

Sheet1

RNLNAME,C,40	KING,C,30
1 BBQ BABY BACK RIBS	ribs/soy/orange/spices
2 CHESS PIE	eggs/sugar/milk/flour/meal
3 ORANGE CHESS PIE	eggs/sugar/orange
4 QUICK & EASY ITALIAN MARINADE	dressing mix/oil
5 CHICKEN BREASTS AU CITRON	pineapple/orange/lemon/chick
6 CURRIED RICE AND LENTILS	lentils/rice/apple/seeds
7 ORANGE CHARLOTTE RUSSE	gelatin/cream/orange/egg
8 OVEN BAKED TEMPURA	fish/shrimp/mushroom/zucchini
9 PASTA SALAD WITH HAM AND CHEESE	pasta/ham/cheese/yogurt
10 PASTA FROM HELL	banana/chili/cheese/pasta
11 PEANUT BUTTER PIE	peanut butter/eggs/sugar
12 ROUND STEAK W/VERMICELLI	beef/tomato/mushroom/pasta
13 SEAFOOD CASSEROLE SUPREME	scallops/shrimp/crab/flounder
14 SHRIMP AND CREAM CHEESE EGG ROLLS	tortillas/cheese/shrimp
15 SHRIMP W/CURRY, GINGER & TOMATO	shrimp/tomato/wine/cream
16 TURKEY SALISBURY STEAK	turkey/crumbs/mushrooms
17 MICROWAVE RICE	rice/water/oil/salt
18 CHILI AMBROSIA	beef/jalapeno/tomato/onion
19 LOWFAT FROZEN YOGURT	yogurt/banana/milk/berries
20 BEIGNETS W/CHOCOLATE & APRICOT SAUCES	eggs/flour/oil
21 BITTERSWEET CHOCOLATE SAUCE	chocolate/butter/sugar
22 APRICOT SAUCE	apricot preserve/brandy
23 SKILLET SPAGHETTI	beef/pasta/tomato/onion
24 ALLIGATOR STEW	alligator/tomatoes/onion
25 ALLIGATOR SAUCE PIQUANT	alligator/tomatoes/onion
26 FRIED ALLIGATOR PATTIES	alligator/lemon/potato
27 FRIED ALLIGATOR	alligator/vinegar/flour
28 TACO CHICKEN SALAD	chicken/mayo/cream/lettuce
29 CHICKEN KEBABS ALA GIFFORD	chicken/soy/veggies
30 GRILLED CHICKEN & MRS. DASH	chicken/soy/veggies
31 BLACK SANGRIA	fruit/soda/wine/tea
32 WHITE SANGRIA	fruit/wine/sugar/cointreau
33 CHICKEN FRANCESA	chicken/cheese/milk/stock
34 MARINATED CHICKEN (MILE PETERS)	chicken/oil/vinegar/spices
35 IMPERIAL CHICKEN	chicken/crumbs/parmesan
36 TOM'S WORLD FAMOUS HOT BARBECUE	beef/onion/catsup
37 SLAW	cabbage/carrot/mayo
38 SHREDDED CHICKEN	chicken/salsa/taco mix
39 CHINESE GASTRONOMY (BOOK INFORMATION)	none
40 COCONUT FLAN	coconut/milk/egg/sugar
41 VIET BBQ GAME HEN	game hens/soy/sherry
42 NUOC CHAM DIPPING SAUCE	garlic/chile/fish sauce
43 EASY MICROWAVE LASAGNE	pasta/beef/cheese/tomato
44 TOMATO-MEAT SAUCE	beef/tomato/onion
45 ROASTED GARLIC	garlic/oil/stock
46 ACAPULCO GOLD (DRINK)	alcohol
47 MICROWAVE PICKLES	cucumber/onion/vinegar
48 CHICKEN MARENGO -- MICROWAVE	chicken/wine/mushroom/spices

Sheet1

49 LASAGNE -- MICROWAVE

pasta/mushroom/beef/tomato

50 STUFFED EGGPLANT WITH SHRIMP -MICROWAVE

eggplant/onion/shrimp/bread

SOURCE,C,40	TXT,M	TAG,L
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