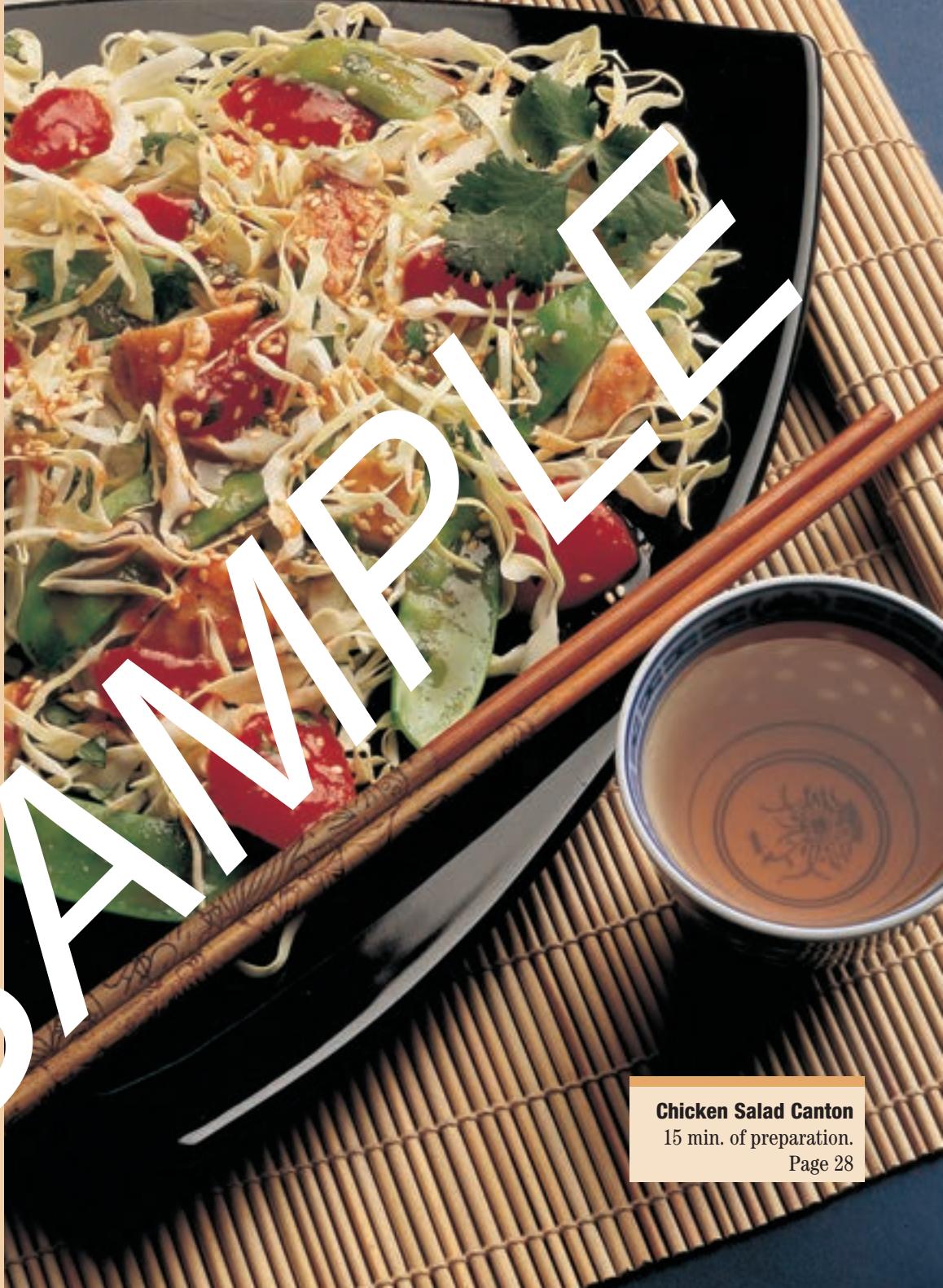


SAMPLE



Chicken Salad Canton

15 min. of preparation.

