

RECIPES FOR MY ROUTE TO HEALTH...

GET IN THE KITCHEN AND STIR SOME THINGS UP!



HELPFUL INFO FOR YOUR KITCHEN

COOKING CONVERSION CHART

Unit:	Equals:	Also equals:
1 tsp	1/6 fl. oz	1/3 Tbsp
1 Tbsp	1/2 fl. oz	3 tsp
1/8 cup	1 fl. oz	2 Tbsp
1/4 cup	2 fl. oz	4 Tbsp
1/3 cup	2 3/4 fl. oz	1/4 cup plus 4 tsp
1/2 cup	4 fl. oz	8 Tbsp
1 cup	8 fl. oz	1/2 pint
1 pint	16 fl. oz	2 cups
1 quart	32 fl. oz	2 pints
1 liter	34 fl. oz	1 quart plus 1/4 cup
1 gallon	128 fl. oz	4 quarts

Source: United States Dept. of Agriculture (USDA).

WELCOME

This recipe book is designed for your body and mind. Simply turn the pages and you will find recipes that are easy to prepare, help you watch your waist line and stay within your budget. We've also included the nutritional information for each recipe so you know what you are making as you prepare it and you can share the nutritional facts with your family.

So cook up, eat well and enjoy!

DISCLAIMER. This book provides general information about various nutrition, exercise and health-related issues. This information is not intended to be used as a solitary reference on the subject matter, for the diagnosis or treatment of a health problem, or as a substitute for consulting a licensed health care professional. Consult with a qualified health care practitioner to discuss specific individual issues or health needs, and to professionally address personal, emotional, health, physical or medical concerns. You should consult a qualified medical professional before beginning any exercise program.

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LAURIE'S TURKEY OR CHICKEN CHILI

WHAT YOU NEED

- 1 lb ground turkey (can be white meat or dark/white meat combo) or 1 pound ground chicken, or 2-3 chicken breasts, cooked and cut into 1" chunks
- 2-3 tablespoons (tbsp) vegetable or canola oil (to brown ground turkey or ground chicken)
- 2-3 tablespoons salt free butter (optional)
- 1 cup red bell pepper, chopped
- 1 red or yellow onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon (tsp) salt
- 1 tsp black pepper
- 1/8 tsp red pepper flakes
- 1/2 to 1 tablespoon chili powder
- 1/8 tablespoon ground cumin
- 1 tsp oregano leaves
- 1/2 to 1 tsp for taste of one of these:
- Mrs. Dash Southwest Chipotle blend or
- Mrs. Dash Tomato Basil Garlic spice blend
- 1 large can chopped tomatoes (28 ounce can)
- 1 small can tomato sauce (8 ounce)
- 1/2-1 can tomato paste (1/2 or whole 6 ounce can)
- 1 can kidney beans, drained
- 1 can pinto beans, drained
- Optional: small can Chipotle Peppers in
- Adobo Sauce (7 ounce can) (optional amount to taste)
- Optional: water

HOW YOU MAKE IT

- Serves 4-6 or more, depending on your appetite!
- Brown ground turkey or ground chicken in large frying pan in oil (and butter, if using).
- Add bell pepper, onion until softened (3-5 minutes).
- Add minced garlic, stirring often to prevent garlic from burning.
- If using a large enough frying pan, then add all remaining ingredients, otherwise transfer turkey or chicken mixture to large stock pot and then add remaining ingredients.
- Add water (1/4 cup to 3 or 4 cups) as necessary, depending on how thick or thin you want your chili.
- Cover and simmer on stovetop for 1-2 hours, stirring occasionally.
- Serve with any of the following: rice, bread, cornbread, crackers, baked potatoes, Fritos, cheddar cheese, chopped onions, etc.

NUTRITIONAL FACTS

Recipe	Laurie's Turkey Chili
Servings	5
Calories (kcal)	432.53
Saturated Fat (g)	6.07
Trans Fat (g)	0.38
Total Fat (g)	21.73
Cholesterol (mg)	83.88
Sodium (mg)	1,671.07
Potassium (mg)	1,035.61
Dietary Fiber (g)	8.93
Sugar (g)	13.98
Other Carbs (g)	12.39
Protein (g)	24.92
Water (g)	388.26
Vitamin A (DV%)	33.6
Vitamin C (DV%)	58.75
Calcium (DV%)	38.28
Iron (DV%)	22.78

KELLIE'S DILL POTATOES

WHAT YOU NEED

- 4-5 red potatoes (or your favorite potato)
- 2 tbsp of olive oil
- 1 tbsp of dill
- Salt and pepper to taste

HOW YOU MAKE IT

- In a baking dish, layer sliced potatoes, drizzle with olive oil, and sprinkle with dill and salt and pepper.
- Bake in oven at 400 degrees for 25-30 minutes.

