</b>		
	Stewed Tomatoes with Croutons	Q 058 01
	Stewed Tomatoes	Q 058 00
	Tomatoes (Canned)	Q 125 01
<b>Turnips</b>		
	Turnips (Fresh)	Q 129 00
	Turnips and Bacon	Q 040 00
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	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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	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