

# Quick & Healthy Menus

## SOUPS & STEWS and SALADS

\* 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

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### SOUPS & STEWS

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Italian Cioppino\*  
Whole Grain Roll

Chili Con Carne\*  
Raw Vegetable Sticks

Minestrone Soup\*  
Whole Wheat Roll with Laughing  
Cow Light Cheese

Chicken Chili\*\*  
Celery and Carrot Sticks

New England Fish Chowder\*  
Raw Vegetable Sticks

Oriental Noodle Soup\*  
Turkey Sandwich

Green Chili Pork Stew\*\*  
Mexican Cornbread\*\*

Creamy Cabbage Soup\*\*  
Rye Bread

Sausage and Lentil Stew\*\*  
Fresh Orange Slices

Black Bean Soup\*\*  
Cheese and Chili Quesadillas\*\*

Three Bean Soup\*  
Nonfat Flavored Yogurt

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### SALADS

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Curry Tuna Salad\*  
Oat Bran Muffin\*

Chicken and Spinach Salad\*  
Italian Focaccia Bread\*

Oriental Rice & Seafood Salad\*  
Fresh Fruit Slices

Seafood Salad on Toasted English  
Muffin\*  
Tossed Salad

Cold Plate:  
Sliced Lean Deli Meats and  
Low Fat Cheese  
Whole Grain Roll  
Apple Salad Mold\*

Hawaiian Chicken Salad\*\*  
Raw Vegetable Slices

Taco Salad\*\*

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