NUTRITIONAL FACTS

Recipe	Kellie's Dill Potatoes
Servings	4
Calories (kcal)	249.28
Saturated Fat (g)	1.02
Trans Fat (g)	0
Total Fat (g)	7.17
Cholesterol (mg)	0
Sodium (mg)	163.24
Potassium (mg)	1,242.95
Dietary Fiber (g)	4.77
Sugar (g)	2.67
Other Carbs (g)	35.34
Protein (g)	5.24
Water (g)	215.67
Vitamin A (DV%)	1.28
Vitamin C (DV%)	38.96
Calcium (DV%)	4.25
Iron (DV%)	13.9

JENNIFER'S BROILED CATFISH WITH GRAPEFRUIT JUICE

WHAT YOU NEED

- 1 tbsp butter
- 2 tbsp grapefruit juice
- 1/2 tsp salt, optional
- 1/4 tsp pepper
- 1/4 tsp garlic powder
- 4 catfish fillets

HOW YOU MAKE IT

- Melt butter in a saucepan. Stir in juice, salt, pepper and garlic powder. Remove from the heat and set aside.
- Place fillets in a shallow baking pan. Baste fillets with juice-butter sauce. Broil for 5-8 minutes or until fish flakes easily with a fork. Plate the fish and pour pan juices over each fillet.

NUTRITIONAL FACTS

Recipe	Jennifer's Broiled Catfish w/Grapefruit Juice
Servings	4
Calories (kcal)	183.27
Saturated Fat (g)	3.87
Trans Fat (g)	0.09
Total Fat (g)	11.5
Cholesterol (mg)	60.93
Sodium (mg)	72.61
Potassium (mg)	340.03
Dietary Fiber (g)	0.05
Sugar (g)	0.88
Other Carbs (g)	0.24
Protein (g)	35.35
Water (g)	92.59
Vitamin A (DV%)	2.92
Vitamin C (DV%)	1.18
Calcium (DV%)	1.71
Iron (DV%)	3.46

KELLIE'S LEMON CHICKEN

WHAT YOU NEED

- 1 lb chicken breasts
- 1 lemon
- 2 tbsp olive oil
- Salt and pepper

HOW YOU MAKE IT

- Drizzle bottom of baking pan with 1 tbsp of olive oil.
- Place 4-5 lemon slices on bottom of pan.
- Place chicken on top of lemon slices.
- Drizzle top of chicken with 1 tbsp of olive oil.
- Place remaining slices of lemon on top of chicken.
- Sprinkle with salt and pepper to taste.
- Bake in oven at 400 degrees for 25-30 minutes.

NUTRITIONAL FACTS

Recipe	Kellie's Lemon Chicken
Servings	4
Calories (kcal)	195.68
Saturated Fat (g)	1.59
Trans Fat (g)	0.01
Total Fat (g)	9.79
Cholesterol (mg)	72.58
Sodium (mg)	278.06
Potassium (mg)	465.44
Dietary Fiber (g)	1.41
Sugar (g)	0
Other Carbs (g)	0.2
Protein (g)	24.46
Water (g)	109.6
Vitamin A (DV%)	0.87
Vitamin C (DV%)	37.1
Calcium (DV%)	2.46
Iron (DV%)	4.44

KATHY'S ORANGE SURPRISE SALAD

WHAT YOU NEED

- 1 package Sugar-Free Orange Jello
- 1 cup boiling water
- 1 tsp lemon juice
- 1 8-oz can crushed pineapple, with juice
- 1 cup peeled and grated carrot

HOW YOU MAKE IT

- Dissolve Jello in boiling water.
- Add the remaining ingredients and pour into a serving dish.
- Chill in refrigerator until set.
- Serves 4.

