

From Yucky to Yummy: Learning to Love Veggies Recipe Nutrition Information									
(based on amount per serving)									
	page	recipe	calories	fat	protein	carbohy	fiber	sodium	Comments
	#	name	(Kcal)	(g)	(g)	drate	(g)	(mg)	
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						(g)			
Appetizers & Beverages									
	1	2010 Delaware State Fair Sunshine Smoothie	51.8	0.1	0.5	13.4	1.1	8.2	
	1	Black Bean and Corn Salsa	100	0.6	5	18.7	4.9	3.8	based on 6 servings
	2	Black Bean and Corn Salsa 2	168.7	8.5	4.2	19.4	5.1	327.1	salt and pepper not included
	2	Carrot and Thyme Bread	160.4	0.7	4.9	33.3	2.5	304.6	based on 12 slices
	3	Cucumber Water	24	0.3	1.2	4.3	1.4	4	based on medium cucumber
	3	Easy Guacamole	88.3	7.1	1.3	7	3.7	6	based on 6 servings; salt and pepper not included
	3	Feta Bruschetta	107.5	9	3.2	4.3	0.7	434.5	crackers not included-pick your own
	4	Garlic and Red Pepper Hummus	205.5	14.6	4.6	13.7	3	150.5	based on 1 lemon; salt, pepper, red pepper not included
	4	Kale and Banana Smoothie	135	3.1	5.5	24.9	4.1	53.5	
	4	Mini Greek Spinach Pies	173	11.5	5.6	12.5	1.7	290.5	based on 6oz feta, olive oil, 12 servings; salt and pepper not included
	5	Moroccan Carrot Dip	57.4	3.5	0.6	6.5	1.8	40	suggested pita bread not included; salt, pepper, cumin not included
	6	Potato Collops	229.3	12.1	8.9	22.1	0.7	258	based on 1% milk; salt and pepper not included
	6	So-Good Spinach Bites	62.5	2.7	5.1	6.8	3.2	271.7	based on 1 whole egg and light whipped butter
Soups									
	7	10 Can Bean Soup	316.7	5.5	16.2	53.1	15.6	1494.8	
	8	Anytime Winter Squash Soup	179	3.6	6.9	29.8	3.8	220	
	8	Caesar Soup	92.8	4.1	4.6	10.1	2.8	475.8	based on romaine, and canned anchovy; salt, pepper, croutons, and Parmesan cheese not included
	9	Hearty Borsch	284.9	8.9	27	25.9	5.5	609.4	sour cream and bread not included
	9	Irish Potato Soup	240.3	7.9	10.3	33.4	2.4	119.9	salt and pepper not included; based on 1% milk
	10	King Edward Hotel's Tomato Bisque	122.7	7.7	3.2	11	2.5	258.5	salt and pepper not included
	10	Maringouin Squash Bisque	192.5	5.9	13.1	22.2	3.1	549.1	shrimp included; salt, pepper, and tabasco not included

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	11	Pasta Fagioli	415.9	7.7	18.2	71.2	11.4	1269.6	based on 8 servings
	11	Popeye's Soup	386.3	28.6	17.7	14.6	1.4	2002.5	based on 4 servings
	11	Roasted Red Pepper Soup	146	3.6	5.7	22.5	4.5	93	salt and pepper not included
	12	Spring Greens Borscht	119.4	3.5	5.2	17.9	2.5	62.6	cucumber, eggs, sour cream included; salt and dill not included
<i>Salads</i>									
	13	Arugula & Date Salad	279.3	16.8	3.9	32.3	3.4	171.5	based on 5 oz arugula and 6 dates; feta included
	13	Arugula, Fennel, and Orange Salad	203	14.6	2.3	18.9	4	364.6	based on 4 servings
	14	Arugula-Orange Salad	169	13.7	1	12.5	2	5.5	salt and pepper not included
	14	Corn Salad	215.8	11.9	4.7	27.1	3	315.9	based on 4 servings
	15	Fennel and Grapefruit Salad	212	15.2	3.6	18.9	5.2	158.5	based on 6 servings; salt and pepper not included
	15	Greek Eggplant Salad	104.3	7.1	2	9.9	5	8.5	salt and pepper not included
	15	Greek Peasant Salad	143	7	4.7	16	4	382	3 peppers; salt, pepper, oregano not included
	16	Green Salad with Strawberries	261.5	18.7	6.3	15.1	4.1	282.4	
	16	Lemony Vegetable Medley	78.5	7	0.8	4	0.7	297.2	based on 4 cups zucchini
	17	Orangey Spinach Salad	124	5.9	4.4	13.2	3.1	264	
	17	Picnic Salad	72.2	4	1.7	7.8	2.1	93.6	pepper not included
	18	Wilted Spinach Salad	323.8	28	8.8	11.6	2.7	636.5	based on 8 olives; pepper not included
<i>Side Dishes</i>									
	19	A Whole Latke Love!	100	1.4	3.7	2.7	5.7	316.8	based on 1 whole egg
	20	Absolutely Delicious Baked Root Vegetables	164.9	6.4	2.7	25.7	5.2	133.8	based on 8 servings; steak seasoning and pepper not included
	20	Baked Brussel Sprouts	138.8	8.8	6	12.4	5.8	161.5	based on 4 servings
	20	Beacan Bruithe (Baked Mushroom)	182.3	12.5	4.1	12.7	1.9	180	salt and pepper not included
	21	Braised Celery	84.5	6.1	1.5	6.6	2.4	329	based on chicken stock; salt and pepper not included
	21	Broccoli with Prosciutto	218.3	19	10.2	5.3	1.8	754.5	
	21	Carrots in Mint Sauce	110.5	6	0.9	14.4	2.6	356.4	
	22	Cider Cabbage	56	3.5	0.3	5.8	0.9	4	
	22	Colorful Lowfat Coleslaw	93	4.7	1.3	11.4	2.4	357	based on 6 servings, 4 c cabbage, 6 radishes, maple syrup, and olive oil

