Cilantro Lime Cod

Serving Size: 3oz Fish, 1oz cilantro Sauce



Cranberries in snow (Made with Splenda Sugar Blend)

Serving Size: 1/2c



Christmas Cranberry Salad(made with sugar free gelatin and Splenda Sugar Blend)

Serving Size: 1/2c



Cranberry and Apple Salad

Serving size: 1/2c



Zesty Chicken Taco soup

Serving Size: 1 cup (3oz Chicken, 1/2c Vegetables)



Rice Pudding with Cranberry Sauce

Serving Size: 1/2c



Southwestern Style Stuffed Red Bell Pepper

(1 red pepper, 3oz Beef, 1/4c corn, 1/8c green Chile, 1/3c Tomatoes)

Serving Size: 1 Pepper



Autumn Wild Rice:

Serving Size: 1 cup (1/2c Brown and Wild rice, 1/2c Fruit and vegetable mixture)



Apple Spice Pork Chops:

Serving Size: 3oz Pork chop, 1/2c Apples



Southwest Pasta Salad

Serving Size: 3/4c



Broccoli with Apple Salad

Serving Size: 3/4c



Chicken with apples, carrots, and grains

Serving Size: 3oz Chicken, 1/2c Grain, 1/2c Apples, 1/2c Carrots



Pork Fajitas:

Serving Size: 3oz Pork, 1/2c peppers and onions, 1 6in flour tortilla

