

<p>The What's for Dinner? Studio Kitchen (June 2008) Note: Values are based on one serving. Most entrees serve six. Some could serve eight and in such cases values are given for both serving sizes. The majority of trans fat in our recipes is found naturally in meat.</p>													<p>Key: VLM = Very Lean Meat, LM = Lean Meat, MFM = Medium Fat Meat, HFM = High Fat Meat, Veg = Vegetables, Other CHO = Other Carbohydrates</p>	
Entrée	Serv	Calr.	Protn.	Carbo-hdtr.	Fiber	Fat	Satrd Fat	Trans Fat	Cholestr.	Sodium	Potasm	Diet Value	Diabetic Exchanges	
Shrimp Strudel	6	669	36	29	1	46	27	0	356	832	372	17	2 Starch, 3 1/2 VLM, 1 1/2 MFM, 1/4 Veg, 6 3/4 Fat	
Parmesan Pork Chops	6	464	38 g	39 g	2 g	16 g	7 g	0 g	136 mg	1264 mg	570 mg	10	2 1/4 Starch, 5 VLM, 1 Fat	
Chicken Pockets	6	577	39 g	25 g	2 g	36 g	16 g	3 g	137 mg	796 mg	428 mg	14	5 VLM, 5 Fat	
Gris Gris Chicken	6	420	35 g	35 g	1 g	15 g	5 g	0 g	103 mg	880 mg	517 mg	9	5 VLM, 3 Fat, 2 Other CHO	
Pork Tenderloin with Mustard Sauce (includes 1 1/2 ounces)	6	359	33 g	2 g	0 g	22 g	6 g	0 g	118 mg	578 mg	558 mg	9	5 VLM, 4 Fat	
Sicilian Meat Roll	6	390	37	12	2	21	9	1	157	691	541	9	3/4 Starch, 4 1/4 LM, 1 1/4 MFM, 1/4 Veg	
Green Chile Chicken Enchiladas	8	459	32	30	3 g	23 g	12 g	0 g	105 mg	1139 mg	336 mg	10	2 Starch, 3 VLM, 1 HFM, 2 Fat, 1/2 Other CHO	
Chicken Kiev	6	247	34	5	0	10	5	0	103	196	411	6	1/4 Starch, 4 1/2 VLM, 1 1/2 Fat	
Zippy Egg Casserole	6	806	43 g	27 g	1 g	56 g	27 g	0 g	425 mg	1624 mg	233 mg	21	1 1/4 Starch, 1 1/4 MFM, 5 HFM, 1/4 Low Fat Milk, 3/4 Fat	
Cheesy Italian Tortellini	6	425	23 g	36 g	3 g	20 g	9 g	0 g	72 mg	1175 mg	203 mg	10	1 1/2 Starch, 1/2 VLM, 1 LM, 1 MFM, 2 1/4 Veg, 1/4 Milk, 2 3/4 Fat	
Slow Cooked Pepper Steak	6	342	37 g	11 g	2 g	15 g	5 g	0 g	120 mg	1038 mg	108 mg	8	5 VLM, 1 Veg	
Chicken Lasagna Florentine	6	711	29 g	71 g	5 g	35 g	15 g	0 g	107 mg	1333 mg	237 mg	16	4 Starch, 1/2 VLM, 1 1/2 HFM, 1 Veg, 4 Fat	
Pineapple Tarragon Chicken	6	278	33 g	33 g	0 g	2 g	0 g	0 g	82 mg	941 mg	482 mg	6	4 1/2 VLM, 1/2 Fruit, 2 Other CHO	
Annie's Fish	6	657	48	22	2	40	17	0	192	1861	752	16	1/4 VLM, 5 LM, 1/2 HFM, 1/4 Skim Milk, 5 Fat, 1 Other CHO	