

BEEF AND NOODLE CASSEROLE

1 cup equals 445 calories, 20 g fat (9 g saturated fat), 112 mg cholesterol, 747 mg sodium, 39 g carbohydrate, 2 g fiber, 27 g protein.

BROCCOLI-CHICKEN CUPS

1 chicken cup equals 205 calories, 11 g fat (5 g saturated fat), 31 mg cholesterol, 560 mg sodium, 16 g carbohydrate, 1 g fiber, 10 g protein.

BROCCOLI CHICKEN SUPREME

1 cup equals 394 calories, 25 g fat (11 g saturated fat), 211 mg cholesterol, 569 mg sodium, 17 g carbohydrate, 4 g fiber, 6 g protein.

BROCCOLI SUPREME

1 serving equals 138 calories, 9 g fat (5 g saturated fat), 25 mg cholesterol, 648 mg sodium, 10 g carbohydrate, 3 g fiber, 6 g protein.

CASHEW CHICKEN CASSEROLE

1 serving equals 620 calories, 34 g fat (13 g saturated fat), 102 mg cholesterol, 1,515 mg sodium, 45 g carbohydrate, 4 g fiber, 35 g protein.

CHEESY CHILI CASSEROLE

1 piece equals 304 calories, 21 g fat (14 g saturated fat), 125 mg cholesterol, 538 mg sodium, 9 g carbohydrate, trace fiber, 18 g protein.

CHEESY SHELL LASAGNA

1 serving equals 346 calories, 15 g fat (8 g saturated fat), 50 mg cholesterol, 515 mg sodium, 29 g carbohydrate, 2 g fiber, 27 g protein.

CHICKEN 'N' HASH BROWN BAKE

1 cup equals 274 calories, 11 g fat (4 g saturated fat), 68 mg cholesterol, 955 mg sodium, 22 g carbohydrate, 3 g fiber, 19 g protein.

CHICKEN AND RICE CASSEROLE

1 cup equals 439 calories, 26 g fat (5 g saturated fat), 51 mg cholesterol, 804 mg sodium, 31 g carbohydrate, 3 g fiber, 19 g protein.

CHICKEN DIVAN

1 cup equals 376 calories, 24 g fat (14 g saturated fat), 106 mg cholesterol, 546 mg sodium, 15 g carbohydrate, 1 g fiber, 21 g protein.

CHICKEN TETRAZZINI

1 cup equals 258 calories, 13 g fat (6 g saturated fat), 71 mg cholesterol, 763 mg sodium, 13 g carbohydrate, 1 g fiber, 21 g protein.

COBRE VALLEY CASSEROLE

1 cup equals 298 calories, 15 g fat (7 g saturated fat), 57 mg cholesterol, 790 mg sodium, 23 g carbohydrate, 4 g fiber, 19 g protein.

COLORFUL VEGGIE CASSEROLE

1 cup equals 176 calories, 8 g fat (4 g saturated fat), 21 mg cholesterol, 414 mg sodium, 19 g carbohydrate, 2 g fiber, 7 g protein.

COMFORTING BROCCOLI CASSEROLE

2/3 cup equals 322 calories, 25 g fat (10 g saturated fat), 95 mg cholesterol, 559 mg sodium, 13 g carbohydrate, 3 g fiber, 12 g protein.

COMPANY CASSEROLE

1-1/3 cups equals 318 calories, 11 g fat (4 g saturated fat), 54 mg cholesterol, 1,129 mg sodium, 31 g carbohydrate, 2 g fiber, 24 g protein.

CREAMY BRUSSELS SPROUTS BAKE

3/4 cup equals 247 calories, 21 g fat (14 g saturated fat), 69 mg cholesterol, 196 mg sodium, 8 g carbohydrate, 2 g fiber, 8 g protein.

CREAMY CHICKEN HOT DISH

1 serving equals 739 calories, 57 g fat (11 g saturated fat), 92 mg cholesterol, 1,253 mg sodium, 28 g carbohydrate, 3 g fiber, 25 g protein.

CREAMY HAM 'N' EGG CASSEROLE

1 cup equals 297 calories, 19 g fat (10 g saturated fat), 234 mg cholesterol, 616 mg sodium, 16 g carbohydrate, 1 g fiber, 13 g protein.

CREAMY MACARONI AND CHEESE

1 cup equals 653 calories, 46 g fat (30 g saturated fat), 143 mg cholesterol, 1,141 mg sodium, 35 g carbohydrate, 1 g fiber, 25 g protein.

CREAMY MACARONI 'N' CHEESE

2/3 cup equals 229 calories, 6 g fat (4 g saturated fat), 19 mg cholesterol, 491 mg sodium, 24 g carbohydrate, 1 g fiber, 20 g protein. **Diabetic Exchanges:** 2 lean meat, 1-1/2 starch.