NUTRITIONAL FACTS

Recipe	Kathy's Orange Surprise Salad
Servings	4
Calories (kcal)	51.44
Saturated Fat (g)	0.02
Trans Fat (g)	0
Total Fat (g)	0.12
Cholesterol (mg)	0
Sodium (mg)	35.86
Potassium (mg)	165.52
Dietary Fiber (g)	1.27
Sugar (g)	10.33
Other Carbs (g)	0.92
Protein (g)	0.52
Water (g)	77.42
Vitamin A (DV%)	92.36
Vitamin C (DV%)	13.53
Calcium (DV%)	1.79
Iron (DV%)	0.97

KELLIE'S FRUIT AND VEGGIE SLAW

WHAT YOU NEED

- 1 lb bag (16 oz) shredded cabbage or slaw mix
- 1/2 cup raisins
- 1 cup shredded carrots
- 2 Granny Smith apples, thinly sliced
- 1/3 cup vinegar
- 1/4 cup sugar
- 1/4 cup vegetable oil
- 1/4 cup walnuts, toasted

HOW YOU MAKE IT

- In a small bowl, whisk together vinegar, sugar and oil and set aside.
- In a large bowl, mix together cabbage, carrots, apples, raisins.
- Pour mixture in small bowl over mixture in large bowl and top with walnuts. Serve chilled.

NUTRITIONAL FACTS

Recipe	Kellie's Fruit and Veggie Slaw
Servings	8
Calories (kcal)	175.74
Saturated Fat (g)	0.96
Trans Fat (g)	0
Total Fat (g)	9.31
Cholesterol (mg)	0
Sodium (mg)	22.82
Potassium (mg)	321.15
Dietary Fiber (g)	3.39
Sugar (g)	14.5
Other Carbs (g)	3.61
Protein (g)	1.73
Water (g)	116.9
Vitamin A (DV%)	55.4
Vitamin C (DV%)	45.18
Calcium (DV%)	4.23
Iron (DV%)	3.82

FAYE'S ROASTED ROOT VEGETABLES

WHAT YOU NEED

- 3 tbsp olive oil
- Salt & pepper
- 3 large carrots – peel, cut into 1½ inch pieces
- 1 large sweet potato – peel, cut into 1½ inch pieces
- 1 small butternut squash – peel, seed, cut into 1½ inch pieces
- 1 large apple – peel, core, cut into 1½ inch pieces

HOW YOU MAKE IT

- Preheat oven to 425 degrees.
- Line two large baking/cookie sheets with foil.
- Wash hands and all vegetables prior to cooking.
- Combine carrots, sweet potatoes, butternut squash and apple in a large bowl.
- Add olive oil to fresh cut winter vegetables.
- Salt and pepper to taste.
- Mix until vegetables are covered with olive oil.
- Pour winter vegetables onto each baking sheet and place in preheated oven.
- Bake for 20 minutes, turn vegetables over to cook evenly.
- Bake an additional 15 minutes, turn vegetables over again.
- Check progress – stick a fork into vegetables – should be firm but not crunchy in the center.
- Bake 5 to 10 more minutes if needed.
- Remove from oven, let set for 5 minutes before serving.
- Serves: 6

NUTRITIONAL FACTS

Recipe	Faye's Roasted Root Vegetables
Servings	6
Calories (kcal)	121.37
Saturated Fat (g)	0.96
Trans Fat (g)	0
Total Fat (g)	6.89
Cholesterol (mg)	0
Sodium (mg)	146.08
Potassium (mg)	109.47
Dietary Fiber (g)	2.8
Sugar (g)	7.58
Other Carbs (g)	4.79
Protein (g)	1
Water (g)	78.37
Vitamin A (DV%)	224.67
Vitamin C (DV%)	14.45
Calcium (DV%)	2.93
Iron (DV%)	3.17

DEENA'S TUNA MELTS

WHAT YOU NEED

- 1 can tuna packed in water
- 4 slices whole wheat bread
- 1/2 cup shredded mozzarella cheese
- 1 stalk of celery, chopped
- Approx. a tbsp of chopped onion
- 2-3 tsp olive oil
- 1 tomato, sliced into 4 slices
- 1 lemon

HOW YOU MAKE IT

- For tuna melts: open can of tuna and dump into colander, rinse thoroughly. Place tuna in bowl and gently break up chunks with fork, squeeze in lemon juice and add olive oil 1 tsp at a time to bowl, mixing thoroughly with a fork, adding salt, pepper, chopped onion, and chopped celery while mixing.
- Once mixed, scoop mixture onto the 4 slices of whole wheat bread and put on oven safe pan, lay a slice of tomato on top of each and sprinkle generously with mozzarella cheese. Bake in oven at 450 degrees (or under broiler) just until cheese is good and melty. (You don't want your tuna too warm.)
 - * To appeal to kids, you can substitute American cheese (WIC item).
 - * Whole wheat bagels or English muffins can be used in place of bread, as well.

