

WHI Recipe Collection

Session 1

"Oven-Fried" Fish Fillets
Oven Fries
Portland Fried Chicken
Water-Crisped Tortilla Chips

Session 2

Zippy Slaw
Garden Shell Salad
Mexican Fruit and Vegetable Salad
Rice Vinegar and Lemon Pepper
Dressing

Session 3

Yogurt Cheese
Mocha Marble Cheesecake
Yogurt Dessert Sauce
Mexican Bread Pudding
Licuado De Naranja

Session 4

Peach Upside-Down Cake
Mocha Angel Cake
Sweet 'n' Sour Pork
Chicken Stroganoff

Session 5

Meatless Chili (Chili Sin Carne)
Sesame Halibut
Peppers Stuffed with Rice and
Tomato
Chicken and Rice
Honey-Garlic Pork Chops

Session 6

Chicken Dijon
Seasoned Rice
Sunshine Spinach Salad
Nectarine Cobbler

Session 7

Dill Dip
Popeye's Spinach Dip
Chicken and Fruit Salad
Fruit Slush

Session 8

Baked Apples
Peach-Ginger Crumble
Papaya Parfaits
Spanish Flan

Session 9

Spinach Lasagna
Macaroni Bake
Stay Abed Stew

Session 10

Green Bean and Pasta Salad
Tropical Fruit Compote with Rum
Medallion of Cod
Lemony Lamb Chops
Hearty Cornbread

Session 11

Tuna-Vegetable Pita Sandwiches
Chili Bean Salad
Orange-Chicken Salad with Water
Chestnuts

Session 12

Blueberry-Yogurt Muffins
Yogurt Brownies
Lemon Cookies
Lower-Fat Pastry Crust
Chewy Oatmeal Slims

Session 13

Ginger Sesame Sole Fillets
Crispy Oven-Fried Fish
Croaker Stir-Fry
Fiesta Fish and Shells
Fat-Free Tartar Sauce
Dijon Mayonnaise Marinade

Session 14

Quinoa Pilaf
Bean Lasagna
Beef-Barley Skillet
Tabouli
Pizza Rice Casserole
Acapulco Bean Casserole
Bulgar Pilaf
Split Pea or Lentil Soup

Session 15

Quick Chili
Stovetop Tamale Pie
Chicken Cacciatore
White Fish Creole
Tuna or Chicken Linguini

Session 16

Black Bean Salsa
Apricot-Orange Glazed Chicken
Mongolian Hot Pot
Sauces for Mongolian Hot Pot
Citrus Fruit Dip

Session 17

Chicken Adobo with Bell
Peppers
Yellow Rice
Garlic Chicken with Balsamic
Vinegar
Pork Chops Dijon

Session 18

Spiced Pork and Apple Skillet

Supper

Rigatoni Fagioli

String Bean Salad

Carrot and Orange Salad