

Sheet1

TITNUTR_NO,N,(INGRED,C,40	QUANTMEASURE,C
1	Prosciutto	0.50 lb.
1	Peas	1.00 lb.
1	Basil	1.00 bunch
1	White wine vinegar	0.25 C.
1	lemon juice	0.25 C.
1	Dijon Mustard	1.00 T.
1	Garlic	3.00 cloves
1	Olive oil	1.00 C.
1	Pepperoni	1.00 ea.
2	Mozzarella Cheese	4.00 oz.
2	Muenster cheese	8.00 oz.
2	Parmesan cheese	1.00 C.
2	Parsley	1.25 C.
2	Butter Or Margarine	4.00 T.
2	Onion	1.00 C.
2	Celery	0.50 C.
2	Carrots	0.33 C.
2	Mushrooms	2.00 C.
2	Flour	0.38 C.
2	Poultry seasoning	0.25 T.
2	Dry white wine	0.50 C.
2	Chicken Broth	2.50 C.
2	Half and Half	1.50 C.
2	Salt	0.25 T.
2	Pepper	0.25 T.
2	Chicken	4.00 C.
2	Lasagna Noodles	12.00 ea.
2	Mushrooms	3.00 ea.
2	Celery leaves	1.00 pinch
3	Half and Half	2.00 C.
3	Semi Sweet Chocolate Squares	5.00 oz
3	Eggs	6.00 ea.
3	Sugar	2.00 Tb
3	Salt	0.25 tsp.
3	Vanilla Extract	2.00 tsp.
3	Heavy cream	0.25 C.
3	Confectioners sugar	2.00 T.
4	Fettucini	8.00 oz.
4	Butter Or Margarine	0.25 C.
4	Parmesan cheese	0.25 C.
4	Half and Half	2.00 T.
4	Salt	0.25 tsp.
4	Pepper	0.12 tsp.
1	Tortellini	2.00 lb.
5	Corn Tortillas	8.00 ea
5	Sour Cream	1.00 cp
5	chili powder	1.50 tsp
5	ground cumin	2.00 tsp

Sheet1

5	salt	0.50 tsp
5	sliced scallion	0.50 cup
5	Cooked Chicken	3.00 cups
5	mild taco salsa sauce	12.00 oz
5	cheddar cheese	1.50 cup
6	Navy or Great Northern Beans	1.00 C.
6	Onion	1.00 C.
6	Garlic	1.00 clove
6	Water	1.00 C.
6	Brown Sugar	0.25 C.
6	Molasses	2.00 T.
6	Vinegar	1.00 T.
6	Small Bay Leaf	1.00 ea
6	Dry Mustard	0.50 tsp.
6	Black Pepper	0.12 tsp.
6	Nutmeg	0.12 tsp.
6	Cinnamon	0.12 tsp.
6	Allspice	1.00 dash
6	can tomato sauce (8 oz)	1.00 can
7	Cracked Wheat	0.50 c
7	Water	1.00 c
7	Tomato	1.00 -
7	Fresh Parsely	0.50 c
7	Lemon Juice	2.00 T
7	Garlic Powder	0.12 Tsp
7	Chopped Scallions	0.25 C
7	Mint	0.25 C
7	Garbanzo Beans, from can	0.50 C
8	Cooking Spray	1.00 -
8	non-fat ricotta cheese	2.00 Cup
8	light process cream cheese	2.00 8 oz tubs
8	Brown sugar	1.00 cup
8	All purpose flour	3.00 tablespoon
8	ground cinnamon	1.50 teaspoons
8	ground ginger	0.50 teaspoon
8	ground nutmeg	0.50 teaspoon
8	ground cloves	0.50 teaspoon
8	eggs	2.00 -
8	mashed cooked pumpkin	1.00 16 oz can
8	egg whites	4.00 -
8	cream of tartar	0.25 teaspoon
8	plus 3 tablespoons sugar, divided	0.25 cup
9	seeded, diced unpeeled tomato	1.00 CUP
9	red bell pepper	0.50 cup
9	yellow bell pepper	0.50 cup
9	canned chopped grean chiles	2.00 tablespoon
9	minced fresh cilantro	2.00 tablespoon
9	minced fresh onion	1.00 tablespoon
9	salt	0.25 teaspoon

Sheet1

9	balsamic vinegar	1.00 tablespoon
9	fresh lime juice	3.00 tablespoon
9	4 oz grouper or perch filets	4.00 piece

Sheet1

PREPARE,C,40	CARDGRAMS,N,12,2
thinly sliced	0.00
Fresh or Frozen	0.00
Fresh	0.00
	0.00
	0.00
	0.00
	0.00
	0.00
(Optional) sliced	0.00
Shredded	0.00
shredded	0.00
grated	0.00
(garnish, optional)	0.00
	0.00
finely chopped	0.00
finely chopped	0.00
finely chopped	0.00
Chopped	0.00
	0.00
	0.00
	0.00
	0.00
	0.00
	0.00
freshly ground	0.00
chopped, cooked (one 3 1/2-4 lb chicken	0.00
	0.00
Large, Sliced	0.00
(optional)	0.00
	0.00
	0.00
Yolks	0.00
	0.00
	0.00
	0.00
(or whipping cream)	0.00
	0.00
(one package)	0.00
melted	0.00
grated	0.00
	0.00
	0.00
	0.00
	0.00
	0.00
	0.00
	0.00

Sheet1

	0.00
green and white parts	0.00
diced (leftover pieces great)	0.00
	0.00
shredded	0.00
	0.00
Chopped	0.00
Chopped	0.00
	0.00
	0.00
	0.00
	0.00
	0.00
	0.00
	0.00
	0.00
	0.00
	0.00
	0.00
	0.00

Boiling
Chopped

Tender green portion
Chopped

firmly packed

diced
diced

divided
1 inch thick