

Sheet1

TITINGRED,C,40	QUANTMEASURE,C,40	PREPARE,C,40	CARDIN/
1 Prosciutto	0.50 lb.	thinly sliced	
1 Peas	1.00 lb.	Fresh or Frozen	
1 Basil	1.00 bunch	Fresh	
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.	(Optional) sliced	
2 Mozzarella Cheese	4.00 oz.	Shredded	
2 Muenster cheese	8.00 oz.	shredded	
2 Parmesan cheese	1.00 C.	grated	
2 Parsley	1.25 C.	(garnish, optional)	
2 Butter Or Margarine	4.00 T.		
2 Onion	1.00 C.	finely chopped	
2 Celery	0.50 C.	finely chopped	
2 Carrots	0.33 C.	finely chopped	
2 Mushrooms	2.00 C.	Chopped	
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.	freshly ground	
2 Chicken	4.00 C.	chopped, cooked (one 3 1/2-4 lb chicken	
2 Lasagna Noodles	12.00 ea.		
2 Mushrooms	3.00 ea.	Large, Sliced	
2 Celery leaves	1.00 pinch	(optional)	
3 Half and Half	2.00 C.		
3 Semi Sweet Chocolate Squares	5.00 oz		
3 Eggs	6.00 ea.	Yolks	
3 Sugar	2.00 Tb		
3 Salt	0.25 tsp.		
3 Vanilla Extract	2.00 tsp.		
3 Heavy cream	0.25 C.	(or whipping cream)	
3 Confectioners sugar	2.00 T.		
4 Fettucini	8.00 oz.	(one package)	
4 Butter Or Margarine	0.25 C.	melted	
4 Parmesan cheese	0.25 C.	grated	
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		000001
5 Sour Cream	1.00 cp		000002
5 chili powder	1.50 tsp		000003
5 ground cumin	2.00 tsp		000004

Sheet1

5 salt	0.50 tsp		000005
5 sliced scallion	0.50 cup	green and white parts	000006
5 Cooked Chicken	3.00 cups	diced (leftover pieces great)	000007
5 mild taco salsa sauce	12.00 oz		000008
5 cheddar cheese	1.50 cup	shredded	000009
6 Navy or Great Northern Beans	1.00 C.		
6 Onion	1.00 C.	Chopped	
6 Garlic	1.00 clove	Chopped	
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		000001
7 Water	1.00 c	Boiling	000002
7 Tomato	1.00 -	Chopped	000003
7 Fresh Parsely	0.50 c		000004
7 Lemon Juice	2.00 T		000005
7 Garlic Powder	0.12 Tsp		000006
7 Chopped Scallions	0.25 C	Tender green portion	000007
7 Mint	0.25 C	Chopped	000008
7 Garbanzo Beans, from can	0.50 C		000009
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

AL,C,6