

veggie burger on a bun or a bowl of soup with crackers. For a really “cool” lunch, there are cottage cheese salads with garden veggies or fruit. Luncheon menus always include fruit and a beverage. The lunches are described in chapter 5, where you’ll also find a section devoted to quick lunch counters and eating out.

Dinner

Most of us have our main meal at dinner (supper), and the diet provides for a substantial evening meal, with an entree (main course) and side dishes. There are recipes for 33 entrees. Seventeen use chicken, 5 utilize other poultry, and 4 use fish. The remaining 7 recipes are for vegetarian entrees. Dinner entrees are grouped in three chapters: Everyday Dinners (chapter 6), Specialty Dinners (chapter 7), and Vegetarian and Fish Dinners (chapter 8).

The dinners with poultry or fish have suggestions for two side dishes. One side dish is a “carb” (rice, potato, pasta, noodles, corn, or stuffing) and the other, a “veggie” (cooked vegetable or a tossed salad). Having both a carb side dish and a veggie side dish makes for a balanced meal. In some dinners, a carb or a veggie is part of the entree itself. Carb side dishes are discussed in chapter 9, and veggie side dishes are in chapter 10.

The 12 Everyday Dinners, listed in Table 1-1, are probably the most familiar and are also the easiest to prepare. The entrees are listed along with side dishes and total calories per serving (Cal.). The chicken dinners that are listed with two calorie totals offer a choice of breast meat (1st calorie total) or dark meat (2nd calorie total).

Table 1-1 Everyday Dinners and their caloric content

<u>Entree</u>	<u>Carb Side/Veggie Side</u>	<u>Cal.</u>
Broiled Chicken	Brown rice/Green beans	511
Herb Baked Chicken	Brown rice/Broccoli	433
Crispy Chicken	Brown rice/Cauliflower	523/586
Marinated Chicken	Brown rice/Spinach	450
Succulent Baked Chicken	Mashed potatoes/Baby carrots	463/526
Roast Chicken	Baked potato/Turnip greens	453/516
Chicken with Gravy	Noodles/Carrots	530
Oriental Chicken	Long grain rice/Broccoli	455
Roast Turkey Breast	Stuffing/Salad	554
Roast Rock Cornish Hen	Noodles/Green beans	520
Rose’s Turkey	Baked potato/Carrots	500
Grilled Chicken & Veggies	Brown rice/Grilled veggies	485

The 10 Specialty Dinners (Table 1-2) are appropriate for holiday entertaining, special occasions, or whenever you're in the mood for a more elaborate meal. As you can see from the list, some even have "foreign intrigue."

Table 1-2 Specialty Dinners and their caloric content

<u>Entree</u>	<u>Carb Side/Veggie Side</u>	<u>Cal.</u>
Chicken Cacciatore	Spaghetti/Zucchini	532/595
Tex-Mex Chicken	Corn/Green beans	555
Chili Chicken	Brown rice/Cabbage	615
Chicken Chow Mein	Long grain rice/Broccoli	448
Curried Chicken	Long grain rice/Green beans	555
Pasta Turkey Casserole	Penne pasta/Salad	605
Creole Turkey Stew	Brown rice/Green beans	535
Smothered Chicken	Brown rice/Carrots	455/518
Chicken with Root Vegetables	Brown rice/Root vegetables	462/525
Holiday Chicken	Brown rice/Green beans	567/630

All 11 vegetarian and fish dinners (Table 1-3) are very diet-friendly. These dinners are low in fat and calories, but offer plenty to eat and lots of flavor.

Table 1-3 Vegetarian and Fish Dinners and their caloric content

<u>Entree</u>	<u>Carb Side/Veggie Side</u>	<u>Cal.</u>
Mushroom Pizza	Pizza crust/Salad	480
Hopping John	Parboiled rice/Turnip greens	450
Caribbean Black Beans & Rice	Parboiled rice/Cauliflower	440
Quick Red Beans & Rice	Parboiled rice/Broccoli	415
Tofu Stir-Fry	Brown rice/Stir-fry veggies	410
Broccoli Frittata	Brown rice/Broccoli	445
Noodles & Cheese	Noodles/Peas & Carrots	421
Baked Fish Fillets	Brown rice/Squash or Zucchini	452
Breaded Fish Fillets	Baked potato/Green beans	475
Salmon Salad	Elbow macaroni/Salad	465
Soup 'n' Tuna Sandwich	Rye bread/Minestrone soup	420