

# Table of Contents for Rachael Ray's "30-Minute Meals 2"

*Prepared by Dave Liske, Tecumseh, Michigan, June 2003  
Last updated June 22, 2003*

This is an unofficial table of contents for Rachael Ray's "30-Minute Meals 2" (Copyright 2003, Lake Isle Press, ISBN 1891105108). Ms. Ray had no part in the compilation of this table of contents and, as far as I know, has not seen it.

The preparation of this table of contents came from my own desire to have a complete table of contents for my copy of the book. I've decided to release this publicly for the benefit of the book's other readers.

"30-Minute Meals 2" was published with a table of contents but it's not any kind of an actual TOC. There are what may be termed "section headers" in the single-page table of contents in the front of the book. These can be seen in bold text within the table of contents within these pages. There are also three pages containing menus labeled as "Rachael's Favorites", "Meat-Free Meals" and "Yes, The Kids Will Eat It". However, as the book contains approximately 280 recipes, the organizational information in the front of the book is far from complete. The book is also touted as being arranged as a grouping of menus, none of which are listed anywhere. In this table of contents the recipes are listed within numbered menus (of which there are 100), with menu titles where given in the book.

This table of contents is in four sections:

1. Table Of Contents, page 2  
A complete TOC, broken down as per the "section headers" in the book's actual TOC, and then further arranged within the individual menus. Episode numbers are also included for menus and recipes which could be found in the episode listing.
2. Alphabetical Recipe Listing, page 11  
A listing of all the recipes in the book in alphabetical order.
3. Further Readings, Viewings, and The Knife, page 18  
A listing of Ms. Ray's other works, including information on her favorite knife.
4. Appendix A, "A Collection of Limericks by Flarn", page 19  
A tongue-in-cheek limerick by one of Rachael Ray's fans, lampooning those who would have Ms. Ray change to fit their own views.

This may very well turn into a continuous "work-in-progress" depending on how I use it, what other readers think of it, and of course, if Ms. Ray ever sees it. In view of this, please send corrections and suggestions to [delmar@mvps.org](mailto:delmar@mvps.org).

## Table Of Contents

Top-5 Recipe Lists	5
Introduction	12

## Recipes

<b>Make Your Own Take-Out</b>	<b>15</b>
Menu 1: Drive Past The Drive Thru [Episode TM1B42, "Conquering the Drive-Through"]	
Thick-Cut O-Rings and Spicy Dipping Sauce	17
Sirloin Burgers with Mushrooms, Swiss, and Balsamic Mayo	18
NY Egg Creams	19
(or) Black and White Shakes	19
Menu 2:	
Portobello Burgers with Green Sauce and Smoked Mozzarella	20
Spinach Artichoke Pasta Salad	21
Menu 3: [Episode TM1B04, "Dinner with My Cajun Daddy"]	
Cajun Pork Burgers	22
Red Bean Salad	23
Menu 4: [Episode TM1C38, "Island Burger"]	
Jerky Turkey Burgers with Island Salsa	24
Chili Lime Avocados	25
Ripe Pineapple Wedges	25
Menu 5: Back In The Day: [Episode TM1C36]	
Super Sloppy Joes	26
Deviled Potato Salad	27
Root Beer Floats	27
Menu 6: [Episode TM1B67, "Philly Feast"]	
Philly Steak Sandwiches	28
Supreme Pizza Pasta Salad	29
Stuffed Hot or Sweet Cherry Peppers	30
Menu 7:	
Harvest Turkey Burgers	31
Tarragon Pasta Salad	31
Menu 8:	
Pizza with Chicken, Sun-Dried Tomatoes, and Broccoli	32
Cheesy POPcorn	33
Ice Cream Sundae Sandwiches	33
Menu 9: Finger Foods Feast	
Sausage and Spinach-Stuffed Mushrooms	34
Rosemary Skewered Vegetables	35
Fried Mozzarella Bites	36
Menu 10: Make-Your-Own Burrito Bar: [Episode TM1B45, "To Each Their Own"]	
Roasted Salsa with Mint and Cilantro	38
Fillings: Spicy Black Beans; Chicken, Red Peppers, and Chorizo	38
Refried Beans	39

Menu 11: [Episode TM1C40, "The Catch is in the Bun"]	
Grilled Halibut Sandwiches	40
Asparagus Pasta Salad	41
Fruit Salad with Orange Liqueur and Sorbet	41
Menu 12: [Episode TM1C28, "Easy Weekend Entertaining"]	
My Sister Maria's Easy Apple and Cinnamon Cake and Ice Cream	42
Cheddar and Chive Bread	42
Pecan-Crusted Chicken Tenders and Salad with Tangy Maple BBQ Dressing	43
Menu 13: [Episode TM1B77, "No More Take-Out"]	
Special Fried Rice	44
Sesame Chicken Salad	44
Menu 14: [Episode TM1B47, "For The Kid In All Of Us"]	
Super Stuffed Potatoes with The Works	46
Hot Buffalo Chicken Sandwiches	46
Orange Sherbet Freezes	47
Menu 15: [Episode TM1C14, "Good Food for Busy Lives"]	
Five-Spice Beef and Pepper Stir-Fry and Rice with Smoked Almonds	48
Mixed Baby Greens, Mandarin Orange and Cucumber in Sesame Dressing	49
Menu 16: [Episode TM1B20, "Passport to India"]	
Chicken Tikka with Charred Tomato Chutney and Warm Flat Bread	50
Potatoes with Cumin	51
Banana Raita	51
Menu 17: Lost in Spice	
Sweet 'n Spicy Chicken Curry In a Hurry with Fragrant Basmati Rice	52
Indian Spiced Fruit	53
Menu 18: Snacks as Supper	
Stuffed Potatoes with Ham, Thyme, and Gruyère	54
[From episode TM1A08, "Just Call Me Miss Potato Head"]	
Spinach Artichoke Calzones	55
[From episode TM1A23, "Crazy for Calzones"]	
Sausage Calzones	56
[From episode TM1A23, "Crazy for Calzones"]	
<b>Monday Thru Friday Dinner Specials</b>	<b>57</b>
Menu 19: [Episode TM1B69, "Fast Track to Family Time"]	
Briacole with Mushroom Tomato Gravy	59
The Best Basic Risotto	60
Wilted Spinach with Garlic and Oil	60
Neapolitan Ice Cream with Cherry Sauce	61
Menu 20: Menu for Picky Eaters [Episode TM1B58, "Picky Eaters Beware"]	
No-Mystery: Marinated Beef, Chicken, Pork or Portobello Mushrooms	62
Cheesy Orzo	63
Balsamic (or Honey) Glazed Vegetables	63
Menu 21: [Episode TM1C10, "Mother's Day"]	
Lamb Chops with Mint and Mustard Dipping Sauce	64
Tabouleh-Stuffed Tomatoes	64
Warm White Beans with Wine	65