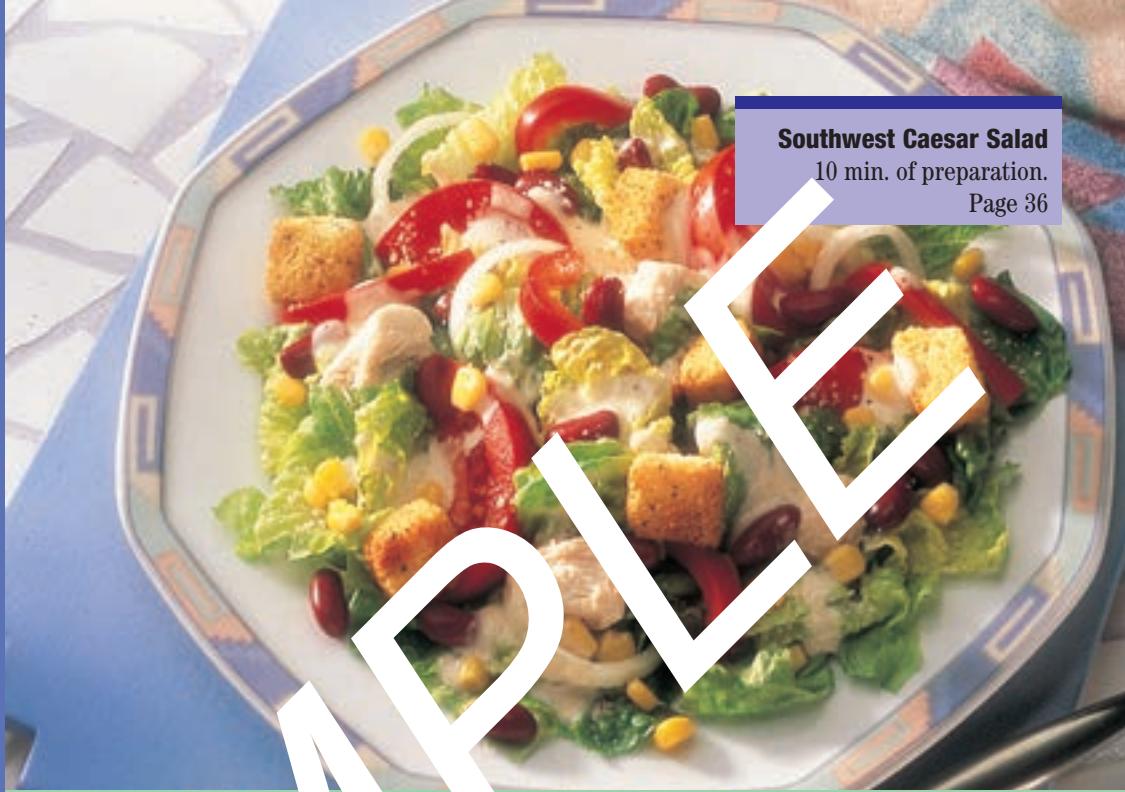
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**Curried Chicken
Pineapple Rice Salad**
30 min. of preparation.
Page 30

SAMPLE



SAMPLE



Southwest Caesar Salad
10 min. of preparation.
Page 36



**Pasta in Tomato
Cream Sauce**
15 min. of preparation.
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San Antonio Beef Stew

30 min. of preparation.

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Honey Teriyaki

Mini Meatloaves

30 min. of preparation.

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SAMPLE

SAMPLE



Easy Taco Pizza

20 min. of preparation.

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- 1/2 pound ground beef
- 1 envelope (1 1/2 oz.) taco seasoning mix
- 1 cup salsa
- 1 can (16 oz.) shredded cheddar cheese
- 2 Tbsp. (1/4 cup) sour cream

