

■ V E R Y L O W P H E / P R O T E I N R E C I P E L I S T ■

To facilitate your menu planning, here is a list of very “low” recipes grouped by phe/protein content and arranged by chapter. We start with recipes that are calculated to contain 30 mg phe/0.6 gm protein or less, followed by recipes calculated to contain 50 mg phe/1.0 gm protein or less. Recipes for sweets of all kinds are not included since most of them are naturally low in phe/protein, nor are recipes from *And Everything Else*, since most of these recipes are not main items for a meal. Check the nutritional calculations for each recipe for specific phe/protein information and serving size.

Recipes Containing Less Than 30 mg Phe/0.6 gm Protein Per Serving

■ Salad Celebrations

Andalusian Carrot Salad
Asian-Style Cucumber and Tomato Salad
Confetti Coleslaw
Fattoush
Fresh Green Salad with
Mustard-Lemon Dressing
Jicama and Green Apple Slaw
Jicama Salad with Orange and Avocado
Marinated Tomato Salad
Mexican Jicama Salad
Napa Cabbage Salad
Orange Drenched Beet Salad
Sautéed Three-Pepper Salad
Sevillian Gazpacho Salad
Shanghai Salad
Shredded Asian Salad
South of the Border Slaw
Summer Fruit Salad
Sweet-Sour Cucumber Salad
Tomato and Mango Salad with
Curry-Basil Dressing
Tropical Fruit Salad
Tunisian Carrot Salad
Two-Bean and Cherry Tomato Salad
Two-Tomato Salad with Basil Vinaigrette
Very Red Picnic Slaw
Winter Fruit Salad

■ Soup's On

Almost-Homemade Tomato Soup
Almost-Homemade Tomato Vegetable Soup
Autumn Harvest Soup
Chilled Guacamole Soup
Curried Potato and Apple Soup
Gingered Orange-Carrot Soup
Golden Pepper Soup
Golden Thai Carrot Soup
Lemon Soup with Parsley and Tomatoes
Moroccan Vegetable Soup
Patrick's Irish Minestrone
Potato-Zucchini Soup
Red Pepper Soup
Simple Pumpkin-Apple Soup
Southwestern Pumpkin Soup

■ Bread and Beyond

Apple Cranberry Dressing
Basic Bread Dressing
Basic Savory Doughs
Beer Bread
Chili Croutons
Cinnamon Croutons
Country Style Bread
Dark Homestyle Bread
Ethiopian Honey Bread
French Beignets
Garlic Bread Crumbs
Garlic Rosemary Croutons



Just Plain Bread Pudding
Light Homestyle Bread
Monkey Bread Pull-Aparts
Moravian Sugar Cookies
Orange Kisses
Pita
Sautéed Croutons
Simple Baked Croutons
Simple Bread Stuffing
Strawberry Bruschetta
Stromboli
Tortillas

■ **Vegetables for All Seasons**

Asian-Style Carrots and Zucchini
Braised Winter Root Vegetables
Carrot, Apple, and Raisin Tsimmes
Carrots Marinated with Garlic and Basil
Cranberry Glazed Carrots
Provençal Baked Stuffed Tomatoes
Sautéed Tomatoes
Winter Squash Pancakes

■ **Rice from East to West**

Marsha's Mexican Rice

■ **Pasta, Please!**

Broccoli Pasta Salad
Cellophane Noodle Salad
Curried Noodles
Green Onion-Ginger Noodles
Penne with Basil Marinated Tomatoes
Spicy Basil-Mint Pesto
Summer Fresh Penne

■ **Hot Off the Grill**

Hot Grilled Carrots
Grilled Asparagus
Grilled Japanese Eggplant
Grilled Pear Salad
Grilled Vegetables

■ **Where's the Beef?**

Barbeque Sloppy Joes
Garden Burgers
Vegetable Burgers
Veggie "Meat" Burgers
Veggie "Meat" Substitute #2
Veggie Sausages

■ **The Adventurous Cook**

Celery Root and Fennel Soup with
Caramelized Apples
Indian Carrot Curry
Mango and Cucumber Spring Rolls
with Citrus Dipping Sauce
Plantain Fries with Chipotle Ketchup
Sweet Plantain Soup with
Orange-Pineapple Salsa
Thai Coconut Noodles
Thai Eggplant Lettuce Wraps
Vietnamese Spring Rolls
Watermelon Gazpacho

■ **Company's Coming**

Cream of Wild Mushroom Soup
Wild Mushroom Soup