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	23	Corn Delight	97	3.7	2.4	16.5	2	224	based on 8 servings, canned corn, and fresh tomatoes
	23	Cornbread	158.4	3.9	3.9	27.6	1.1	381.4	based on 1% low fat milk
	23	Curried Turnips (Curried "Heaven & Earth")	85.7	4.7	0.9	11.1	2.5	431.8	lemon not included
	24	Fall Harvest Roasted Root Vegetables	213	5.2	3	39.2	7.9	344	
	24	Fried Green Tomatoes	65	0.6	2.4	14.1	2.1	311.4	oil for frying not included
	25	Golden Mashed Potatoes, Cauliflower, and Carrots	121	0.3	5.2	29.6	4.7	557.9	
	25	Great Greens (Soulful Collards)	159	6.9	20.4	3.3	2	63.9	based on 8 servings and 1 lb collard greens; salt and pepper not included
	26	Harvard Beets	121	6	1	16	2	65	salt not included; based on 4 servings
	26	Honey Acorn Squash	172	5.8	2.7	27.2	3.5	7	salt and pepper not included
	27	Irish Potato Farfs	218	3.2	5.1	43.2	4.9	13.5	salt not included
	27	Marinated Cucumbers with Ginger	28.3	0.2	0.8	6.9	0.7	2.5	
	27	Quinoa Pilaf	228	4.2	11	36.8	5.2	190	
	28	Roasted Beet, Spinach and Goat Cheese	254	17.2	11.5	15	4	212	basil, salt and pepper not included
	28	Roasted Beets with Orange and Scallion	150	10	2	13	4	99	salt and pepper not included; based on 4 servings
	29	Roasted Hash Brown Potatoes	170	4.8	3	28.8	3.8	12	
	29	Roasted Peppers							roasting peppers instruction; any amount
	29	Sauteed Kale	146	15.3	0.6	2.1	0.5	80	
	30	Simple Preparation for Potatoes	92	1.1	2.2	19	2	80	salt and pepper not included
	30	Simple preparation for carrots	57	1.2	1.1	11.4	3.2	88	salt and pepper not included
	30	Smokey Pinto Beans	162	0.5	9.6	29.8	11.3	5	based on 10 servings
	31	Spicy Beans and Rice	210	5.5	11.3	30	9.4	193	based on 4 servings
	31	Stir-fried Vegetables with Almonds	200	16.5	6	11	4.3	26	
	32	Summer Squash Ring	172	6	11.5	20.5	3.5	466	based on 6 servings
	32	Sweet Potato Fries	35	0.1	0.6	8	1	15	
	33	Swiss Chard	28	2	1.1	3	1.2	102	

