

Lita's "30 Minute Meals" Episode List

Last updated July 19, 2003

Lita created this list to combine episode numbers with the menus from those individual episodes. Please email delmar@mvps.org with any corrections.

Block A

TM1A01 Dinner for Mom

Elsa's Jumbo Shrimp with Sage and Pancetta; Mom's Potato Watercress Salad; "Eat Your Vegetables!": Green Bean Salad with Red Onion and Tomato

TM1A02 Be My Valentine

Baked Scallops and Seared Tournedos; Artichoke Hearts and Asparagus Tips; Red and White Delight

TM1A03 Building a Better Burger

Curry Turkey Burgers; Thai Slaw Salad; Melon Bowls with Fruit Sorbet

TM1A04 Italy Meets America

Pasta Salad with Ricotta Salata and Broccolini; Portobello Burgers with Roasted Pepper Paste and Smoked Mozzarella; Tomato, Onion, and Cucumber Salad

TM1A05 The Burger Blues

Blue Cheese Stuffed Burgers; Sea Shells Salad

TM1A06 Indoor Grilling Greats

Tuscan-Style Grilled Tuna Steaks w/Grilled Stuffed Portobellos

TM1A07 Great Indoor Grilling

Citrus and Rosemary Grilled Pork; Sun Dried Tomatoes & Potatoes; Orange & Oregano Salad

TM1A08 Just Call Me Miss Potato Head

Stuffed Potatoes with Ham, Thyme, and Gruyere
Yukon Gold Potato Pancakes and Chunky Applesauce

TM1A09 Make Your Own Take-Out

Moo Shu Pork Pockets; Jasmine Rice Sundaes; Asian Cucumber Salad

TM1A10 Take-Out? Make In!

Lemon Chicken; Very Special Rice; Sesame Green Beans

TM1A11 Country Comfort

Country French Chicken; Herb and Butter Egg Noodles; Steamed Snap Peas

TM1A12 My Favorite Meals

Spicy Shrimp and Spaghetti Con Aglio Olio; Tomato and Onion Salad

TM1A13 Fall Favorites

Pasta with Pumpkin and Sausage; Spinach Salad with Apple and Red Onion

TM1A14 Quick Italian Classics

Pasta Puttanesca; Mixed Bitter Greens; Garlic Bread

TM1A15 Rachael's Faves

Pasta e Fagioli; Wilted Spinach and Garlic; Onion and Garlic Bread

TM1A16 One Pot Meal

Mediterranean Rustic Meat and Bean Pot; Super Simple Salad with Dijon Tarragon Dressing

TM1A17 Pastabilities

Quick Chicken Cacciatore; Romaine and Fennel Salad

TM1A18 Pasta Made Fasta

Rigatoni With Manny's Manly Meat Sauce; Basic Tossed Salad; White Bean Dip

TM1A19 Pasta Pronto

Gran'pa Emmanuel's Macaroni with Sausage and Cannellini; Rapini and Garlic Three Color Salad Insalata Tri Colore

TM1A20 Super Salad Suppers

Beef Brutus Caesar Salad with Sliced Sirloin Steak; Cleopatra's Chicken Salad; Marc Anthony's Scampi Salad

TM1A21 Sandwich Night

Grilled Honey Lime Chicken Sandwiches; Five Vegetable Slaw Salad; Chili Roasted Oven Fries

TM1A22 Classic Cravings

Meatball Subs; Oven Fries; Chocolate Fudge Sundae

TM1A23 Crazy for Calzones

Spinach Artichoke Calzones; Sausage Calzones

TM1A24 Soup's On

Minestra; Roasted Peppers Panini; Stuffed & Wrapped Figs

TM1A25 New England Nights

Portuguese Chorizo and Kale Soup; Spiced Coffee with Liquor; Date Nut Bread with Chutney Spread.