Menu 22:	
Roquefort, Pear and Walnut Toasts	66
Chicken Paillard on Baby Greens	66
Citrus White Wine Spritzer	67
Menu 23 [Episode TM1A01, "Dinner With Mom"]:	
Elsa's Jumbo Shrimp with Sage and Pancetta	68
Mom's Wasabi and Watercress Potato Salad	68
Green Bean Salad with Red Onion and Tomato	69
Menu 24: [Episode TM1C37, "Kitchen Grill-In"]	
Smoky Orange Barbecued Chicken Sandwiches	70
Red Cabbage and Beet Slaw Salad with Currant Dressing	71
Crispy-Topped Baked Beans with Bacon	71
Menu 25:	
Mexican Chunk Vegetable Salad	72
Grilled Honey Lime Chicken Sandwiches with Flavored Tortilla Chips [From episode TM1A21, "Sandwich Night"]	73
Menu 26: [Episode TM1B46, "Multiplying Your Menu"]	
Herb and Goat Cheese Toasts	74
Grilled Balsamic Chicken Cutlets over Spinach Salad, Warm Shallot Vin.	74
Menu 27: [Episode TM1C24, "Everyday Turkey"]	
Turkey Cutlets with Rosemary and Corn-Meal-Dusted Ravioli	76
Broccoli Rabe with Golden Raisins	77
Warm Cherry, Orange, and Cranberry Compote with Vanilla Ice Cream	77
Menu 28:	
Rio Grande Spice Rub Swiss Steaks	78
Cracked Corn and Cheese Squares	79
Mexican Fiesta Salad	79
Menu 29:	
Tuscan-Style Grilled Tuna Steaks	80
Grilled Stuffed Portobellos with Tomatoes, Rosemary, Smoked Mozzarella	81
Menu 30: [Episode TM1B34, "Family and Company Friendly"]	
Spinach and Mushroom Lasagna Roll-ups with Gorgonzola Cream Sauce	82
Steamed Asparagus Tips	82
Broiled Tomatoes	83
Menu 31:	
Spaghetti alla Carbonara: Bacon and Egg "Coal Miner's" Pasta [From episode TM1B21, "Last Minute Impressions"]	84
Sugared Stone Fruits with Cookies and Cream	85
Menu 32: Backyard Picnic [Episode TM1C08]	
Honey Mustard Barbecued Chicken	86
Butter Bean Salad	86
Corn on the Cob with Chili and Lime	87
Fluffernutter Brownies	87
Menu 33:	

Maple Mustard Pork Chops with Grilled Apples	88
[From episode TM1B52, "Monday Thru Sunday Entertaining"]	
Mom's Oil and Vinegar Potato Salad and 3 Bean Salad	89
[From episode TM1B52, "Monday Thru Sunday Entertaining"]	
Fruit and Cheese Board	90
<b>Family-Style Suppers</b>	<b>91</b>
Menu 34: [Episode TM1B64, "Calculated Cooking"]	
Emmanuel's Baked Artichoke Hearts	93
Chicken Piccata Pasta Toss	94
Quick Italian Rum Cake Cups	95
Menu 35:	
Ravioli Vegetable "Lasagna"	96
Romaine Hearts with Lemon Chive Vinaigrette	97
Fresh Oranges with Lime Sorbet	97
Menu 36: [Episode TM1C13, "30-Minute Hearty Fare"]	
Roasted Garlic and Feta Walnut Dip with Toasted Flat Bread	98
Green Risotto	98
Grilled Radicchio Salad	99
Menu 37: [Episode TM1B51, "30 Minute Chocolate Blast"]	
Chocolate Dipped Bananas	100
Meatball and Macaroni Soup	100
Grilled 4 Cheese Sandwiches	101
Menu 38: [Episode TM1B49, "Get Cozy, It's Cold Outside"]	
Boeuf Bourguignon with Butter and Parsley Egg Noodles	102
Baby Spinach Salad with Swiss Cheese Crisps	103
Menu 39: [Episode TM1B36, "Holiday Maneuvers"]	
Everyday Cioppino (Fish Stew) – A Fine Kettle of Fish	104
Mixed Greens and Fennel Salad	105
Nothin' to Fret About Apple Fritters	105
Menu 40:	
Cheddar Cheese and Macaroni	106
Peas with Onions and Bacon	106
Apple Crisp	107
Menu 41: [Episode TM1B80, "30-Minute Roadside Classics"]	
Chicken Fried Steaks with Creamed Pan Gravy and Biscuits	108
Southern Green Beans	109
Quick Chocolate Banana Cream Pie	109
Menu 42: [Episode TM1C12, "A Taste Of Home"]	
Veal Ragu with Campanelle Pasta	110
Sicilian Chunk Vegetable Salad	111
Assorted Italian Cookies and Citrus Rings with Brandy	111
Menu 43: [Episode TM1C16, "Everyday Departures"]	
Winter Vegetable Stew	112
Potato and Smoked Gouda Pancakes	112
Ice Cream S'mores Cups	113

