



Welcome to the Balanced Menus Recipe Toolkit. This toolkit contains entrée recipes submitted by health care facilities across the country to assist you in providing nutritious, delicious meals to your patients, visitors, and staff as you participate in the [Balanced Menus Challenge](#)

### **ENTRÉE RECIPES**



Acorn Squash with Wild Rice Pilaf  
Akara (Black Eyed Pea Fritters)  
Asparagus and Ricotta Cheese Quesadillas  
Baked Tilapia Fresco  
Bean and Kale Soup  
Chicken Chili with White Beans  
Chicken Primavera  
Dal Tadka  
Good Shepherd Chili  
Grilled Chicken Quinoa Pilaf  
Herb Crusted Trout  
Iranian Stuffed Tomatoes  
Jewish Stuffed Cabbage Rolls  
Organic Asian Pear Salad  
Oven Poached Salmon  
Pumpkin Chili  
Quinoa Garbanzo Bean Tabbouleh  
Seared Sea Bass over Bulgur Wheat with Lemon Vinaigrette  
Southwestern Stuffed Peppers  
Spinach Corn Casserole  
Tofu Steaks with Red Pepper Sauce  
Vegan Pasta Primavera  
Vegetable Tofu Stir Fry  
Vegetarian Meatloaf  
Wild Rice Mushroom Soup  
Whole Wheat Fettuccini with Winter Greens



Enjoy these recipes as you work to create foodservice operations that are healthy for people, your community, and our environment!



Developed by Members of the Sustainable Foods in Health Care taskforce  
*A network relationship of the American Dietetic Association's Hunger and Environmental Nutrition Dietetic Practice Group and Health Care Without Harm.*