

Sheet1

CAL	TITLE,C,50	ID,NCAT1,C,15	CAT2,C,15	CAT3,C,15	SEF
	Chicken with Peppers	1 Poultry	Chicken	Main Dish	4
	Fettuccine with Mushroom and Brie Sauce	2 Pasta	Italian	Meatless	4
	Seafood Gumbo	3 Cajun	Seafood	Soup	24
	Potato Salad with Herbs	4 Salad	Potato	Herb	6
	Roy's Salsa	5 Tex-Mex			0
	Worried Fried Green Tomatoes	6 Vegetable	Tomato	Meatless	4
	Chicken Breasts Marsala	7 Chicken	Italian	Poultry	4
	Mama's Baked Eggplant	8 Side Dish	Vegetable	Meatless	6
	BBQ Dry Rub - 12-22-91	9 smoked	BBQ	Outdoor	1
	Banana Cream Cheese Pie	10 Banana	Dessert		6
	Brenda's Potatoes Rosemary	11 Potatoes	Vegetable		4
	Chuck's Clam Chowder	12 soup	Seafood	Clams	6
	Lemon-Pepper Chicken	13 Chicken	Main Course		4
	Pineapple Beef Marinade	14 Beef	Marinade		2
	Seared Tuna Steaks w/ Green Peppercorn Sauce	15 Fish	Main Dish	Seafood	2
49	Tarragon-Mustard Burgers	16 Chicken	Chicken	Main Course	4
	Tom Brown's Pork Tenderloins	17 Meats	Outdoor	Pork	4
	Wing-Ding	18 Chicken			4
	BEEF STROGANOV	19 To be edit			4
	DELENA'S RICE CRISPIES FRIED CHICKEN	20 To be edit			2

Sheet1

SOURCE,C,30	DIR,M	TIME,C,FA\CHO,C,4	MARK,C,4
		1	
Overton Anderson			
Overton Anderson			
Overton Anderson			
Overton Anderson		30	
Overton Anderson		30	
Nola Anderson			
Overton Anderson			
The Collection of Chuck Ripple		50 mn	
The Collection of Chuck Ripple		1 hr	
The Collection of Chuck Ripple		1.5hr	
The Collection of Chuck Ripple			
The Collection of Chuck Ripple		1 hr	
The Collection of Chuck Ripple		10 mn	
The Collection of Chuck Ripple		6 mn	3
The Collection of Chuck Ripple		15 mn	
The Collection of Chuck Ripple		15 mn	
Rick Grunwald			
Delena Gaittino			