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**INDEX OF RECIPES
ARMED FORCES RECIPE SERVICE**

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DIETARY GUIDELINES FOR AMERICANS

- *Balance the food you eat with physical activity – maintain or improve your weight*
- *Choose a diet with plenty of grain products, vegetables, and fruits*
- *Choose a diet low in fat, saturated fat, and cholesterol*
- *Eat a variety of foods*
- *Choose a diet moderate in salt and sodium*
- *Choose a diet moderate in sugars*
- *If you drink alcoholic beverages, do so in moderation*

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Baked.....	Q-44
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Franconia.....	Q-50-1
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VEGETABLES-Continued

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- Oven Browned..... Q-50
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- Paprika Buttered..... Q-33-1
- Parsley Buttered..... Q-33
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- Oven Method Q-45-2
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Potatoes, White, Frozen, Shredded

- Hashed Brown (3 Ounces) Q-46-2
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- Golden Potato Balls Q-56
- Grilled Potato Cakes..... Q-57-1
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Potato Mix

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Sauerkraut

- German Q-59

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- Club Q-60
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- and Carrot Medley..... Q-74
- Baked Hubbard..... Q-61
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 Broccoli, Corn and Carrots Q-1-1
 Brussels Sprouts, Corn and Carrots..... Q-1-4
 Cauliflower, Peas and Carrots..... Q-1-3
 Corn, Beans, and Carrots..... Q-1-6

Vegetable Stir Fry Q-25
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MEATLESS ENTRÉE ALTERNATIVES

(OVER)

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