

# Quick & Healthy Menus

## SEAFOOD

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

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

Clam Fettucini\*  
Tossed Salad

Sweet Mustard Fish\*  
Salsa Vegetables\*  
Hot Whole Grain Roll

Oven Fried Fish/Oysters\*  
Low Fat French Fries\*  
Cabbage Salad\*

Fillets of Sole Thermidor\*  
Broccoli and Carrots (microwave)  
Baked Potato

Lemon Fish\*  
Fresh Cucumber Sauce\*  
Broccoli Salad\*  
Hot Whole Grain Roll

Stuffed Fish Fillets\*\*  
Cheese Sauce\*\*  
Fresh Asparagus

Seafood Pasta\*\*  
Tossed Salad

Szechuan Seafood\*\*  
Low-Fat Ramen Noodles  
Cucumbers with Dill Yogurt\*\*

Curried Sole\*\*  
Baked Sweet Potatoes or Yams\*\*  
Ranch-Style Vegetables\*\*

Boboli Pizza- Shrimp Style\*  
Italian Tomatoes\*

Seafood Medley\*\*  
Past of Your Choice or  
Quick-Cooking Brown Rice

Broiled Seafood Muffins\*\*  
Summer Cole Slaw\*\*

Creamy Seafood Fettucini\*\*  
Fresh Asparagus

Italian Cioppino\*  
Whole Grain Roll

New England Fish Chowder\*  
Raw Vegetable Sticks

Curry Tuna Salad\*  
Oat Bran Muffin\*

Oriental Rice & Seafood Salad\*  
Fresh Fruit Slices

Seafood Salad on Toasted  
English Muffin\*  
Tossed Salad

