

Sheet1

| TITITLE,C,60 | KEYWORD,C,60 | INSTRUCT,M |
|---------------------------------------|---|------------|
| 1 Tortellini salad | Salad Macaroni Summer Holiday Prepare ahead | |
| 2 Chicken Lasagne | Chicken Prepare ahead meat | |
| 3 Pots de Creme au Chocolat (Mousse) | chocolate dessert mousse | |
| 4 Fettucini Alfredo | side dish macaroni | |
| 5 Chicken Tortilla Casserole | Fast Chicken Dinner | |
| 6 Vegetarian Baked Beans | Vegetarian prepare ahead entree | |
| 7 Tobouli | Vegetarian prepare ahead | |
| 8 Light Pumpkin Cheesecake | Cake Cheesecake Light | |
| 9 Fish Fillets with Bell Pepper salsa | Fish Spicy Light Fast | |

Sheet1

| ORIGIN,C,60 | SEF | CALC | PR | (FAT,N | CARB | FIBER | CHOL | IRON | ISODIUM | CALCIUM | MINU |
|------------------------------------|-----|------|----|--------|-------|-------|-------|-------|---------|---------|------|
| Elizabeth Gorowski-Imburgio | 6 | -1 | -1 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | 60 |
| Microwave cookbook | 8 | -1 | -1 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | 120 |
| Joy of Cooking | 6 | -1 | -1 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | 45 |
| Angelina Imburgio | 8 | -1 | -1 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | 15 |
| Microwave Cookbook | 6 | -1 | -1 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | 45 |
| Grace I Barry | 4 | -1 | -1 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | 60 |
| Grace I Barry | 6 | -1 | -1 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | -1.00 | 150 |
| Cooking light Magazine, Nov/Dec 92 | 12 | 232 | 9 | 7.50 | 33.70 | 0.70 | 59.00 | 1.50 | 264.00 | 117.00 | -1 |
| Cooking Light magazine | 8 | 130 | 23 | 1.50 | 5.90 | 1.40 | 42.00 | 1.80 | 221.00 | 41.00 | -1 |

ITES,N,6,0