Menu 44: [Episode TM1C27, "Sunday Dinner Everyday"]	
Stuffed Pork Chops with Cream Cheese Potatoes and Sugar Snap Peas	114
Pound Cake with Vanilla Ice Cream and Chocolate Sauce	115
Menu 45: [Episode TM1C30, "Triple Dip"]	
Asparagus and Green Beans with Tarragon Lemon Dip	116
French Dip Roast Beef Sandwiches	116
Chocolate Fondue	117
Menu 46: [Episode TM1C02, "Sweet 'n Southern"]	
30-Minute Southern Classic:	
Country Captain Chicken with White and Wild Rice	118
Bourbon Street Candy Balls with Pecans	119
Menu 47: [Episode TM1C35, "All Day Flavor in 30"]	
Green Minestrone	120
Tomato Basil Panzanella	121
Lemon Coconut Angel Food Cake	121
Menu 48:	
Herb and Cheese Chicken Tenders Parmigiana with Spaghetti	122
Antipasto Salad Toss	124
Menu 49: [Episode TM1C04, "Munch on Lunch"]	
Potato, Spinach, and Tomato Soup	125
Panini with Prosciutto, Roasted Peppers, and Mozzarella	125
Menu 50: [Episode TM1B55, "Pleasing A Crowd in 30 Minutes"]	
Shrimp Cocktail with Rach's Quick Rémoulade	126
One Great Gumbo with Chicken and Andouille Sausage	126
Tossed Salad with Snap Peas, Radishes, Sweet Red Pepper Relish Dressing	128

**Color Photos** (These pages are un-numbered)

Tomato Basil Panzanella, EVOO being drizzled (from page 121)	
Menu 12 (from pages 42 and 43)	
Menu 83 (from pages 206 and 207)	
Menu 78: Cooking with Wine (from pages 196 and 197)	
Green Minestrone (from page 120)	
Menu 21 (from pages 64 and 65)	
Menu 32: Backyard Picnic (from pages 86 and 87)	
Tomato Basil Panzanella, finished dish (from page 121)	

**Double-Duty Dinners** **129**

Menu 51:	
Poached Salmon with Dijon Dill Sauce and New Potatoes with Mint	131
Double-Duty Lunch: Salmon Cakes on Mixed Baby Greens	133
Menu 52: [Episode TM1B26, "Double Up Dinners"]	
Eggplant Caponata and Herb Polenta	134
Double-Duty Dinner: Caponata Pasta Bake	135
Menu 53: [Episode TM1B40, "Double Duty Dinners"]	
A Divine Chicken Divan	136
Double-Duty Dinner: Chicken Tetrazzini	137
Menu 54: [Episode TM1C59, "Fast and Freezable"]	

Spanish Beef and Rice	138
Spicy Chopped Salad with Tortillas	138
Double-Duty Dinner: Stuffed Chilies with Beef, Rice, Spinach, and Cheese	139
Menu 55:	
Chicken and Vegetable Potage	140
Double-Duty Dinner: Portuguese Chicken and Chorizo	141
Menu 56:	
Boneless Roast Leg of Lamb	142
Baby Potatoes with Cumin	142
Watercress and Mint Salad with Lime Dressing	143
Double-Duty Lunch: Lamb Pitas, Tomato, Scallions, Mint Yogurt Dressing	144
<b>Passport Meals</b>	<b>145</b>
Menu 57: Meatfree Fiesta Meal [Episode TM1C39, "Southwestern Vegetarian"]	
Southwestern Stuffed Peppers	147
Wild Mushroom Quesadillas with Warm Black Bean Salsa	148
Fresh Strawberry Marg-alrightas	149
Menu 58: Passport to Spain	
Sunset Sangria	150
[From episode TM1B11, "Lifesaver Menus for Busy Lifestyles"]	
Red Snapper with Olive Salsa and Green Beans	151
Menu 59: Group Tour to Spain [Episode TM1B74]	
White Sangria	152
Paella for Eight	152
Spanish Cheese and Olives	153
Menu 60: Passport to Mexico	
Grilled Halibut Tacos with Guacamole Sauce	154
Mexican Rice	154
Extra-Spicy Refried Beans, Lettuce, Tomatoes, and Lime	155
Crunchy Ice Cream	155
Menu 61: Passport to Greece; Guzaria Menu [Episode TM1B02, "Greek Tapas"]	
Village Salad with Grilled Pita Bread	156
Greek Meatballs in Wine Sauce	156
Baked Gigante Beans	157
Grilled Shrimp	157
Menu 62: Passport to Sicily: Snacks as Supper	
Olive Rosemary Crostini	158
[From episode TM1B29, "Fish On The Fly"]	
Pesce Spada Rollotini (Rolled Swordfish)	158
Fennel Slaw Salad	159
[From episode TM1B29, "Fish On The Fly"]	
Menu 63: Passport to Florence [Episode TM1C32]	
Prosciutto di Parma e Melone	161
Ribolitta-Bread Soup	162
Rosemary Grilled Chicken and Wild Mushroom Sauce	163
Menu 64: Passport to Vienna [Episode TM1B18]	
Veal Schnitzel	164