TM1A26 Tailgate Greats

Antipasto Pie; Macho Gazpacho; Spitfire Shrimp

TM1A27 Vegetarian Tex-Mex

Taqueria Guacamole; Pico de Gallo; Veg-Head Three-Bean Chili

TM1A28 Yes, The Kids Will Eat It Too

Baby Carrots; Meatloaf Patties, Smashed Potatoes, and Pan Gravy

TM1A29 Last Minute Get-Together

No-Pain Lo Mein; Spring Roll Dipping Sauce; Chilled Sliced Fresh Fruit with Ginger Syrup

TM1A30 Small Kitchen, Big Flavor

Taco Pockets; So-Mild Salsa

TM1A31 Single's Pad

Pork Chops with Cran-Apple Sauce; Parsley Potatoes; Sugar Snap Peas; Mulled Cider

TM1A32 Healthy Veggie Pizzas

Zucchini-roni Pizza; Asparagus and Plum Tomato Pizza; Green Olive and Tomato Salad

TM1A33 Soup 'n Sammy

Great Grilled Vegetable Sandwich with Herb Mayonaise; Creamy Tomato Soup with Cheesy Soup Toppers

TM1A34 Thanksgiving

Turkey and Stuffin' Soup; Vegetable Chunk Salad; Cran-Fruit Sauce Over Pound Cake a la Mode

TM1A35 Holiday

Christmas Pasta; Caprese Salad; 5-Minute Fudge Wreath

Block B

TM1B01 Thai It, You'll Like It

Spicy Chicken With Peppers And Basil; Thai Salad With Peanut Dressing; Ice Cream With Toasted Coconut Topping

TM1B02 Greek Tapas

Greek Meatballs; Baked Gigantes Beans; Grilled Shrimp; Greek Salad

TM1B03 Dinner and a Flick

Great Grilled Vegetable Platter; Bruschetta With Tomato And Basil; Fettucine All' Alfredo Con Prosciutto Di Parma

TM1B04 Dinner With My Cajun Daddy

Cajun Oven Fries; Andouille Sausage Burgers; Red Bean Salad

TM1B05 Curry in a Hurry

Eggplant Curry With Toasted Almonds; Spicy Hummus; Lychee Nuts And Pineapple Chunks With Mango Sorbet

TM1B06 Home at 7 30, Cocktail Party at 8!

Caprese Antipasticks; Meat And Cheese Antipasticks; Chicken, Fig And Pancetta Bites; 10-Minute White Pizza

TM1B07 Stovetop Grilling

Israeli Spiced Chicken; Orange And Yellow Tomato Relish; Zucchini With Fresh Mint And Parsley

TM1B08 30-Minute Brunch

Swiss Chard And Golden Raisins; One-Minute Mary; Ham And Danish Fontina Frittata; Corn Cakes With Walnuts And Sage

TM1B09 Fajita Fiesta

My Sister Ria's Favorite Fajitas, with Black Beans and Rice; Margarita Melon Salad

TM1B10 Hungry Man Meal

Sliced Sirloin Smothered In Onions; Roquefort Potato Pie; Spinach Salad With Bacon Dressing; Banana Split

TM1B11 Lifesaver Menus For Busy Lifestyles

Grilled Spanish-Style Snapper with Tomato and Green Olive Salsa; Sunset Sangria; Green Beans with Toasted Almonds

TM1B12 Cape Cod Supper

Cranberry Bog Turkey Burgers; Corn On The Cob With Chive Butter; Red, White, And Blue Fruit Cups

TM1B13 30 Minutes 'Til Show Time

Chorizo Quesadillas; Crab Cakes With Roasted Red Pepper Sauce; Spicy Chopped Salad

TM1B14 Every Day is Fat Tuesday

Everything Jambalaya; Nanny's Basic Pecan Pralines

TM1B15 A Dozen Roses

You Won't Be Single For Long Vodka Cream Pasta; Decadent Duo for Decadent Duos: Chocolate Cups with Whipped Cream; Heart-y Salad: Hearts of Romaine, Palm, and Artichoke

TM1B16 Family Fete

Mixed Greens With Romano Cheese Crisps; Emmanuel's Pasta, Peas, Prosciutto, And Onion; Tortoni Sundaes

