

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	SE	FAT	PROTEIN	CARB	FIBER	CHOL	IRON	SODIUM	CALCIUM	MINU
Elizabeth Gorowski-Imburgio	6	-1	-1	-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	120
Joy of Cooking	6	-1	-1	-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	15
Microwave Cookbook	6	-1	-1	-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	60
Grace I Barry	6	-1	-1	-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
Cooking Light magazine	8	130	23	1.50	5.90	1.40	42.00	1.80	221.00	41.00

NOTES,M	SAT,N	POLY,	MONOTEMP,N,4,0
	-1.00	-1.00	-1.00
	-1.00	-1.00	-1.00
	-1.00	-1.00	-1.00
	-1.00	-1.00	-1.00
	-1.00	-1.00	-1.00
	-1.00	-1.00	-1.00
	-1.00	-1.00	-1.00
	-1.00	-1.00	-1.00
	-1.00	-1.00	-1.00