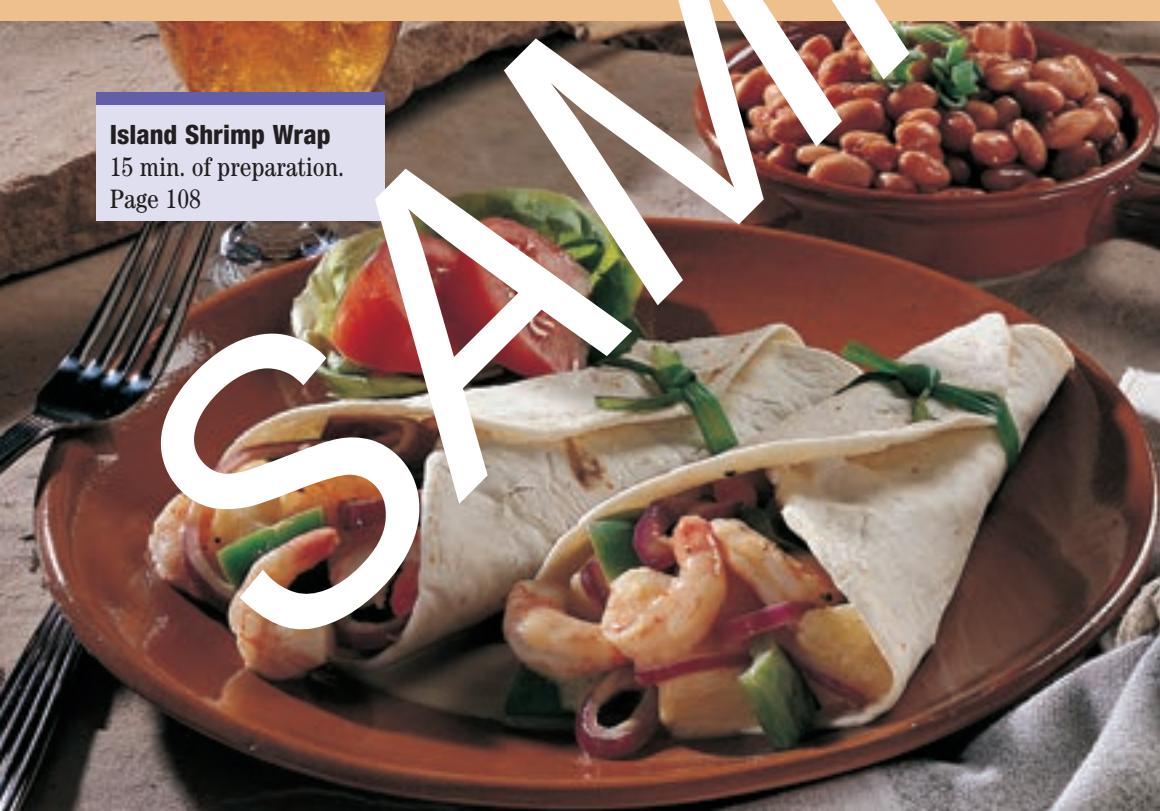
Ranchero Wrap-ups

10 min. of preparation.
Page 71



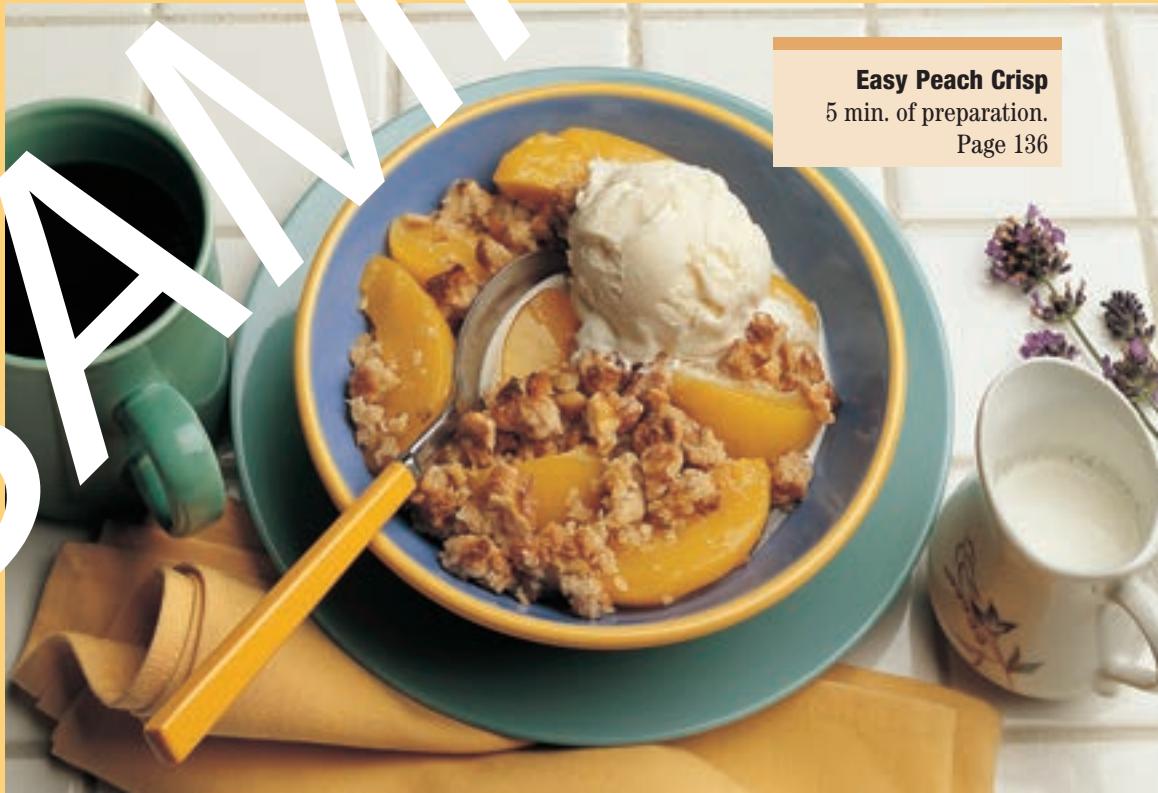
Island Shrimp Wrap

15 min. of preparation.
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SAMPLE

SAMPLE



Easy Peach Crisp
5 min. of preparation.
Page 136



Piña Colada Sorbet
5 min. of preparation.
Page 144

Snappy Halibut Skillet

7 min. of preparation.

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SAMPLE

