

# index

## apples

- baked apples
- baked beans
- mint and melon salad

## broccoli

- fruit glazed carrots
- homemade mashed potatoes
- porcupine balls
- roasted okra
- steamed broccoli with lemon butter
- thrifty chicken with broccoli
- quiche cakes
- quick beef fajitas

## butternut squash

- butternut squash lasagna
- spiced butternut squash muffins
- quiche cakes

## canned beans

- baked beans
- bbq chicken and black bean burritos
- chili in spud bowls
- franks and beans
- hot diggity dogs
- meatball minestrone
- mini mexican pizzas
- pasta e fagioli
- pizzadilla
- quesadilla roll-ups
- three bean salad

## canned fruit

- baked beans
- breakfast fruit
- hawaiian ham roll-ups
- sweet and sour chicken

## canned tuna

- tuna casserole
- tuna melt with vegetables

## carrots

- creamy potato salad
- cure all chicken soup
- fruit glazed carrots
- homemade mashed potatoes
- homey chicken hash

## meatball minestrone

- pasta e fagioli
- porcupine balls
- roasted okra
- shepherd's ramen pie
- simply delicious coleslaw
- spinach and carrot kugel
- quick beef fajitas

## chicken

- bbq chicken and black bean burritos
- bottom of the bag chicken
- chicken caesar salad
- creamy chicken and raisin salad
- cure all chicken soup
- homey chicken hash
- sweet and sour chicken
- sweet chicken fingers
- quesadilla roll-ups
- thrifty chicken with broccoli

## cucumber

- salmon pasta salad
- sour cream cucumber salad

## eggplant

- spicy stuffed eggplant

## fish

- bottom of the bag chicken
- fish baked in bags
- fish with a tea sauce
- healthy fish fingers

## ground beef

- chili in spud bowls
- creamy beef stroganoff
- easy sloppy joes
- meatloaf cupcakes
- pita pizza
- porcupine balls

## jell-o

- frosted grapes
- jell-o shaved ice

## okra

- roasted okra

## pasta

## baked macaroni and cheese

- butternut squash lasagna
- creamy beef stroganoff
- fettuccine carbonara
- ham and noodle casserole
- meatball minestrone
- oriental salad
- pasta e fagioli
- salmon pasta salad
- shepherd's ramen pie
- spinach and carrot kugel
- tortellini and spinach soup
- tuna casserole

## potatoes

- chili in spud bowls
- creamy potato salad
- homemade mashed potatoes
- homey chicken hash
- roasted okra

## ramen

- oriental salad
- shepherd's ramen pie

## spinach

- butternut squash lasagna
- green eggs & ham
- oriental salad
- pizzadilla
- spinach and carrot kugel
- quiche cakes
- tortellini and spinach soup

## zucchini

- cheesy hash browns
- cheesy zucchini egg bake
- porcupine balls
- roasted okra
- spaghetti cupcakes
- quick beef fajitas