

## Table of Contents

<b>Canada's Food Guide To Healthy Eating .....</b>	<b>1</b>
<b>How Do You Rate As A Shopper .....</b>	<b>4</b>
<b>Kitchen Equipment, Cooking Terms and Recipes .....</b>	<b>5</b>
<b>Tuna</b>	
Tuna Chowder .....	12
Tuna Supreme.....	13
Tuna Burgers.....	14
Quick Tuna Bake.....	15
<b>Ham</b>	
Spinach Potato Soup.....	16
Potato Ham Chowder .....	18
Ham Barley Soup .....	19
Corn Chowder .....	20
<b>Chicken</b>	
Chicken Pizzarella .....	21
Spanish Chicken and Rice .....	22
Country Chicken Stew .....	23
Pasta with Chicken Tomato Sauce.....	24
Chicken Fettuccini with Broccoli .....	26
Chicken Noodle Soup.....	28
Chicken Rice Casserole .....	30
<b>Beef</b>	
Hamburger Soup .....	31
Supper Pleaser.....	32
Beef Stew .....	33
Layered Supper Casserole.....	34
Cabbage Roll Casserole.....	35
Hamburger-Rice Pie .....	36
Beef and Egg Noodles .....	37
Vegetable-Meat Pie .....	38
<b>Vegetarian</b>	
Quiche .....	39
Pasta & Chick Peas.....	40
Pasta with Bean Sauce .....	41
Lentil Barley Stew.....	42
Barley, Green Pepper and Tomato Casserole .....	43
Chunky Minestrone Soup .....	44

## Table of Contents (continued)

Tomato Lentil Pasta .....	45
<b>Create Your Own One Pot Meal .....</b>	<b>46</b>
<b>Basic Mixes</b>	
<b>Hamburger Mix .....</b>	<b>48</b>
Stroganoff .....	49
Hamburger Skillet .....	50
Taco Dip .....	51
<b>Basic Pudding Mix .....</b>	<b>52</b>
Vanilla Pudding .....	52
Pudding for One .....	53
Chocolate Pudding .....	53
Whipped Topping .....	54
<b>Basic Muffin Mix .....</b>	<b>55</b>
Blueberry Muffins .....	55
Banana Bran Muffins .....	56
Carrot Muffins .....	57
<b>Basic Biscuit Mix .....</b>	<b>58</b>
Fast Cheese Bread .....	59
Biscuits .....	60