EASY TACO CASSEROLE

1 each equals 514 calories, 38 g fat (13 g saturated fat), 78 mg cholesterol, 644 mg sodium, 18 g carbohydrate, 3 g fiber, 24 g protein.

EGGPLANT PARMIGIANA

1 serving equals 984 calories, 59 g fat (35 g saturated fat), 226 mg cholesterol, 2,164 mg sodium, 32 g carbohydrate, 6 g fiber, 81 g protein.

FARM-STYLE SAUSAGE BAKE

1 serving equals 471 calories, 30 g fat (14 g saturated fat), 144 mg cholesterol, 984 mg sodium, 34 g carbohydrate, 2 g fiber, 18 g protein.

FOUR-CHEESE BAKED ZITI

1 cup equals 445 calories, 26 g fat (13 g saturated fat), 97 mg cholesterol, 691 mg sodium, 34 g carbohydrate, 1 g fiber, 19 g protein.

GLORIFIED HASH BROWNS

1 serving equals 215 calories, 12 g fat (8 g saturated fat), 35 mg cholesterol, 400 mg sodium, 20 g carbohydrate, 1 g fiber, 6 g protein.

GREEN BEANS DELUXE

1/2 cup equals 143 calories, 10 g fat (7 g saturated fat), 35 mg cholesterol, 265 mg sodium, 9 g carbohydrate, 2 g fiber, 4 g protein.

HAM AND ASPARAGUS CASSEROLE

1 cup equals 248 calories, 15 g fat (7 g saturated fat), 180 mg cholesterol, 789 mg sodium, 15 g carbohydrate, 2 g fiber, 13 g protein.

HAM AND CHICKEN CASSEROLE

1-1/2 cups equals 399 calories, 19 g fat (8 g saturated fat), 80 mg cholesterol, 1,639 mg sodium, 30 g carbohydrate, 3 g fiber, 23 g protein.

HAM POTATO SCALLOP

1 serving equals 440 calories, 23 g fat (13 g saturated fat), 90 mg cholesterol, 1,785 mg sodium, 35 g carbohydrate, 5 g fiber, 24 g protein.

HEARTY CHICKEN CASSEROLE

1-1/2 cups equals 346 calories, 9 g fat (4 g saturated fat), 71 mg cholesterol, 670 mg sodium, 32 g carbohydrate, 9 g fiber, 35 g protein. **Diabetic Exchanges:** 4 very lean meat, 2 starch, 1 vegetable, 1 fat.

HEARTY PASTA CASSEROLE

1-1/4 cups equals 416 calories, 13 g fat (5 g saturated fat), 47 mg cholesterol, 816 mg sodium, 53 g carbohydrate, 7 g fiber, 24 g protein.

HOMINY BEEF POLENTA

1 cup equals 503 calories, 18 g fat (11 g saturated fat), 72 mg cholesterol, 1,865 mg sodium, 52 g carbohydrate, 8 g fiber, 28 g protein.

LAYERED ITALIAN CASSEROLE

1-1/4 cups equals 413 calories, 12 g fat (6 g saturated fat), 56 mg cholesterol, 1,067 mg sodium, 36 g carbohydrate, 3 g fiber, 39 g protein.

LAYERED TORTILLA PIE

1-1/2 cups equals 350 calories, 20 g fat (12 g saturated

fat), 82 mg cholesterol, 722 mg sodium, 19 g carbohydrate, 3 g fiber, 24 g protein.

LEFTOVER-TURKEY BAKE

1 serving equals 290 calories, 5 g fat (1 g saturated fat), 154 mg cholesterol, 916 mg sodium, 34 g carbohydrate, 4 g fiber, 27 g protein.

MAKEOVER CHICKEN CHEESE ENCHILADAS

2 enchiladas equals 508 calories, 18 g fat (11 g saturated fat), 123 mg cholesterol, 1,164 mg sodium, 40 g carbohydrate, 2 g fiber, 46 g protein.

MAKEOVER GREEK SPAGHETTI

1-1/3 cups equals 442 calories, 13 g fat (5 g saturated fat), 67 mg cholesterol, 606 mg sodium, 49 g carbohydrate, 3 g fiber, 31 g protein.

MASHED POTATO SPINACH BAKE

1 cup equals 249 calories, 14 g fat (9 g saturated fat), 45 mg cholesterol, 606 mg sodium, 25 g carbohydrate, 2 g fiber, 7 g protein.

MEXICAN CASSEROLE

1-1/2 cups (calculated without optional toppings) equals 546 calories, 25 g fat (13 g saturated fat), 102 mg cholesterol, 1,368 mg sodium, 44 g carbohydrate, 5 g fiber, 37 g protein.