NUTRITIONAL FACTS

Recipe	Deena's Tuna Melts
Servings	4
Calories (kcal)	194.29
Saturated Fat (g)	2.52
Trans Fat (g)	0.23
Total Fat (g)	7.65
Cholesterol (mg)	19.05
Sodium (mg)	357.6
Potassium (mg)	201.92
Dietary Fiber (g)	2.14
Sugar (g)	1.96
Other Carbs (g)	0.89
Protein (g)	17.58
Water (g)	63.2
Vitamin A (DV%)	3.61
Vitamin C (DV%)	3.88
Calcium (DV%)	14.01
Iron (DV%)	7.19

CAROL'S GARLIC MASHED CAULIFLOWER

WHAT YOU NEED

- 8 cups bite-size cauliflower florets
- 2 tbsp of minced garlic
- 1/3 cup nonfat buttermilk
- 2 teaspoons extra-virgin olive oil
- 1 tsp butter
- ½ tsp salt
- ¼ tsp of ground pepper
- 1 cup cheddar cheese

HOW YOU MAKE IT

- Place 1 cup of cheddar cheese in a microwave safe bowl, add florets and garlic with 1/4 cup water, cover and microwave on high for 3 to 5 minutes.
- Place the cooked cauliflower and garlic in a mixing bowl.
- Take a fork and smash together until lumpy.
- Next, blend with a mixer until smooth.
- Add buttermilk, 2 teaspoons oil, butter, salt, pepper and cheddar cheese. Continue mixing until all ingredients are mixed together and creamy.

NUTRITIONAL FACTS

Recipe	Carol's Garlic Mashed Cauliflower
Servings	8
Calories (kcal)	108.24
Saturated Fat (g)	3.57
Trans Fat (g)	0.02
Total Fat (g)	6.72
Cholesterol (mg)	16.51
Sodium (mg)	167.55
Potassium (mg)	377.92
Dietary Fiber (g)	2.71
Sugar (g)	2.66
Other Carbs (g)	2.4
Protein (g)	6.24
Water (g)	113.16
Vitamin A (DV%)	3.29
Vitamin C (DV%)	86.22
Calcium (DV%)	4.1
Iron (DV%)	3.01

DEENA'S HAM AND BEAN SOUP

WHAT YOU NEED

- 1 lb Northern beans
- 4 cups water
- 1 standard carton chicken broth
- 1 regular pkg cubed ham chunks
- 1 cup of chopped carrots
- 1 cup chopped yellow onion
- 1 tsp minced garlic
- Salt and pepper to taste

HOW YOU MAKE IT

- Rinse and prepare your Northern beans according to package instructions then drain, add water, chicken broth, carrots, onions, garlic and beans to large soup pot on high heat.
- Stir well and bring to a boil.
- Reduce to low and simmer for 60 minutes.
- Sear cubed ham in hot skillet until sizzling.
- Drain any excess grease and stir into simmering soup.
- Season soup with salt and pepper to taste.
- Note: If you like a creamier texture and you have a blender: before adding ham, remove 1/2 the soup and puree in blender, then add it back along with your ham chunks.
- Serves 8-10, freezes well.

NUTRITIONAL FACTS

Recipe	Deena's Ham and Bean Soup
Servings	8
Calories (kcal)	260.28
Saturated Fat (g)	0.64
Trans Fat (g)	0.01
Total Fat (g)	2.06
Cholesterol (mg)	24.24
Sodium (mg)	734.47
Potassium (mg)	1,029.70
Dietary Fiber (g)	12.37
Sugar (g)	3.57
Other Carbs (g)	23.92
Protein (g)	24.25
Water (g)	246.26
Vitamin A (DV%)	53.86
Vitamin C (DV%)	4.14
Calcium (DV%)	11.68
Iron (DV%)	20.49

YVONNE'S GLAZED ROSEMARY CARROTS

WHAT YOU NEED

- 5 cups of fresh baby carrots (If using frozen carrots, use only 1/4 of the stock)
- ¼ cup of fresh or dried rosemary
- ½ cup honey
- ½ cup brown sugar
- 2 tbsp butter
- ½ cup of low sodium chicken stock (optional—you can use water instead)
- ¼ cup dried cran-raisins for garnish

HOW YOU MAKE IT

- Melt butter in a large skillet.
- Add rosemary and sauté for 2 minutes to infuse butter with the rosemary.
- Add carrots and sauté for 3 minutes to caramelize carrots.
- Add the stock and cover with lid until carrots are tender, about 4 minutes on low heat, making sure the stock does not cook out.
- Once the carrots are fork tender, stir in brown sugar and cran-raisins, let simmer for 4 minutes to allow mixture to come together.
- Serving size: 5 one-cup servings.