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	33	Tuscan Kale	164	7.8	6.3	17.2	2.7	298	
<i>Main Dishes</i>									
	35	All-Star Veggie Burger	109	6	9	14.5	2	381	
	35	Avocado and Orange Sandwich	472	20.5	13	66	16	326	
	36	Black Bean and Sweet Potato Chili	200	3	10	37	11	128	
	36	Carmelized Onion Chicken	246	2.6	26.6	28.5	0.5	521	
	37	Chickpea Flour Pancakes	181	3.4	9.9	29.7	8.3	15.2	analysis is for one pancake
	37	Crustless Quiche	144	2.8	15.8	14	4.5	432	based on using eggs; salt and pepper not included
	38	Easy Baked Eggplant Parmesan	381	25	25	14.1	3.3	750	based on 5 servings
	38	Fresh Tomato & Basil Pasta	306	8.3	8.6	52.4	4.1	25	sugar not included
	39	Green Green Pasta	450	10	17	77	10	400	salt and pepper not included
	39	Guilt Free Spaghetti	235	3	10	41.8	10.8	596	based on 4 servings
	40	Irish Colcannon	197	8.4	4.1	27.3	3.6	78	
	40	Montana Garden Vegetable Casserole	354	23.9	18.6	20.5	7	667	Swiss cheese is included
	41	One Pan Ratatouille	215	11	5.6	28	6.4	634	pasta and polenta not included
	41	Pan-fried Chickpeas with Chorizo and Spinach	1000	27.42	18.15	42.92	8.63	996.25	based on 4 servings; salt and pepper not included
	42	Pasta with Swiss Chard and Garlic	360.25	10.82	17.5	50.6	8.325	294.5	based on 4 servings and skinless cooked chicken breast; salt, pepper, red pepper, Parmesan cheese, and beans not included
	43	Pumpkin Pancakes	144	3.24	23.75	25.05	1.32	305	based on 12 servings, 1% milk, and no salt added pumpkin
	43	Rainbow of Veggies Stir-fry	211	8	4.6	31	4.7	303	based on 4 servings; based on low sodium soy sauce, canola oil; ginger and basil not included
	44	Slum Gullion (Goulash or Beefy Mac & Veg)	701.75	29.79	56.02	40.95	4.13	1256	90% lean ground beef; 2 tomatoes
	45	Steamed Fish on Greens	109.5	8.7	1.4	1.67	0.1	82.75	uses white wine
	45	Stuffed Vegetables	475.5	13.5	37	54.3	8.9	1326.2	based on 6 servings; 12 peppers
	46	Tofu-Stuffed Zucchini	229	14.1	15.5	15.25	4.8	744	uses tomato sauce, no chicken broth; 2 svgs
	46	Vegetarian Lentil Meatloaf	141	4.6	8.3	17.7	6.075	170.75	does not include salt; based on 8 svgs
	47	Vegetarian Sloppy Joe's	201.63	7.75	8.08	25.5	1.1	204.63	based on 16 servings

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	47	Zucchini, Onion and Red Bell Pepper Frittata	226	16.5	13.5	5.9	1.3	328	salt, pepper, basil not included
	48	Zucchini-Tomato Casserole	258	11	13	27	3.3	394	based on 4 zucchini, 4 tom, part skim mozz cheese; garlic powder, thyme, salt and pepper not included
<i>Desserts</i>									
	49	Chocolate Zucchini Bread or Muffins	231	7.5	4	38	1.8	15	salt and cinnamon not included
	49	E-Z Black Bean Brownies	318	13.8	3.8	44.1	1.2	118	
	50	Pumpkin Chocolate Chip Cookies	158	4.4	2.26	27.6	1	68	based on 1/24 of recipe
	50	Sweet Potato Pie	381	20	3.5	46.43	1.5	254	based on 8 svgs; made with 1% milk
	51	Zucchini Cookies	101	5.4	1.4	12.7	0.5	85.3	based on 1/60 of recipe; does not include coconut
<i>Just for Kids</i>									
	53	Ants on a Log	170.5	10.82	5.71	16	2.5	119.67	based on 6 svgs
	53	Anytime Pizza	151	5.4	10.25	16	2.7	326	based on 1 svg; uses whole wheat muffin (one half)
	53	Big Mouth Tuna	242	6	23	24	3	509	light mayo; lettuce and choice of veggies not included
	54	Googley Eyes	7	0.5	1	1	0.5	20	optional garnish not included
	54	Spaghetti Cupcakes	184	8.4	10.8	15.6	2	474	option veggies not included; based on 12 servings
	55	Treasure Chest Potato Breakfast Skillet	259.75	7.52	17.74	31.41	2.675	390.75	based on lowfat beef, pork, chicken sausage and plain hash browns (with no onions and peppers); parsley not included,
	55	Veggie-Dilla	240	10.41	12.37	24.6	5.75	391.75	