Egg Noodles with Mushrooms	165
Warm Endive Salad	165
Menu 65: Passport to Belgium [Episode TM1C33]	
Waterzooi de Poulet	166
Liège Waffles with Berries and Whipped Cream	167
Menu 66: Passport to Ireland [Episode TM1C31]	
Lamb Chops, Braised Root Veggies, Colcannon-Creamy Kale and Potatoes	168
Menu 67: Passport to France [Episode TM1B22, "Passport to Paris"]	
Mushroom Duxelles and Paté Platter with Sliced Baguette	170
Trout Amandine, Steamed Asparagus and New Potatoes	170
Dessert Cheeses and Fresh Fruit	171
Menu 68: Passport to Paris; Sidewalk Bistro Menu [Episode TM1C03, "Passport to France"]	
Oh-So-Good Onion Soup	172
Steak Frites	173
Menu 69: Passport to Morocco [Episode TM1B72]	
Vegetable Couscous	174
Moroccan Rub Lamb Chops	174
Garlic Chick Peas and Greens	175
Menu 70: Passport to Russia [Episode TM1B23]	
Chicken Kiev	176
Potatoes and Onions	177
Red Radish Salad	177
Menu 71: Passport to Hong Kong [Episode TM1B71]	
Baked Crab Spring Rolls	178
Noodle Bowls	179
Hot Tea, Sectioned Oranges and Ginger Snap Cookies (listed, mentioned on 179)	
Menu 72: Passport to Greece; Ode to the Toga Menu – It's All Wrapped Up! [Episode TM1B79]	
Spanakopita, Sorta	180
Bankla-Squares and Ice Cream	181
Greek Grilled Chicken and Salad with Warm Pita Bread for Wrapping	182
<b>Big Nights: Very Special Dinners</b>	<b>183</b>
Menu 73: [Episode TM1B15, "A Dozen Roses"]	
Decadent Duo for Decadent Duos:	
Chocolate Cups with Whipped Cream	185
You-Won't-Be-Single-For-Long Vodka Cream Pasta	186
Heart-y Salad: Hearts of Romaine, Palm, and Artichoke	187
Menu 74:	
Pasta with Citrus Cream Sauce	188
Veal Medallions with Lemon on a Bed of Spinach	188
Champagne Freezes	189
Menu 75:	
Fruited White and Wild Rice	190
[From episode TM1C20, "30-Minute Festival Fixins'"]	
Brandy and Orange Chicken Topped with Stuffed Shrimp	190



[From episode TM1C20, "30-Minute Festival Fixins"]	
Maple Nut Coffee Ice Cream Dessert	191
[From episode TM1C22, "Fast and Fulfilling"]	
Menu 76: [Episode TM1B03, "Dinner and a Flick"]	
Great Grilled Vegetables	192
Bruschetta with Tomato and Basil	192
Fettucine all'Alfredo	193
Menu 77: [Episode TM1B56, "A Taste Of The Good Life"]	
Sage Veal Chops	194
Wild Mushroom Fricassee over Polenta	194
Arugula Salad with Blue Cheese, Pears, and Apricot Vinaigrette	195
Menu 78: Cooking with Wine [Episode TM1C07, "Wine & Dine"]	
Sea Scallops with Vermouth	196
Veal Scaloppini with Wine, Mushrooms and Green Olives	196
Ripe Peaches with Port	197
Menu 79: [Episode TM1B60, "Exquisitely Simple, Supermarket Fancy"]	
Veal Marsalla with Egg Fettuccini	198
Broccoli with Garlic and Asiago	199
Quick Tiramisu	199
Menu 80: [Episode TM1B68, "30 Minutes With an Attitude"]	
Delmonico Steaks with Balsamic Onions and Steak Sauce	200
Oven Steak Fries	201
Blue Cheese and Walnut Spinach Salad with Maple Dressing	201
Menu 81: [Episode TM1B19, "High Marks for Low Maintenance"]	
Gemelli Pasta with Roasted Red Pepper Sauce	202
Broccoli Rabe with Lemon and Garlic	202
Broiled Lamb Chops with Balsamic Reduction	203
Crème de Menthe Parfaits	203
Menu 82: [Episode TM1B65, "Knock 'Em Out In 30"]	
Red Snapper Livornese	204
Penne with Parsley and Walnut Pesto	204
Cauliflower with Red, Green, and Black Confetti	205
Menu 83:	
John's Fish: Tilapia with Tomatillo Sauce	206
Avocados with Creamy Maque Choux (Corn and Peppers)	206
Margarita Granita	207
Menu 84 [Episode TM1A02, "Be My Valentine"]:	
A Different Surf and Turf for Two:	
Baked Scallops, Seared Tournedos, Artichoke Hearts, Asparagus Tips	208
Nuts and Berries Parfaits	209
Menu 85: [Episode TM1C17, "Fast 'n Fancy"]	
Roast Potatoes with Rosemary	210
Green Beans and Portobello Mushroom Sauté	210
Tenderloin Steaks with Gorgonzola	211
Orange Creamsicle Liqueur Dessert	211