NUTRITIONAL FACTS

Recipe	Yvonne's Glazed Rosemary Carrots
Servings	5
Calories (kcal)	270.93
Saturated Fat (g)	2.18
Trans Fat (g)	0.09
Total Fat (g)	3.75
Cholesterol (mg)	5.94
Sodium (mg)	99.42
Potassium (mg)	91.28
Dietary Fiber (g)	4.3
Sugar (g)	52.26
Other Carbs (g)	3.81
Protein (g)	2.26
Water (g)	131.83
Vitamin A (DV%)	337.04
Vitamin C (DV%)	16.57
Calcium (DV%)	9.05
Iron (DV%)	6.6

CAROL'S BANANA SMOOTHIE

WHAT YOU NEED

- 3 bananas
- 1½ cup pine-orange banana juice
- 1½ cup fat free milk

HOW YOU MAKE IT

- Bananas are a very versatile fruit. Use them to make muffins, bread, cakes & cookies.
- A favorite is a banana smoothie at breakfast with an Elvis Banana French Toast sandwich.
- Peel bananas and place into a plastic quart-size bag.
- Place into freezer and allow to freeze overnight.
- In the morning, take the bananas out and cut into ½ slices.
- Pour the pine-orange banana juice and milk into the blender and add the frozen bananas.
- Blend until smooth.
- Makes 4 one-cup servings.

NUTRITIONAL FACTS

Recipe	Carol's Banana Smoothie
Servings	4
Calories (kcal)	254.45
Saturated Fat (g)	0.22
Trans Fat (g)	0.01
Total Fat (g)	1.07
Cholesterol (mg)	1.85
Sodium (mg)	49.19
Potassium (mg)	520.79
Dietary Fiber (g)	4.15
Sugar (g)	45.84
Other Carbs (g)	9.3
Protein (g)	6.14
Water (g)	160.51
Vitamin A (DV%)	19.17
Vitamin C (DV%)	196.34
Calcium (DV%)	21.66
Iron (DV%)	4.67

KAREN'S BLACK BEAN SOUP

WHAT YOU NEED

- 2 cans black beans, any brand, drained and rinsed, 15 oz
- 1 can diced tomatoes with green chilies, 15 oz
- 1 can (15 oz) chicken broth, or 2 cups of water
- 1/2 packet of taco seasoning mix
- 1/2 cup of uncooked Minute Rice

HOW YOU MAKE IT

- Rinse both cans of beans; place one in a soup pan, the other in a blender with the chicken broth or water.
- Puree the beans slightly.
- Put the pureed beans in the pot with the whole beans, tomatoes and green chiles, uncooked rice, and taco seasoning.
- Stir together gently.
- Bring all ingredients to a boil, stirring occasionally.
- Cover, and simmer for 10 minutes.
- Top with a dollop of sour cream or yogurt, shredded cheese and chopped green or white onions.
- This can also be cooked in a crock pot on low for 4 hours.
- This recipe is easily doubled. It is even better the next day.
- To increase protein in this meal, add 1/2-1 cup of chopped ham or chicken.

NUTRITIONAL FACTS

Recipe	Karen's Black Bean Soup
Servings	6
Calories (kcal)	122.81
Saturated Fat (g)	0.24
Trans Fat (g)	0
Total Fat (g)	0.9
Cholesterol (mg)	0.79
Sodium (mg)	710.33
Potassium (mg)	140.66
Dietary Fiber (g)	4.39
Sugar (g)	3.4
Other Carbs (g)	14.35
Protein (g)	7.74
Water (g)	209.2
Vitamin A (DV%)	2.5
Vitamin C (DV%)	18.13
Calcium (DV%)	7.06
Iron (DV%)	12.22

CAROL'S PEANUT BUTTER AND BANANA FRENCH TOAST

WHAT YOU NEED

- 2 eggs
- 8 slices of bread
- 8 tsp of peanut butter
- 2 bananas
- Cooking spray
- ½ cup of milk

