



 <p style="text-align: center;"><b>Cowboy Chili</b></p>	<p>This chili delivers great flavor with wonderful depth! Cumin, cinnamon, tomatoes, chilies and onions add a wonderful flavor to turkey simmered with red and black beans, bell peppers, and zucchini. Top with cashew nuts for a tasty and healthy change from saltines, this hearty meal is sure to please. <i>Includes blue cornbread muffin mix.</i>  <b>You provide:</b> 15 oz can tomatoes, 1.2 lbs ground turkey, 8 oz beer (or water)</p>	 <p style="text-align: center;"><b>Salmon Patties</b></p>	<p>A great alternative to burgers that everyone will love, these delicious salmon patties are packed with heart-friendly Omega-3s. <b>ORGANIC.</b> <i>Includes salmon, creole tartar sauce mix, &amp; quinoa w/veggies.</i>  <b>You provide:</b> 2 eggs, 2 tsp oil</p>
 <p style="text-align: center;"><b>Skillet Lasagna</b></p>	<p>A delicious, gooey, meaty lasagna highlighted by italian herbs and fragrant roma tomatoes. They'll never believe this is healthy, and we'll never tell them it took just 5 minutes of your time! <i>Includes parmesan cheese.</i>  <b>You provide:</b> 15 oz can tomatoes, 1 lb. ground turkey or beef, 8 oz ricotta cheese</p>	 <p style="text-align: center;"><b>Apple Cinnamon Pancakes</b></p>	<p>Bring the pancake house to your house, and enjoy whole grain goodness flavored with cinnamon and fortified with fiber and Omega-3-rich flax. Our mix rises higher, and these are deliciously moist thanks to the included applesauce. <i>Includes applesauce.</i>  <b>You provide:</b> 1 ¾ c milk, 2 eggs, 2 T butter</p>
 <p style="text-align: center;"><b>Pineapple Meatloaf</b></p>	<p>Moist, sweet, and wonderfully seasoned, this loaf (or meatballs, if you prefer) is made with turkey or beef, pineapple chutney, and heart-friendly flax seed. <i>Includes chutney and brown rice with veggies.</i>  <b>You provide:</b> 3 eggs, 2 lbs ground turkey, 1 T oil</p>	 <p style="text-align: center;"><b>Oatmeal Raisin Cookies</b></p>	<p>Classic cookies with heart-friendly oatmeal, these are made with a lighter whole wheat flour, enhanced with flax seed and lightly sweetened w/turbinado sugar. <i>Includes applesauce.</i>  <b>You provide:</b> 6 oz (1 1/2 sticks) butter, 2 eggs</p>
 <p style="text-align: center;"><b>Asian Turkey Burgers</b></p>	<p>An Asian twist on a traditional burger, this version features a sweet-and-salty sesame sauce and includes a traditional fried rice. Perfect for outdoor grilling. <i>Includes Hoisin sauce and brown rice.</i>  <b>You provide:</b> 1.2 lbs lean turkey, 3 eggs, 1 T oil</p>	 <p style="text-align: center;"><b>Chocolate Chip Cookies</b></p>	<p>The all-time favorite cookie, these are made with a lighter whole wheat flour, dark chocolate chips, enhanced with flax seed, and lightly sweetened.  <b>You provide:</b> 6 oz (1 1/2 sticks) butter, 2 eggs</p>
 <p style="text-align: center;"><b>Ma's Sloppy Joe's</b></p>	<p>Packed with "invisible" veggies (your kids won't even notice they're there!), this is far and away the healthiest "tasty Joe" going. <i>Includes apple baked beans.</i>  <b>You provide:</b> 15 oz can tomatoes, 1 lb beef, buns (opt)</p>	 <p style="text-align: center;"><b>Baked Goodies</b></p>	<p>2 Apple Cinnamon Pancakes, 2 Oatmeal Raisin Cookies, and 2 Chocolate Chip Cookies  <b>SAVE \$4</b></p>
 <p style="text-align: center;"><b>Caribbean Beans and Rice</b></p>	<p>Tasty beans, and robust brown rice with fantastic flavors from Roma tomatoes, oregano, olives and capers. This hearty dish is a perfect meal that's ready as quickly as it'll be enjoyed! <i>Includes rice.</i>  <b>You provide:</b> 15 oz can tomatoes, 1 lb ground beef (opt)</p>	 <p style="text-align: center;"><b>Dinner Sampler</b></p>	<p>Cowboy Chili, Skillet Lasagna, Asian Turkey Burgers, Sloppy Joe's, and Cranberry Wild Rice Stew  <b>SAVE \$5</b></p>
 <p style="text-align: center;"><b>Dal (Indian Lentil Stew)</b></p>	<p>A classic savory Indian dish with aromas of cumin and turmeric, this can be enjoyed as a meal or a special dip. Filled with protein-rich lentils and antioxidant-rich tomatoes! <i>Includes ghee.</i>  <b>You provide:</b> 15 oz can diced tomatoes</p>	 <p style="text-align: center;"><b>All Time Favorites</b></p>	<p>Cowboy Chili, Skillet Lasagna, Asian Turkey Burgers, Sloppy Joe's, and Cranberry Wild Rice Stew, Apple Cinnamon Pancakes, Oatmeal Raisin Cookies, and Chocolate Chip Cookies  <b>SAVE \$6</b></p>
 <p style="text-align: center;"><b>Cranberry Wild Rice Stew</b></p>	<p>Lightly sweetened cranberries pair with the deeper flavors of wild rice, delivering a celebration of the fall harvest! <i>Includes cranberries.</i>  <b>You provide:</b> 1 lb turkey or chicken, red wine (optional)</p>	<p><b>Customers:</b>  <b>Your order will be delivered to the Diversity Dance Studio the week of March 8, 2010.</b></p>	<p><i>Reps: Return order forms by Feb 21 to The Healthy Pantry  PO Box 1102, Red Lodge, MT 59068  Fax: 888.305.0913</i></p>