

RECIPES FOR



MY ROUTE TO HEALTH

GET IN THE KITCHEN AND STIR
SOME THINGS UP!

HELPFUL INFO FOR YOUR KITCHEN

COOKING CONVERSION CHART



Unit:

1 tsp

1 Tbsp

1/8 cup

1/4 cup

1/3 cup

1/2 cup

1 cup

1 pint

1 quart

1 liter

1 gallon

Equals:

1/6 fl. oz

1/2 fl. oz

1 fl. oz

2 fl. oz

2³/₄ fl. oz

4 fl. oz

8 fl. oz

16 fl. oz

32 fl. oz

34 fl. oz

128 fl. oz

Also equals:

1/3 Tbsp

3 tsp

2 Tbsp

4 Tbsp

1/4 cup plus 4 tsp

8 Tbsp

1/2 pint

2 cups

2 pints

1 quart plus 1/4 cup

4 quarts



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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Laurie's Turkey Chili	5	432.53	6.07	0.38	21.73	83.88	1,671.07	1,035.61
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
8.93	13.98	12.39	24.92	388.26	33.6	58.75	38.28	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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Kellie's Dill Potatoes	4	249.28	1.02	0	7.17	0	163.24	1,242.95
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
4.77	2.67	35.34	5.24	215.67	1.28	38.96	4.25	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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Jennifer's Broiled Catfish w/ Grapefruit Juice	4	183.27	3.87	0.09	11.5	60.93	72.61	340.03
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
0.05	0.88	0.24	35.35	92.59	2.92	1.18	1.71	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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Kellie's Lemon Chicken	4	195.68	1.59	0.01	9.79	72.58	278.06	465.44
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
1.41	0	0.2	24.46	109.6	0.87	37.1	2.46	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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Kathy's Orange Surprise Salad	4	51.44	0.02	0	0.12	0	35.86	165.52
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
1.27	10.33	0.92	0.52	77.42	92.36	13.53	1.79	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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Kellie's Fruit and Veggie Slaw	8	175.74	0.96	0	9.31	0	22.82	321.15
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
3.39	14.5	3.61	1.73	116.9	55.4	45.18	4.23	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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Faye's Roasted Root Vegetables	6	121.37	0.96	0	6.89	0	146.08	109.47
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
2.8	7.58	4.79	1	78.37	224.67	14.45	2.93	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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Deena's Tuna Melts	4	194.29	2.52	0.23	7.65	19.05	357.6	201.92
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
2.14	1.96	0.89	17.58	63.2	3.61	3.88	14.01	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
- 1/2 tsp salt
- 1/4 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

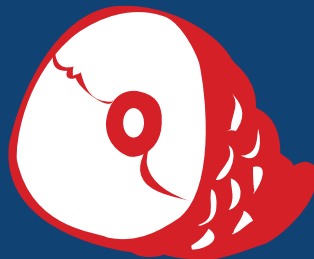
Recipe	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Carol's Garlic Mashed Cauliflower	8	108.24	3.57	0.02	6.72	16.51	167.55	377.92
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
2.71	2.66	2.4	6.24	113.16	3.29	86.22	4.1	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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Deena's Ham and Bean Soup	8	260.28	0.64	0.01	2.06	24.24	734.47	1,029.70
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
12.37	3.57	23.92	24.25	246.26	53.86	4.14	11.68	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)
- 1/4 cup of fresh or dried rosemary
- 1/2 cup honey
- 1/2 cup brown sugar
- 2 tbsp butter
- 1/2 cup of low sodium chicken stock (optional—you can use water instead)
- 1/4 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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Yvonne's Glazed Rosemary Carrots	5	270.93	2.18	0.09	3.75	5.94	99.42	91.28
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
4.3	52.26	3.81	2.26	131.83	337.04	16.57	9.05	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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Carol's Banana Smoothie	4	254.45	0.22	0.01	1.07	1.85	49.19	520.79
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
4.15	45.84	9.3	6.14	160.51	19.17	196.34	21.66	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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Karen's Black Bean Soup	6	122.81	0.24	0	0.9	0.79	710.33	140.66
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
4.39	3.4	14.35	7.74	209.2	2.5	18.13	7.06	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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Carol's Peanut Butter and Banana French Toast	4	313.11	2.7	0.48	10.61	108.19	363.31	527.7
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
6.22	14.08	22.12	14.82	118.9	3.95	9.96	11.78	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	Servings	Calories (kcal)	Saturated Fat (g)	Trans Fat (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)
Kristy's Pasta Carbonara	4	367.28	4.59	0	11.52	226.2	569.15	239.35
Dietary Fiber (g)	Sugar (g)	Other Carbs (g)	Protein (g)	Water (g)	Vitamin A (DV%)	Vitamin C (DV%)	Calcium (DV%)	Iron (DV%)
6.89	3.03	2.91	21.62	81.61	18.69	3.36	24.63	17.51

MY ROUTE TO HEALTH HELPFUL WEBSITES:

www.choosemyplate.gov

www.nutrition.gov

www.eatright.org



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)



RECIPES FOR

MY ROUTE HEALTH TO

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

CENTENE

Corporation

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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