

Quick & Healthy Menus

MEATLESS

* 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

*** Indicates recipe is from **Quick & Healthy Low-fat, Carb Conscious Cooking and Quick & Healthy Recipes and Ideas, 1st Edition**
by Brenda J. Ponichtera, RD

Italian Zucchini Frittata*
Toasted Whole Grain Bagel

Puffy Chili Relleno Casserole***
Spanish Yogurt Sauce*
Sliced Cucumbers
Sliced Fruit

Quick Lasagna*
Tossed Salad

Tomato and Basil Pasta*
Low Fat Cottage Cheese
Sliced Fruit

Vegetables Primavera*
Nonfat Flavored Yogurt with Fresh Berries

Eggplant Parmesan**
Whole Grain Roll
Nonfat Yogurt with Fresh Fruit

Italian Curry Pasta**
Low-Fat Cottage Cheese
Sliced Fruit

Macaroni and Cheese Casserole**
Sliced Tomatoes

Harvest Primavera**
Mandarin Cottage Salad**

Minestrone Soup*
Whole Wheat Roll with Laughing
Cow Light Cheese

Black Bean Soup**
Cheese and Chili Quesadillas**

Three Bean Soup*
Mozzarella and Tomato Salad**

