

Quick & Healthy Menus

BEEF & PORK and SANDWICHES & PIZZA

* Indicates recipe is from **Quick & Healthy Recipes and Ideas, 3rd Edition**
by Brenda J. Ponichtera, RD

** Indicates recipe is from **Quick & Healthy Volume II**
by Brenda J. Ponichtera, RD

BEEF & PORK

Orange Pork Chops*
Baked Potato
Fresh Broccoli (microwave)

Ginger Beef**
Quick-Cooking Brown Rice
Grilled Eggplant**

Oriental Pork & Noodles**
Glazed Fruit Cup**

Chinese Pepper Steak*
Pasta of Your Choice or
Quick-Cooking Brown Rice

Marinated Steak*
Baked Sweet Potato or Yams**
Tossed Salad

Pork Chop Suey*
Pasta of Your Choice or
Quick-Cooking Brown Rice

Beef or Pork Fajitas*
Sliced Tomato and Lettuce

Beef Stroganoff**
Fettucini Noodles
Fresh Brussels Sprouts

Green Chili Pork Stew**
Mexican Cornbread**

SANDWICHES & PIZZA

Broiled Seafood Muffins**
Summer Cole Slaw**

Boboli Pizza- Shrimp Style*
Italian Tomatoes*

Turkey French Dip*
Basil Tomatoes*

Crusty Calzone*
Tossed Salad

Chicken Stir-Fry Sandwich**
Waldorf Salad**