TM1B17 Breakfast For Dinner

French Toast-Wiches With Quick-Cook Warm Chutney; Green Onion Hash Brown Potatoes; Yogurt And Fruit Parfaits

TM1B18 30-Minute Passport to Vienna

Warm Endive Salad; Veal Schnitzel; Egg Noodles With Mushrooms

TM1B19 High Marks for Low Maintenance

Broccoli Rabe With Lemon And Garlic And Gemelli With Roasted Red Pepper Sauce; Broiled Lamb Chops With Balsamic Reduction; Creme De Menthe Parfaits

TM1B20 30-Minute Passport To India

Chicken Tikka Kebabs With Charred Tomato Chutney And Warm Flat Bread Potatoes With Cumin; Banana Raita

TM1B21 Last Minute Impressions

Bacon and Egg Coal Miner's Pasta: Rigatoni alla Carbonara; Arugula Salad with Shallot Vinaigrette and Crostini; Escalloped Fruit and Ice Cream

TM1B22 30-Minute Passport To Paris

Forest Spread And Pate Platter With Sliced Baguette; Trout Amandine, Steamed Asparagus And New Potatoes; Fresh Fruits And Dessert Cheeses

TM1B23 30-Minute Passport To Russia

Potatoes And Onions; Chicken Kiev; Red Radish Salad

TM1B24 30-Minute Passport To England

Malt Vinegar Oven Fries; Fish Fry; Cucumber Watercress Salad; Nothing to Trifle About 5-Minute Trifle

TM1B25 30-Minute Picnic Picks

Carrot Raisin Salad
Double Dipped Spicy Chicken
Mom's Potato Salad with Pimento and Peas

TM1B26 Double Up Dinners

Caponata and Herb Polenta; Caponata Pasta Bake

TM1B27 Cooking For 10 in 30 Minutes

Soft Cheese Board; Balsamic Roast Pork Tenderloins; Roast Ratatouille; Tortellini with Spinach Walnut Pesto

TM1B28 30-Minute Passport to Venice

Venetian Shrimp And Scallops; Asparagus Wrapped With Prosciutto.

TM1B29 Fish on the Fly

Fennel Slaw Salad; Olive Rosemary Crostini; Oven-Roasted Cod Crusted with Herbs

TM1B30 Island Hopping

Grilled Mahi Mahi Steaks With Mango Salsa; Curried Couscous; Pina Colada Sundaes

TM1B31 Fast and Light

Bitter Greens Salad; Sauteed White Beans; Tuna Steak Au Poivre; Citrus Spritzer

TM1B33 Everyday Extraordinary

Pan Seared Chicken with Tender Leek, Lemon Rice Pilaf, and Whatever Your Garden Grows Salad

TM1B34 Family & Company Friendly

Spinach Lasagna Roll-Ups With Gorgonzola Cream Sauce; Asparagus Tips; Roasted Tomatoes.

TM1B35 Soul Soothing Formula

Quick Chick And Noodle Soup; Mixed Grilled Cheese Sandwiches; Chocolate Cafe Au Lait

TM1B36 Holiday Maneuvers

Nothin' to Fret about Apple Fritters
Cioppino: A Fine Kettle of Fish
Green and Red Salad with Fennel

TM1B37 Tuscan Table

Poor Man's Caviar: Eggplant Spread
Wild Mushroom Risotto
Tuscan Chicken
Salad for Ten in Two

TM1B38 "Big Game" House Party

Tex-Mex Pizza Supreme; Chili Mac; Spicy Popcorn

TM1B39 Thanksgiving

A Salad with Crunch and Substance: Bean and Vegetable Tostadas
Spanish Coffee and Fudge Sundaes
Turkey Corn Chili

TM1B40 Double Duty Dinners

Chicken Divan Tonight, Chicken Tetrazzini Next Week

TM1B41 Beats the Box

Apple Crisp; Macaroni and Cheddar Cheese; Sugar Snap Peas with Onions and Bacon

TM1B42 Conquering the Drive Through

Sirloin Burgers with Balsamic Mayo, Mushrooms and Swiss; Thick Cut O Rings and Spicy Dipping Sauce; Black and White Frozen Shakes

