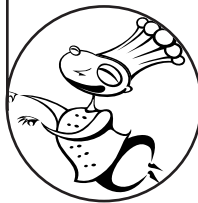


Canadian Living

2000

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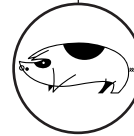
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- ✓ Aunt Helen's Turnip and Apple BakeDec .83
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- ✓ Broiled Tomato HalvesMay .106
- ✓ Calypso BurritosOct .147
- ✓ Cinnamon Spice CarrotsSept .121
- ✓ Corn on the CobSept .104
- ✓ Curried CarrotsSept .121
- ✓ Easy Beet Rapini RisottoMar .100
- ✓ Eggplant Parmesan StacksOct .123
- ✓ Fennel, Carrots and Green BeansApr .96
- Garlic Rosemary PotatoesApr .88
- ✓ Garlic Spinach and Peppers .June .114
- ✓ Garlic Sweet Potato FansJune .109
- ✓ Golden LatkesDec .120
- ✓ Herbed CarrotsSept .121

- ✓ Herb-Roasted Potato Wedges .Oct .133
- ✓ Honey Lemon BeetsMar .103
- ✓ Honey Nut CarrotsSept .121
- ✓ Lean Barbecued Scalloped PotatoesAug .95
- ✓ Lemon PotatoesJuly .53
- ✓ Make-Ahead Mashed Potatoes .Dec .83
- ✓ Make It Mashed PotatoesNov .138
- ✓ Maple-Glazed CarrotsMar .97
- ✓ Maple Mustard CarrotsSept .121
- ✓ Mashed SquashOct .122
- ✓ Mushroom Cheddar Vegetarian BurgersJuly .75
- ✓ Mushroom Polenta StacksApr .115
- ✓ Parsnip Oven-Fries with Yogurt Curry Dipping SauceMar .103
- Pickled Turnips and BeetsMar .100
- ✓ Polenta Torte with Caramelized Vegetables and Goat Cheese .Sept .101
- ✓ Potatoes with Pearl Onions .Dec .134
- ✓ Quick Roasted Butternut SquashMar .106
- ✓ Roasted VegetablesMar .100
- ✓ Roast SquashOct .122
- Rutabaga Apple au GratinMar .99
- ✓ Rutabaga Potato RöstiMar .99
- ✓ Saucy Tomato CarrotsSept .121
- Squash Scallops with SageDec .95
- ✓ Stewed Cabbage and FruitNov .110
- ✓ Sweet Potato and Carrot Crisp .Nov .127
- Tomato Onion PanadeJan .68
- ✓ Vegetarian Korma in PappadamsMay .139
- ✓ Warm Zucchini RibbonsOct .122
- ✓ Yukon Gold, Caramelized Onion and Goat Cheese RöstiSept .102

✓ Vegetarian main courses and side dishes

About Our Nutrition Information

To meet nutrient needs each day, moderately active women 25 to 49 need about 1,900 calories, 51 g protein, 261 g carbohydrate, 25 to 35 g fibre and not more than 63 g total fat (21 g saturated fat). Men and teenagers usually need more. Canadian sodium intake of approximately 3,500 to 4,500 mg daily should be reduced. Percentage of recommended daily intake (% RDI) is based on the highest recommended intakes (excluding those for pregnant and lactating women) for calcium, iron, and vitamins A, C and folate.

Figures are rounded off. They are based on the first ingredient listed when there is a choice and do not include optional ingredients.

Abbreviations: cal = calories, pro = protein, carb = carbohydrate, sat. fat = saturated fat, chol = cholesterol