Menu 86: [Episode TM1C25, "Surf Then Turf"]	
Grilled Shrimp Cocktail with Horseradish Cream Dipping Sauce	212
Steak Au Poivre and Arugula-Stuffed Tomatoes	213
Menu 87: [Episode TM1C26, "30-Minute Meal Shortcut to Perfection"]	
Ind. Beef Wellingtons, Broiled Plum Tomatoes, Steamed Broccoli Spears	214
Chocolate Mint Parfaits	215
Menu 88: [Episode TM1C05, "Tool Shop"]	
Spinach and Mushroom Stuffed Chicken Breasts	216
Spaghetti with Zucchini and Garlic	217
Sambucca Cake, Strawberries, Whipped Cream, Shaved Bitter Chocolate	218
<b>Healthy Hunger Busters</b>	<b>219</b>
Menu 89:	
Swordfish Steaks	221
Mango Salsa	221
Curry Couscous	221
Menu 90: [Episode TM1B31, "Fast and Light"]	
Tuna Steak au Poivre	222
White Beans with Rosemary and Roasted Red Peppers	222
Bitter Greens Salad	223
Menu 91: [Episode TM1B63, "High-Speed, Low-Cal"]	
Grilled Mahi-Mahi Fillets	224
Asparagus with Orange and Sesame	224
Star Anise Blackberries with Lemon Sorbet	225
Menu 92: [Episode TM1B62, "Clock and Waistband Friendly"]	
Pan-Seared Shrimp and Scallop Skewers	226
Orzo with Spinach and Tomatoes	227
Fat-Free Chocolate Sorbet Banana Splits	227
Menu 93:	
Israeli Spice Chicken	228
[From episode TM1B07, "Stovetop Grilling"]	
Two-Tomato Salad	229
Zucchini with Mint and Parsley	229
[From episode TM1B07, "Stovetop Grilling"]	
Menu 94: [Episode TM1B33, "Everyday Extraordinary"]	
Too-Easy Chicken with Leeks	230
Lemon Rice Pilaf	230
Whatever-Your-Garden-Grows Salad	231
Menu 95: A Svelte Menu for Friends Trying To Get Trim	
[Episode TM1C18, "4-Star Salad Bar"]	
Thai-Vietnamese Salad Bar Supreme	232
Sorbet and Fresh Fruit Bar	233
Menu 96: Vegetable Pizzas [Episode TM1A32, "Healthy Veggie Pizzas"]	
Zucchini-roni-Pizza	234
Asparagus and Plum Tomato Pizza	235
Menu 97: Low Carbs Power Supper	

Spinach and Roasted Red Pepper Salad with Honey Balsamic Dressing	236
Lean Sirloin Burgers – Hold The Bun – with Sautéed Mushrooms	236
Vine-Ripe Tomatoes with Herb Gremola	237
Menu 98:	
Mediterranean Succotash: Butter Beans, Corn, and Bell Peppers	238
Poached Grouper with Tomato and Basil	238
Melon with Sorbet and Berries	239
Menu 99:	
Orange and Almond Salad	240
Pan-Seared Salmon with Citrus Vinegar Glaze and Green Beans	240
Mango Sorbet with Amaretto and Crystallized Ginger	241
Menu 100:	
Orzo with Parsley and Lemon Zest	242
Chicken Scarpariello	242
Spicy Greens with Warm Balsamic Dressing	243
<b>Index</b>	<b>244</b>

## Alphabetical Recipe Listing

30-Minute Southern Classic: Country Captain Chicken with White and Wild Rice	118
A Different Surf and Turf for Two: Baked Scallops, Seared Tournedos, Artichoke Hearts, Asparagus Tips	208
A Divine Chicken Divan	136
Antipasto Salad Toss	124
Apple Crisp	107
Arugula Salad with Blue Cheese, Pears, and Apricot Vinaigrette	195
Asparagus and Green Beans with Tarragon Lemon Dip	116
Asparagus and Plum Tomato Pizza	235
Asparagus Pasta Salad	41
Asparagus with Orange and Sesame	224
Assorted Italian Cookies and Citrus Rings with Brandy	111
Avocados with Creamy Maque Choux (Corn and Peppers)	206
Baby Potatoes with Cumin	142
Baby Spinach Salad with Swiss Cheese Crisps	103
Baked Crab Spring Rolls	178
Baked Gigante Beans	157
Balsamic (or Honey) Glazed Vegetables	63
Banana Raita	51
Bankla-Squares and Ice Cream	181
Bitter Greens Salad	223
Black and White Shakes	19
Blue Cheese and Walnut Spinach Salad with Maple Dressing	201
Boeuf Bourguignon with Butter and Parsley Egg Noodles	102
Boneless Roast Leg of Lamb	142
Bourbon Street Candy Balls with Pecans	119
Brandy and Orange Chicken Topped with Stuffed Shrimp	190
Briacole with Mushroom Tomato Gravy	59
Broccoli Rabe with Lemon and Garlic	202
Broccoli with Garlic and Asiago	199
Broccoli Rabe with Golden Raisins	77
Broiled Lamb Chops with Balsamic Reduction	203
Broiled Tomatoes	83
Bruschetta with Tomato and Basil	192
Butter Bean Salad	86
Cajun Pork Burgers	22
Cauliflower with Red, Green, and Black Confetti	205
Champagne Freezes	189
Cheddar and Chive Bread	42
Cheddar Cheese and Macaroni	106
Cheesy Orzo	63
Cheesy POPcorn	33
Chicken and Vegetable Potage	140
Chicken Fried Steaks with Creamed Pan Gravy and Biscuits	108
Chicken Kiev	176
Chicken Paillard on Baby Greens	66
Chicken Piccata Pasta Toss	94
Chicken Scarpariello	242
Chicken Tikka with Charred Tomato Chutney and Warm Flat Bread	50
Chili Lime Avocados	25
Chocolate Dipped Bananas	100
Chocolate Fondue	117
Chocolate Mint Parfaits	215