TM1B43 Platter Up

Antipasto Salad; Parmigiano and Herb Chicken Breast Tenders

TM1B44 Lost in Spice

Chicken Curry in a Hurry; Spicy Rice; Luscious Lassi; Spiced Stewed Zucchini

TM1B45 To Each Their Own

Burrito Bar with Black Bean Filling and Chicken and Chorizo Filling; Roasted Salsa; Green Onion Sour Cream

TM1B46 Multiplying Your Menu

Balsamic Chicken Cutlet over Spinach Salad with Mushrooms, Bacon and Warm Shallot Dressing

Herb and Goat Cheese Toasts

Quick Lemon Cottage Cake

TM1B47 For The Kid In All Of Us

Double Stuffed Potatoes with The Works

Hot Buffalo Chicken Sandwiches

Orange Freezes

TM1B48 30-Minute Party Light Bites

Quick and easy bites for your next cocktail party. Chick Pea, Roasted Pepper & Rosemary Spread with Flat Breads, Grape Tomatoes & Zucchini; Spinach & Artichoke Stuffed Portobellos; Lemon Pepper Chicken Tenders

TM1B49 Get Cozy, It's Cold Outside

Boeuf Bourguignon; Herb Buttered Noodles; Baby Spinach Salad with Thyme & Dijon Vinaigrette; Swiss Cheese Crisps

TM1B50 30-Minute Veggie Feast

Pumpkin and Black Bean Soup

Smoked Cheddar Quesadillas with Yellow Tomato Salsa and Cilantro Lime Sour Cream

Southwestern Caesar Salad

TM1B51 30-Minute Chocolate Blast

Chocolate Dipped Bananas

Mini Meatball Soup

Grilled 4 Cheese Sandwiches

TM1B52 Monday Through Sunday Entertaining

Maple Mustard Barbecued Pork Chops

2 Terrific Salad Sides: 3 Bean Salad and Potato Salad with Sweet Red Pepper and Onion

TM1B54 30-Minute Southern Hospitality Party

Braised Mustard Greens

Mashed Sweet Potatoes

Spiral Sliced Ham and Jezebel Sauce

TM1B55 Pleasing a Crowd in 30 Minutes

Shrimp Cocktail with Rach's Quick Remoulade

One Great Gumbo with Chicken and Andouille Sausage
Green Salad with Red Pepper Relish Dressing

TM1B56 A Taste of the Good Life

Wild Mushroom Fricasee Over Polenta; Sage Veal Chops; Arugula Salad with Pear, Blue Cheese & Apricot Vinaigrette

TM1B57 30-Minute Big Family Dining

Garlic and Olive Butter
Peasant Pasta
Rustic Antipasto

TM1B58 Picky Eaters Beware

Balsamic Glazed Vegetables
Cheesy Orzo
Marinated No-Mystery Meats

TM1B60 Exquisitely Simple, Supermarket Fancy

An elegant meal made with everyday supermarket items. Broccolini with Garlic & Asagio; Veal Marsala with Egg Fettucine; Quick Tiramisu

TM1B62 Clock and Waistband Friendly

Pan Seared Shrimp and Scallop Skewers
Orzo with Spinach and Tomatoes
Chocolate Sorbet Sundaes
Frothy Coffee

TM1B63 High-Speed, Low-Cal

Star Anise Blackberries with Lemon Sorbet
Limeade
Grilled Mahi Mahi Fillets and Asparagus with Orange and Sesame

TM1B64 Calculated Cooking

Baby Spinach and Chick Pea Salad; Chicken Piccata Pasta Toss; Emmanuel's Baked Artichoke Hearts; Quick Italian Rum Cake Cups

TM1B65 Knock 'Em Out in 30

Another of My Friend Vicky's Creations Cauliflower with Red, Green and Black Confetti; Penne with Arugula and Walnut Pesto; Red Snapper Livornese

