

Meal Posters

Plate Analysis

Menu: Sweet & Sour Pork, Tangy Corn, Creamwiches & Iced Tea



Recipes provided
courtesy of *Taste of Home*
magazine. Find more great
recipes
at www.tasteofhome.com.

Menu: Ham with Pineapple Sauce, Broccoli Supreme, Layered Coconut Bars & Hot Tea

Recipes provided
courtesy of *Taste of Home*
magazine. Find more great
recipes
at www.tasteofhome.com.



Vary Your Veggies

If you prefer, you can substitute 1 pound fresh cauliflowerets for the broccoli. Or try using 1/2 pound of each.

Menu: Beef Tenderloins, New Potatoes with Dill, Blueberry Orange Cups & Coffee

Recipes provided
courtesy of *Taste of Home*
magazine. Find more great
recipes
at www.tasteofhome.com.



Do Y
You can use
loin for the
on each s

Menu: Italian Chicken, Parmesan Noodles, Tomatoes, Strawberries & Cream and Hot Tea

Recipes provided
courtesy of *Taste of Home*
magazine. Find more great
recipes
at www.tasteofhome.com.



Planning Ahead
For even less hassle the next time you
marinate boneless skinless chicken
in the salad dressing or

Menu: Zesty Mozzarella Chicken, Garden Pasta Salad & Cherry Tarts



Recipes provided
courtesy of *Taste of Home*
magazine. Find more great
recipes
at www.tasteofhome.com.

Menu: Lemon-Pepper Steak, Cheese & Onion Potatoes, Citrus Broccoli Toss, Almond Peach Sundaes & Coffee

Recipes provided
courtesy of *Taste of Home*
magazine. Find more great
recipes
at www.tasteofhome.com.



Citrus Broccoli Toss

Thaw 1 package (10 ounces) frozen cut broccoli. In a skillet, melt 2 tablespoons butter or margarine over medium heat. Sauté broccoli until crisp-tender. Sprinkle with 1-1/2 teaspoons *each* grated orange and lemon peel; season to taste with salt and pepper. Toss to coat; heat through. **Yield:** 4 servings.

Menu: Breaded Pork Chops, Green Beans, Tomato Salad, Fresh Fruit with Vanilla Cream & Milk

Recipes provided
courtesy of *Taste of Home*
magazine. Find more great
recipes
at www.tasteofhome.com.



Menu: Beef BBQ Sandwiches, Pepper Salad, Potato Chips, Stuffed Celery, Spicy Fruit Crisp & Milk

Recipes provided
courtesy of *Taste of Home*
magazine. Find more great
recipes
at www.tasteofhome.com.



Menu: Beef & Bean Stew, Pumpkin Spice Muffins, Banana Tapioca Pudding

Recipes provided
courtesy of *Taste of Home*
magazine. Find more great
recipes
at www.tasteofhome.com.



Menu: Honey-Mustard Chicken Kabobs, Mushroom Spinach Salad, Strawberry Lemon Dessert & Lemonade

Recipes provided
courtesy of *Taste of Home*
magazine. Find more great
recipes
at www.tasteofhome.com.



Better Bacon Bits

Cook and crumble a few slices of bacon; freeze in a resealable plastic bag. Use as needed in a variety of recipes, including Mushroom Spinach Salad.