Citrus White Wine Spritzer	67
Corn on the Cob with Chili and Lime	87
Cracked Corn and Cheese Squares	79
Crème de Menthe Parfaits	203
Crispy-Topped Baked Beans with Bacon	71
Crunchy Ice Cream	155
Curry Couscous	221
Decadent Duo for Decadent Duos: Chocolate Cups with Whipped Cream	185
Delmonico Steaks with Balsamic Onions and Steak Sauce	200
Dessert Cheeses and Fresh Fruit	171
Deviled Potato Salad	27
Double-Duty Dinner: Caponata Pasta Bake	135
Double-Duty Dinner: Chicken Tetrazzini	137
Double-Duty Dinner: Portuguese Chicken and Chorizo	141
Double-Duty Dinner: Stuffed Chilies with Beef, Rice, Spinach, and Cheese	139
Double-Duty Lunch: Lamb Pitas, Tomato, Scallions, Mint Yogurt Dressing	144
Double-Duty Lunch: Salmon Cakes on Mixed Baby Greens	133
Egg Noodles with Mushrooms	165
Eggplant Caponata and Herb Polenta	134
Elsa's Jumbo Shrimp with Sage and Pancetta	68
Emmanuel's Baked Artichoke Hearts	93
Everyday Cioppino (Fish Stew) – A Fine Kettle of Fish	104
Extra-Spicy Refried Beans, Lettuce, Tomatoes, and Lime	155
Fat-Free Chocolate Sorbet Banana Splits	227
Fennel Slaw Salad	159
Fettucine all'Alfredo	193
Fillings: Spicy Black Beans; Chicken, Red Peppers, and Chorizo	38
Five-Spice Beef and Pepper Stir-Fry and Rice with Smoked Almonds	48
Fluffernutter Brownies	87
French Dip Roast Beef Sandwiches	116
Fresh Oranges with Lime Sorbet	97
Fresh Strawberry Marg-alrightas	149
Fried Mozzarella Bites	36
Fruit and Cheese Board	90
Fruit Salad with Orange Liqueur and Sorbet	41
Fruited White and Wild Rice	190
Garlic Chick Peas and Greens	175
Gemelli Pasta with Roasted Red Pepper Sauce	202
Great Grilled Vegetables	192
Greek Grilled Chicken and Salad with Warm Pita Bread for Wrapping	182
Greek Meatballs in Wine Sauce	156
Green Bean Salad with Red Onion and Tomato	69
Green Beans and Portobello Mushroom Sauté	210
Green Minestrone	120
Green Risotto	98
Grilled 4 Cheese Sandwiches	101
Grilled Balsamic Chicken Cutlets over Spinach Salad, Warm Shallot Vin.	74
Grilled Halibut Sandwiches	40
Grilled Halibut Tacos with Guacamole Sauce	154
Grilled Honey Lime Chicken Sandwiches with Flavored Tortilla Chips	73
Grilled Mahi-Mahi Fillets	224
Grilled Radicchio Salad	99
Grilled Shrimp Cocktail with Horseradish Cream Dipping Sauce	212
Grilled Shrimp	157
Grilled Stuffed Portobellos with Tomatoes, Rosemary, Smoked Mozzarella	81
Harvest Turkey Burgers	31

Heart-y Salad: Hearts of Romaine, Palm, and Artichoke	187
Herb and Cheese Chicken Tenders Parmigiana with Spaghetti	122
Herb and Goat Cheese Toasts	74
Honey Mustard Barbecued Chicken	86
Hot Buffalo Chicken Sandwiches	46
Hot Tea, Sectioned Oranges and Ginger Snap Cookies (listed, mentioned on 179)	
Ice Cream S'mores Cups	113
Ice Cream Sundae Sandwiches	33
Ind. Beef Wellingtons, Broiled Plum Tomatoes, Steamed Broccoli Spears	214
Indian Spiced Fruit	53
Israeli Spice Chicken	228
Jerky Turkey Burgers with Island Salsa	24
John's Fish: Tilapia with Tomatillo Sauce	206
Lamb Chops with Mint and Mustard Dipping Sauce	64
Lamb Chops, Braised Root Veggies, Colcannon-Creamy Kale and Potatoes	168
Lean Sirloin Burgers – Hold The Bun – with Sautéed Mushrooms	236
Lemon Coconut Angel Food Cake	121
Lemon Rice Pilaf	230
Liège Waffles with Berries and Whipped Cream	167
Mango Salsa	221
Mango Sorbet with Amaretto and Crystallized Ginger	241
Maple Mustard Pork Chops with Grilled Apples	88
Maple Nut Coffee Ice Cream Dessert	191
Margarita Granita	207
Meatball and Macaroni Soup	100
Mediterranean Succotash: Butter Beans, Corn, and Bell Peppers	238
Melon with Sorbet and Berries	239
Mexican Chunk Vegetable Salad	72
Mexican Fiesta Salad	79
Mexican Rice	154
Mixed Baby Greens, Mandarin Orange and Cucumber in Sesame Dressing	49
Mixed Greens and Fennel Salad	105
Mom's Oil and Vinegar Potato Salad and 3 Bean Salad	89
Mom's Wasabi and Watercress Potato Salad	68
Moroccan Rub Lamb Chops	174
Mushroom Duxelles and Paté Platter with Sliced Baguette	170
My Sister Maria's Easy Apple and Cinnamon Cake and Ice Cream	42
Neapolitan Ice Cream with Cherry Sauce	61
No-Mystery: Marinated Beef, Chicken, Pork or Portobello Mushrooms	62
Noodle Bowls	179
Nothin' to Fret About Apple Fritters	105
Nuts and Berries Parfaits	209
NY Egg Creams	19
Oh-So-Good Onion Soup	172
Olive Rosemary Crostini	158
One Great Gumbo with Chicken and Andouille Sausage	126
Orange and Almond Salad	240
Orange Creamsicle Liqueur Dessert	211
Orange Sherbet Freezes	47
Orzo with Parsley and Lemon Zest	242
Orzo with Spinach and Tomatoes	227
Oven Steak Fries	201
Paella for Eight	152
Panini with Prosciutto, Roasted Peppers, and Mozzarella	125
Pan-Seared Salmon with Citrus Vinegar Glaze and Green Beans	240
Pan-Seared Shrimp and Scallop Skewers	226