TM1B66 Dinner Tonight, Lunch Tomorrow

My English Friend Maggie's Favorite Simple Supper Poached Salmon with Dijon Dill Sauce, Cucumber and Dark Bread, New Potatoes with Mint (Salmon Cakes with leftovers)

TM1B67 Philly Feast

Philly Steak Sandwiches; Supreme Pizza Pasta Salad; Stuffed Cherry Peppers

TM1B68 30 Minutes With an Attitude

Blue Cheese and Walnut Salad with Maple Dressing; Delmonico Steaks with Balsamic Onions and Steak Sauce; Oven Steak Fries

TM1B69 Fast Track to Family Time

My Mama's Braciolo; Wilted Spinach with Garlic and Oil; Neopolitan Ice Cream with Cherry Sauce

TM1B70 Southwest Brunch

Beef and Black Bean Chili with Green Onion Corn Cakes; Roasted Red Pepper and Potato Egg Pie; Mexican Salad with Tomatoes, Red Onions and Avocado Dressing

TM1B71 30-Minute Passport to Hong Kong

Noodle Bowls; Baked Spring Rolls with Crab; Ginger Snaps with Orange Sections and Tea

TM1B72 30-Minute Passport to Morocco

Vegetable Couscous; Moroccan Rub Lamb Chops; Garlic Chick Peas and Greens

TM1B73 30-Minute Passport to Mexico

Chicken Enchiladas; Mexi-Chicken Rice; Extra Spicy Refried Beans and Lettuce, Tomatoes and Lime; Crunchy Ice Cream

TM1B74 30-Minute Passport to Spain

White Sangria; Perfect Paella; Spanish Cheeses, Celery Sticks and Olives

TM1B75 30 Minutes to the Comfort Zone

Chicken and Dumplings; Gingerbread Cupcakes with Pumpkin Cream Cheese Frosting; Orchard Salad

TM1B76 30 Minutes to Primetime

Ice Cream Sundae Sandwiches; The Only Pizza You'll Ever Want Again: Chicken, Sun Dried Tomato, Broccoli, Ricotta, Mozzarella and Basil; Veggie Sticks and Pesto Dipping Sauce

TM1B77 No More Take-Out

Special Fried Rice; Spicy Broccoli; Sesame Chicken Salad

TM1B78 Potluck Perfection

Asian 5 Spice Barbecued Pork Tenderloins with Mango Citrus Salsa and Scallion Frankie Wraps

TM1B79 30-Minute Passport to Greece

Spanikopita; Greek Grilled Chicken & Vegetable Salad with Warm Pita for Wrapping; Bakla-Squares & Ice Cream

TM1B80 30-Minute Roadside Classics

Chicken Fried Steak & Creamed Pan Gravy; Southern Green Beans & Biscuits; Chocolate Banana Cream Pie

Block C

TM1C01 Easter Brunch

Roasted Red New Potatoes with Sweet paprika Butter and Parsley; Elsa's Ham and Asparagus Toasts; Broiled Citrus Salad with Cointreau and Brown Sugar; Scrambled Eggs with Smoked Salmon

TM1C02 Sweet 'n Southern

Country Captain Chicken; Bourbon Street Balls with Pecans

TM1C03 30-Minute Passport to France

Steak Frites; Oh So Good French Onion Soup

TM1C04 Munch on Lunch

Potato, Spinach and Tomato Soup; Panini with Prosciutto, Roasted Pepper and Mozzarella; Panini with Caramelized Onion, Pear and Fontina

TM1C05 Tool Shop

Rachael creates a feast with her favorite kitchen tools. Spinach and Mushroom Stuffed Chicken Breasts; Spaghetti with Zucchini and Garlic; Sambucca Cake with Strawberries, Whipped Cream, and Shaved Chocolate

TM1C06 Cooking For One

Seared Ahi Tuna and Salad of Mixed Greens with Wasabi Vinaigrette; Sesame Noodles; Yogurt and Fruit Dessert Cup