HOW YOU MAKE IT

- Mix eggs and milk in a medium size mixing bowl.
- Butter each slice of bread with 1 teaspoon of peanut butter.
- Slice banana into ¼ inch slices.
- Take 4 slices of the peanut butter bread and arrange the bananas on top of bread slices.
- Take the other 4 slices of peanut butter-spread bread and top with the banana slices. This forms 4 sandwiches.
- Spray a frying pan with cooking spray and set on medium heat.
- Place sandwich into egg mixture and coat on both sides.
- Lay into frying pan, brown each side about 1 1/2 minutes.
- Serves 4

NUTRITIONAL FACTS

Recipe	Carol's Peanut Butter and Banana French Toast
Servings	4
Calories (kcal)	313.11
Saturated Fat (g)	2.7
Trans Fat (g)	0.48
Total Fat (g)	10.61
Cholesterol (mg)	108.19
Sodium (mg)	363.31
Potassium (mg)	527.7
Dietary Fiber (g)	6.22
Sugar (g)	14.08
Other Carbs (g)	22.12
Protein (g)	14.82
Water (g)	118.9
Vitamin A (DV%)	3.95
Vitamin C (DV%)	9.96
Calcium (DV%)	11.78
Iron (DV%)	12.23

KRISTY'S PASTA CARBONARA

WHAT YOU NEED

- 1 lb whole wheat spaghetti
- ½ cup plain yogurt
- 4 eggs
- 2 tsp ready-to-eat real bacon bits
- 1 cup frozen mixed vegetables, thawed by running under cool water
- 1 tsp extra virgin olive oil
- Salt and black pepper, to taste
- ¾ cup grated parmesan cheese

HOW YOU MAKE IT

- Cook pasta according to package instructions, about 6 to 9 minutes or until al dente.
- While the pasta cooks, combine the eggs, cheese, yogurt and olive oil in a bowl and beat with a whisk until completely mixed.
- For veggies, prepare as instructed on package.
- Drain pasta, toss with the egg and yogurt mixture, then add cooked bacon and mixed vegetables.
- Serve warm.
- Serves 4.

NUTRITIONAL FACTS

Recipe	Kristy's Pasta Carbonara
Servings	4
Calories (kcal)	367.28
Saturated Fat (g)	4.59
Trans Fat (g)	0
Total Fat (g)	11.52
Cholesterol (mg)	226.2
Sodium (mg)	569.15
Potassium (mg)	239.35
Dietary Fiber (g)	6.89
Sugar (g)	3.03
Other Carbs (g)	2.91
Protein (g)	21.62
Water (g)	81.61
Vitamin A (DV%)	18.69
Vitamin C (DV%)	3.36
Calcium (DV%)	24.63
Iron (DV%)	17.51

MY ROUTE TO HEALTH HELPFUL WEBSITES:

<http://www.choosemyplate.gov>

<http://www.nutrition.gov>

<http://www.eatright.org>

MY ROUTE TO HEALTH...

A very special thanks to the employees of Centene Corporation who graciously donated their time and “stirred up” some recipes for this book!

MORE HELPFUL INFO FOR YOUR KITCHEN

EASY CONVERSIONS

1/16 cup = 1 tablespoon

1/6 cup = 2 tablespoons + 2 teaspoons

3/8 cup = 6 tablespoons

2/3 cup = 10 tablespoons + 2 teaspoons

3/4 cup = 12 tablespoons

1 cup = 48 teaspoons / 16 tablespoons

1 pint (pt) = 2 cups

4 cups = 1 quart

16 ounces (oz) = 1 pound (lb)

1 milliliter (ml) = 1 cubic centimeter (cc)

1 inch (in) = 2.54 centimeters (cm)

Source: United States Dept. of Agriculture (USDA).

RECIPES FOR MY ROUTE TO HEALTH...

YOU WILL FIND GREAT RECIPES IN THIS BOOK, INCLUDING:

Laurie's Turkey or Chicken Chili
Kellie's Dill Potatoes
Jennifer's Broiled Catfish with Grapefruit Juice
Kellie's Lemon Chicken
Kathy's Orange Surprise Salad
Faye's Roasted Root Vegetables
Deena's Tuna Melts
Kellie's Fruit and Veggie Slaw
Deena's Ham and Bean Soup
Carol's Garlic Mashed Cauliflower
Yvonne's Glazed Rosemary Carrots
Carol's Banana Smoothie
Karen's Black Bean Soup
Carol's Peanut Butter and Banana French Toast
Kristy's Pasta Carbonara



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