Pasta with Citrus Cream Sauce	188
Peas with Onions and Bacon	106
Pecan-Crusted Chicken Tenders and Salad with Tangy Maple BBQ Dressing	43
Penne with Parsley and Walnut Pesto	204
Pesce Spada Rollotini (Rolled Swordfish)	158
Philly Steak Sandwiches	28
Pizza with Chicken, Sun-Dried Tomatoes, and Broccoli	32
Poached Grouper with Tomato and Basil	238
Poached Salmon with Dijon Dill Sauce and New Potatoes with Mint	131
Portobello Burgers with Green Sauce and Smoked Mozzarella	20
Potato and Smoked Gouda Pancakes	112
Potato, Spinach, and Tomato Soup	125
Potatoes and Onions	177
Potatoes with Cumin	51
Pound Cake with Vanilla Ice Cream and Chocolate Sauce	115
Prosciutto di Parma e Melone	161
Quick Chocolate Banana Cream Pie	109
Quick Italian Rum Cake Cups	95
Quick Tiramisu	199
Ravioli Vegetable "Lasagna"	96
Red Bean Salad	23
Red Cabbage and Beet Slaw Salad with Currant Dressing	71
Red Radish Salad	177
Red Snapper Livornese	204
Red Snapper with Olive Salsa and Green Beans	151
Refried Beans	39
Ribolitta-Bread Soup	162
Rio Grande Spice Rub Swiss Steaks	78
Ripe Peaches with Port	197
Ripe Pineapple Wedges	25
Roast Potatoes with Rosemary	210
Roasted Garlic and Feta Walnut Dip with Toasted Flat Bread	98
Roasted Salsa with Mint and Cilantro	38
Romaine Hearts with Lemon Chive Vinaigrette	97
Root Beer Floats	27
Roquefort, Pear and Walnut Toasts	66
Rosemary Grilled Chicken and Wild Mushroom Sauce	163
Rosemary Skewered Vegetables	35
Sage Veal Chops	194
Sambucca Cake, Strawberries, Whipped Cream, Shaved Bitter Chocolate	218
Sausage and Spinach-Stuffed Mushrooms	34
Sausage Calzones	56
Sea Scallops with Vermouth	196
Sesame Chicken Salad	44
Shrimp Cocktail with Rach's Quick Rémoulade	126
Sicilian Chunk Vegetable Salad	111
Sirloin Burgers with Mushrooms, Swiss, and Balsamic Mayo	18
Smoky Orange Barbecued Chicken Sandwiches	70
Sorbet and Fresh Fruit Bar	233
Southern Green Beans	109
Southwestern Stuffed Peppers	147
Spaghetti alla Carbonara: Bacon and Egg "Coal Miner's" Pasta	84
Spaghetti with Zucchini and Garlic	217
Spanakopita, Sorta	180
Spanish Beef and Rice	138
Spanish Cheese and Olives	153

Special Fried Rice	44
Spicy Chopped Salad with Tortillas	138
Spicy Greens with Warm Balsamic Dressing	243
Spinach and Mushroom Lasagna Roll-ups with Gorgonzola Cream Sauce	82
Spinach and Mushroom Stuffed Chicken Breasts	216
Spinach and Roasted Red Pepper Salad with Honey Balsamic Dressing	236
Spinach Artichoke Calzones	55
Spinach Artichoke Pasta Salad	21
Star Anise Blackberries with Lemon Sorbet	225
Steak Au Poivre and Arugula-Stuffed Tomatoes	213
Steak Frites	173
Steamed Asparagus Tips	82
Stuffed Hot or Sweet Cherry Peppers	30
Stuffed Pork Chops with Cream Cheese Potatoes and Sugar Snap Peas	114
Stuffed Potatoes with Ham, Thyme, and Gruyère	54
Sugared Stone Fruits with Cookies and Cream	85
Sunset Sangria	150
Super Sloppy Joes	26
Super Stuffed Potatoes with The Works	46
Supreme Pizza Pasta Salad	29
Sweet 'n Spicy Chicken Curry In a Hurry with Fragrant Basmati Rice	52
Swordfish Steaks	221
Tabouleh-Stuffed Tomatoes	64
Tarragon Pasta Salad	31
Tenderloin Steaks with Gorgonzola	211
Thai-Vietnamese Salad Bar Supreme	232
The Best Basic Risotto	60
Thick-Cut O-Rings and Spicy Dipping Sauce	17
Tomato Basil Panzanella	121
Too-Easy Chicken with Leeks	230
Tossed Salad with Snap Peas, Radishes, Sweet Red Pepper Relish Dressing	128
Trout Amandine, Steamed Asparagus and New Potatoes	170
Tuna Steak au Poivre	222
Turkey Cutlets with Rosemary and Corn-Meal-Dusted Ravioli	76
Tuscan-Style Grilled Tuna Steaks	80
Tomato-Tomato Salad	229
Veal Marsalla with Egg Fettuccini	198
Veal Medallions with Lemon on a Bed of Spinach	188
Veal Ragu with Campanelle Pasta	110
Veal Scaloppini with Wine, Mushrooms and Green Olives	196
Veal Schnitzel	164
Vegetable Couscous	174
Village Salad with Grilled Pita Bread	156
Vine-Ripe Tomatoes with Herb Gremola	237
Warm Cherry, Orange, and Cranberry Compote with Vanilla Ice Cream	77
Warm Endive Salad	165
Warm White Beans with Wine	65
Watercress and Mint Salad with Lime Dressing	143
Waterzooi de Poulet	166
Whatever-Your-Garden-Grows Salad	231
White Beans with Rosemary and Roasted Red Peppers	222
White Sangria	152
Wild Mushroom Fricassee over Polenta	194
Wild Mushroom Quesadillas with Warm Black Bean Salsa	148
Wilted Spinach with Garlic and Oil	60
Winter Vegetable Stew	112