TM1C07 Wine & Dine

Sea Scallops with Vermouth; Veal Scaloppini with Wine, Mushroom and Green Olive; Peaches and Port

TM1C09 Cooking on a Dime

Dijon Tarragon Chicken Breasts; Rice Pilaf; Roasted Squash Vegetable Medley; Cinnamon Peaches with Sugar Biscuits and Whipped Cream

TM1C12 A Taste of Home

Veal Ragu with Campanelle; Sicilian Chunk Vegetable Salad; Last Course Sampler Italian Cheeses, Sliced Fennel and Citrus Rings with Brandy

TM1C13 30-Minute Hearty Fare

Roasted Garlic, Feta and Walnut Dip, Toasted Flat Bread; Green Risotto; Grilled Radicchio Salad

TM1C14 Good Food For Busy Lives

'5-Spice Beef and Pepper Stir Fry; Mixed Baby Greens Salad with Mandarin; Peach Power Up

TM1C15 Breakfast in Bed

Pain Perdu; Maple Fennel Country Sausage Patties; Three Berry Compote; Mimosas

TM1C16 Everyday Departures

Vegetable Stew with Potato and Cheese Pancakes; Ice Cream S'Mores Cups

TM1C17 Fast 'n Fancy

Roasted Baby Potatoes with Rosemary; Green Beans and Portobello Mushroom Saute; Beef Tenderloin Steaks with Gorgonzola; Creamsicle Liqueur Dessert

TM1C18 4-Star Salad Bar

A salad bar to please everyone. That-Vietnamese Salad Bar Supreme; Sorbet Bar

TM1C19 Soul Soothers

A meal that will soothe your soul. 30-Minute Shepherd's Pie; 5-Minute Bread Pudding

TM1C20 30-Minute Festive Fixins'

Fun food for a festive feast! Fruited White and Wild Rice; Brandy & Orange Chicken Breasts Topped with Stuffed Shrimp

TM1C21 30-Minute Love Potion

The path to anyone's heart is through their stomach. Pasta del Magnifico alla Garga; Sauteed Veal with Lemon on a Bed of Broccoli Rabe; Champagne, Darling? Freezes

TM1C22 Fast and Fulfilling

Just because it's fast, doesn't mean it's not fulfilling. Romaine Hearts with Balsamic Vinaigrette and Garlic Crostini; 4-Cheese Stuffed Shells; Maple-Nut Coffee Ice Cream

TM1C23 Chowder Power

The power of chowder! Corn and Crab Chowder; Grilled Chicken and Cobb Salad

TM1C24 Everyday Turkey

Turkey is for more than just Thanksgiving. Turkey Cutlets with Fried Ravioli; Rapini with Golden Raisins; Warm Fruit Compote of Cherries, Orange and Cranberries Over Vanilla Ice Cream

TM1C25 Surf Then Turf

A new twist on an old classic. Grilled Shrimp Cocktail with Horseradish Cream Dipping Sauce; Steak Au Poive and Roasted Stuffed Tomatoes

TM1C26 30-Minute Shortcut to Perfection

Shortcuts to a traditionally long-cooked meal. Well Deserved, Well Dressed Individual Beef Wellingtons with Steamed Broccoli Spears; Garlic and Herb Broiled Tomatoes; Chocolate Mini Parfaits

TM1C27 Sunday Dinner Everyday

Sunday Supper Stuffed Pork Chops, Cream Cheese Potatoes, Sugar Snap Peas; Pound Cake with Vanilla Ice Cream and Chocolate Sauce

TM1C28 Easy Weekend Entertaining

Pecan Crusted Chicken Tenders and Salad with Tangy Maple Dressing; Cheddar and Chive Bread; My Sister Maria's Easy Apple Cake and Ice Cream

TM1C29 Made to Order

Fresh off the stove and into the hands of your guests! Crepes Buffet

TM1C30 Triple Dip

Asparagus and Green Beans with Tarragon Lemon Dip; French Dip Sandwiches;

