

Sheet1

TITINGRED,C,40	QUANTMEASURE,C	PREPARE,C,40	CARD
1 Prosciutto	0.50 lb.	thinly sliced	0.00
1 Peas	1.00 lb.	Fresh or Frozen	0.00
1 Basil	1.00 bunch	Fresh	0.00
1 White wine vinegar	0.25 C.		0.00
1 lemon juice	0.25 C.		0.00
1 Dijon Mustard	1.00 T.		0.00
1 Garlic	3.00 cloves		0.00
1 Olive oil	1.00 C.		0.00
1 Pepperoni	1.00 ea.	(Optional) sliced	0.00
2 Mozzarella Cheese	4.00 oz.	Shredded	0.00
2 Muenster cheese	8.00 oz.	shredded	0.00
2 Parmesan cheese	1.00 C.	grated	0.00
2 Parsley	1.25 C.	(garnish, optional)	0.00
2 Butter Or Margarine	4.00 T.		0.00
2 Onion	1.00 C.	finely chopped	0.00
2 Celery	0.50 C.	finely chopped	0.00
2 Carrots	0.33 C.	finely chopped	0.00
2 Mushrooms	2.00 C.	Chopped	0.00
2 Flour	0.38 C.		0.00
2 Poultry seasoning	0.25 T.		0.00
2 Dry white wine	0.50 C.		0.00
2 Chicken Broth	2.50 C.		0.00
2 Half and Half	1.50 C.		0.00
2 Salt	0.25 T.		0.00
2 Pepper	0.25 T.	freshly ground	0.00
2 Chicken	4.00 C.	chopped, cooked (one 3 1/2-4 lb chicken	0.00
2 Lasagna Noodles	12.00 ea.		0.00
2 Mushrooms	3.00 ea.	Large, Sliced	0.00
2 Celery leaves	1.00 pinch	(optional)	
3 Half and Half	2.00 C.		0.00
3 Semi Sweet Chocolate Squares	5.00 oz		0.00
3 Eggs	6.00 ea.	Yolks	0.00
3 Sugar	2.00 Tb		0.00
3 Salt	0.25 tsp.		0.00
3 Vanilla Extract	2.00 tsp.		0.00
3 Heavy cream	0.25 C.	(or whipping cream)	0.00
3 Confectioners sugar	2.00 T.		0.00
4 Fettucini	8.00 oz.	(one package)	0.00
4 Butter Or Margarine	0.25 C.	melted	0.00
4 Parmesan cheese	0.25 C.	grated	0.00
4 Half and Half	2.00 T.		0.00
4 Salt	0.25 tsp.		0.00
4 Pepper	0.12 tsp.		0.00
1 Tortellini	2.00 lb.		0.00
5 Corn Tortillas	8.00 ea		0.00
5 Sour Cream	1.00 cp		0.00
5 chili powder	1.50 tsp		0.00
5 ground cumin	2.00 tsp		0.00

Sheet1

5 salt	0.50 tsp		0.00
5 sliced scallion	0.50 cup	green and white parts	0.00
5 Cooked Chicken	3.00 cups	diced (leftover pieces great)	0.00
5 mild taco salsa sauce	12.00 oz		0.00
5 cheddar cheese	1.50 cup	shredded	0.00
6 Navy or Great Northern Beans	1.00 C.		0.00
6 Onion	1.00 C.	Chopped	0.00
6 Garlic	1.00 clove	Chopped	0.00
6 Water	1.00 C.		0.00
6 Brown Sugar	0.25 C.		0.00
6 Molasses	2.00 T.		0.00
6 Vinegar	1.00 T.		0.00
6 Small Bay Leaf	1.00 ea		0.00
6 Dry Mustard	0.50 tsp.		0.00
6 Black Pepper	0.12 tsp.		0.00
6 Nutmeg	0.12 tsp.		0.00
6 Cinnamon	0.12 tsp.		0.00
6 Allspice	1.00 dash		0.00
6 can tomato sauce (8 oz)	1.00 can		0.00
7 Cracked Wheat	0.50 c		
7 Water	1.00 c	Boiling	
7 Tomato	1.00 -	Chopped	
7 Fresh Parsely	0.50 c		
7 Lemon Juice	2.00 T		
7 Garlic Powder	0.12 Tsp		
7 Chopped Scallions	0.25 C	Tender green portion	
7 Mint	0.25 C	Chopped	
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	firmly packed	
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	diced	
9 yellow bell pepper	0.50 cup	diced	
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	divided
9 4 oz grouper or perch filets	4.00	piece	1 inch thick

FINAL,N,4,2