You-Won't-Be-Single-For-Long Vodka Cream Pasta	186
Zucchini with Mint and Parsley	229
Zucchini-roni-Pizza	234

## Further Rachael Ray Readings, Viewings, and The Knife

### Books

1. Entertaining: Rachel Ray's 30-Minute Meals, Copyright October 2003, Lake Isle Press, ISBN 1891105116
2. 30-Minute Meals 2, Copyright May 2003, Lake Isle Press, ISBN 1891105108
3. Veggie Meals, Copyright June 2001, Lake Isle Press, ISBN 189110506X
4. Comfort Foods, Copyright January 2001, Lake Isle Press, ISBN 1891105051
5. Rachael Ray's Open House Cookbook, Copyright February 2000, Lake Isle Press, ISBN 1891105043

### Videos

1. 30 Minute Meals, Volume 1, VHS Format, 3 tapes, Food Network SKU #FNMER4163
2. 30 Minute Meals, Volume 1, VHS Format, 3 tapes plus "30-Minute Meals", Food Network SKU #FNMER4180
3. 30 Minute Meals, Volume 2, VHS Format, 3 tapes, Food Network SKU #FNMER4167
4. 30 Minute Meals, Volume 2, VHS Format, 3 tapes plus "30-Minute Meals", Food Network SKU #FNMER4181
5. 30 Minute Meals, Fasta Pasta, VHS Format, Food Network SKU #FNMER4161
6. 30 Minute Meals, A Little Spice Is Nice, VHS Format, Food Network SKU #FNMER4162
7. 30 Minute Meals, Fast and Light, VHS Format, Food Network SKU #FNMER4160
8. 30 Minute Meals, Vegging Out, VHS Format, Food Network SKU #FNMER4164
9. 30 Minute Meals, The Superior Sandwich, VHS Format, Food Network SKU #FNMER4165
10. 30 Minute Meals, Party Preparation, VHS Format, Food Network SKU #FNMER4166

### Television

1. "30-Minute Meals", Food Network
2. "\$40 A Day", Food Network

### The Knife

1. Wusthof 7-inch Santoku Knife, Hollow Edge, Food Network SKU #FNMER4184

## Appendix A: A Collection of Limericks by Flarn

This piece was posted by Rich "Flarn" Ruksenas in the "30-Minute Meals" forum on foodnetwork.com, from his location somewhere on the planet Mars ...

---

Having some fun with 30 Minute Meals. Now....let's not get all...ya know.....bent.

There once was a cook named Ray,  
Who cooked scallops, in the oven, all day,  
Sugary sweet,  
Like a marshmallow peep,  
And blackened to a pale indigo gray!

1 cup sugar to 1 slice of bread,  
French toast that is heavy, like lead,  
Her sweet tooth is large,  
As big as a barge,  
1 serving, you'll know you've been fed!

Zucchini is like pepperoni,  
And pilaf is like Rice-a-Roni,  
If you make a wish,  
She'll disguise a dish,  
That curry in a hurry's a phony!

Beef Burgundy can't be made quick,  
With Rachael, it's lickety-split,  
Flank steak in wine,  
It looked more like brine,  
2 more hours, would do the trick!

The stir-fry was crowding the pan,  
All that steam, required a fan,  
Cooking with wok,  
With way too much stock,  
Is like, beef chow mein in a can!

Portabellos are beefy, ya know,  
And cumin is smoky, ('zat so!)  
Anchovies are nutty,  
Her dumplings are putty,  
Why doesn't she make sloppy joe?

I wonder which knife, that she uses,  
To whack all the garlic, she abuses,  
It relieves stress,  
But, makes a mess,  
Half the bulb, in this case, she loses!

Rachael Ray has a big garbage bowl,  
Too much food, goes in that black hole,  
Call the contractor,  
Install a compactor,

Cleanup that's easy's the goal!

Baked 'taters were swimming in grease,  
Where was the pork-fat police?  
She doesn't drain,  
Or try to explain,  
What makes, a sausage, Cherise!

Boneless and skinless are tenders,  
As food, they are great pretenders,  
Taste real bland,  
Dry as desert sand,  
Her recipes, for these, are never-enders!

Her burgers are too big to eat,  
Texas, doesn't have that much meat,  
It stretches yer jaw,  
You eat it raw,  
Crushed red pepper flakes, added for heat!

Mussels open, when dead, I suppose,  
Or is it correct when they close,  
You will not like these,  
When you get, the heaves,  
and chills and a big runny nose!

She once called out "Yummo! Delish!"  
She's not a big fan, of fish,  
Big "Ta Da!" factor,  
She's such an actor,  
Good food, is all that you wish!

Rachael Ray has two shows, not one,  
I guess, it doubles her fun,  
30 minutes to braise,  
40 dollars to raise,  
Gotta go, my limericks are done!

Flarn  
From: Mons Olympus, Mars