

Quick & Healthy Menus

GROUND MEAT

* 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

Tortilla Pie*
Orange Wedges

John Torrey*

Sausage and Sauerkraut*
Fruit Salad*

Swedish Meatballs*
Mashed Potatoes
Fresh Asparagus (microwave)

Meat Patties*
Whole Wheat Hamburger Bun
Tomato/Lettuce
Raw Vegetable Sticks

Spaghetti and Meatballs*
Tossed Salad

South of the Border Lasagna**
Fruit Cocktail Salad**

Cornbread Casserole**
Sliced Cucumbers

Unstuffed Cabbage Casserole**

Italian Baked Ziti**
Tossed Salad

Chili Con Carne*
Raw Vegetable Sticks

Creamy Cabbage Soup**
Rye Bread

Sausage and Lentil Stew**
Fresh Fruit

Taco Salad**

Hot German Potato Salad**
Smoked Turkey Polish Sausage (low-fat)
Sliced Tomatoes and Cucumbers

Crusty Calzone*
Tossed Salad