Chocolate Fondue

TM1C31 30-Minute Passport to Ireland

Broiled Lamb Chops with Braised Root Vegetables and Colcannon; Irish Coffee

TM1C32 30-Minute Passport to Florence

Prosciutto e Melone; Ribolitta; Rosemary Grilled Chicken Thighs and Wild Mushroom Sauce

TM1C33 30-Minute Passport to Belgium

Waterzooi de Poulet; Sugar Waffles with Berries and Whipped Cream

TM1C34 Say Cheese

Arugula and Romaine Salad with Walnuts and Bleu Cheese Vinaigrette; Easy Cheesy Fondue with Fingerling Potatoes, French Bread and Select Vegetables; Dessert Wines, Cookies, Fresh and Dried Fruits

TM1C35 All Day Flavor in 30

Green Minestrone; Panzanella; Lemon Coconut Angel Food Cake

TM1C36 Back in the Day

Super Sloppy Joes; Deviled Potato Salad; Root Beer Floats

TM1C37 Kitchen Grill-In

Smoky Orange Barbecued Chicken Sandwiches; Red Cabbage, Beet & Currant Slaw Salad; Crispy Topped Bacon and Green Onion Baked Beans

TM1C39 Southwestern Vegetarian

Southwestern Stuffed Peppers; Wild Mushroom Quesadillas with Warm Black Bean Salsa; Fresh Strawberry Marg-alrightas

TM1C40 The Catch is in the Bun

Grilled Halibut fish sandwiches with tartar sauce and asparagus pasta salad

TM1C41 Japanese BBQ

Rachael throws a Japanese BBQ party for any time of year. Chicken Yakatori; Beef With Ginger And Soy; 5-Spice And Sesame Seared Ahi.

TM1C46 Backyard Luau Picnic

Head to Hawaii right in your own back yard! Macadamia Coconut Cookie Bars; Honey Teriyaki Chicken with Ripe Pineapple Spears; Black and White Rice Balls; Lava Flows - Pina Coladas with Rivers of Strawberries

TM1C48 The Things We Crave

Easy recipes for those familiar cravings. Super Nachos (Beef, Black Beans, Pico De Gallo, Homemade Cheese Sauce); Mexican Caramel Sundae

TM1C50 30-Minute Passport to Cuba

A tour of Cuba through your taste buds. Cuban-Style Pork Tenderloin Sandwiches; Fried Plantains; Frozen Mojito Slushes

TM1C54 Weekday Escapes

A delicious midweek culinary vacation, minus the airfare. A Heck of a Jicama Salad;

Mussels in Mexican Beer; Chorizo and Shrimp Quesadillas With Smoky Guacamole

TM1C56 30-Minute Party Essentials

A killer cocktail party in 30 minutes max. Smoked Salmon Pizza; Bratwurst With Sweet-And-Sour Kraut and Dark Bread; Quick Pickles; Spiced Cocktail Nuts

TM1C59 Fast and Freezable

You can eat it right away or freeze it for later. Spanish-Style Beef and Rice; Stuffed Chili Peppers With Beef, Rice, Spinach and Cheese; Latin Tapenade

TM1C60 Humdrum Buster

Yesterday's dinner reinvented today. Turkey and Wild Mushroom Meatloaf Patties With Pan Gravy; Herb Mashed Potatoes With Goat Cheese; Green Beans With Lemon and Toasted Almonds

TM1C61 Two For One

Dinner one day, lunch the next! Grilled Boneless Leg of Lamb; Baby Potatoes With Cumin; Watercress Salad With Lime Dressing; Lamb Pitas With Tomato, Scallions and Mint Yogurt Dressing

TM1C64 Carb-Busting

Forget the carbs but not the flavor. Cucumber Snackers; Blt Frittata; Strawberries and Cream With Macadamia Nuts

TM1C68 Chill Out

A chilled meal that's fast and delicious. Grilled Jumbo Shrimp and Pickled "Gazpacho" Roll-Ups; Crab Salad With Orange and Oregano on Grilled Sourdough; Frozen Peach Champagne Cocktails