MEXICAN CHICKEN AND RICE

1 cup equals 381 calories, 11 g fat (4 g saturated fat), 94 mg cholesterol, 782 mg sodium, 29 g carbohydrate, 3 g fiber, 36 g protein.

MEXICAN SKILLET SUPPER

1-1/2 cups equals 253 calories, 15 g fat (9 g saturated fat), 68 mg cholesterol, 464 mg sodium, 10 g carbohydrate, 1 g fiber, 20 g protein.

MEXICAN-STYLE PORK CHOPS

1 pork chop equals 330 calories, 10 g fat (2 g saturated fat), 19 mg cholesterol, 934 mg sodium, 44 g carbohydrate, 7 g fiber, 15 g protein.

MUSHROOM BARLEY CASSEROLE

3/4 cup equals 238 calories, 13 g fat (4 g saturated fat), 17 mg cholesterol, 720 mg sodium, 26 g carbohydrate, 6 g fiber, 7 g protein.

PASTA AND SAUSAGE BAKE

1 cup equals 384 calories, 18 g fat (7 g saturated fat), 47 mg cholesterol, 867 mg sodium, 36 g carbohydrate, 2 g fiber, 21 g protein.

PIZZA CASSEROLE

1 serving equals 296 calories, 14 g fat (7 g saturated fat), 51 mg cholesterol, 616 mg sodium, 19 g carbohydrate, 2 g fiber, 23 g protein.

POLENTA CHILI CASSEROLE

1 serving (prepared with reduced-fat cheese) equals 344 calories, 6 g fat (4 g saturated fat), 20 mg cholesterol, 551 mg sodium, 44 g carbohydrate, 13 g fiber, 19 g protein.

REUBEN CRESCENT BAKE

1 piece equals 610 calories, 39 g fat (18 g saturated fat), 108 mg cholesterol, 1,905 mg sodium, 28 g carbohydrate, 2 g fiber, 31 g protein.

RHUBARB PORK CHOP CASSEROLE

1 pork chop equals 407 calories, 11 g fat (3 g saturated fat), 54 mg cholesterol, 197 mg sodium, 51 g carbohydrate, 3 g fiber, 25 g protein.

SAUCY STUFFED ZUCCHINI

1 stuffed zucchini boat equals 346 calories, 23 g fat (11 g saturated fat), 67 mg cholesterol, 1,126 mg sodium, 18 g carbohydrate, 3 g fiber, 19 g protein.

SAUSAGE HASH

1 serving equals 245 calories, 14 g fat (5 g saturated fat), 27 mg cholesterol, 519 mg sodium, 22 g carbohydrate, 3 g fiber, 8 g protein.

SCALLOPED POTATOES 'N' HAM

1-1/4 cups equals 563 calories, 18 g fat (12 g saturated fat), 60 mg cholesterol, 1,166 mg sodium, 78 g carbohydrate, 6 g fiber, 21 g protein.

SHOEPEG CORN CASSEROLE

1 cup equals 327 calories, 21 g fat (12 g saturated fat), 59 mg cholesterol, 794 mg sodium, 26 g carbohydrate, 2 g fiber, 9 g protein.

SICILIAN SUPPER

1-1/4 cups equals 601 calories, 38 g fat (20 g saturated fat), 147 mg cholesterol, 735 mg sodium, 31 g carbohydrate, 4 g fiber, 34 g protein.

SPAGHETTI CASSEROLE

1-1/2 cups equals 301 calories, 12 g fat (7 g saturated fat), 41 mg cholesterol, 774 mg sodium, 31 g carbohydrate, 4 g fiber, 18 g protein. **Diabetic Exchanges:** 2 starch, 2 fat, 1 lean meat.

SPICE BAKED RICE

1 serving equals 337 calories, 13 g fat (7 g saturated fat), 57 mg cholesterol, 908 mg sodium, 35 g carbohydrate, 2 g fiber, 21 g protein.

SPINACH SUPREME

1 serving equals 309 calories, 21 g fat (14 g saturated fat), 69 mg cholesterol, 753 mg sodium, 12 g carbohydrate, 3 g fiber, 17 g protein.

SPIRAL PEPPERONI PIZZA BAKE

1 cup equals 461 calories, 20 g fat (10 g saturated fat), 109 mg cholesterol, 839 mg sodium, 35 g carbohydrate, 2 g fiber, 33 g protein.

SPOON BREAD TAMALE BAKE

1 serving equals 331 calories, 12 g fat (6 g saturated fat), 55 mg cholesterol, 754 mg sodium, 30 g carbohydrate, 4 g fiber, 25 g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 starch, 1 vegetable, 1/2 fat.

SUMMER SQUASH CASSEROLE

1/2 cup equals 188 calories, 14 g fat (9 g saturated fat), 41 mg cholesterol, 326 mg sodium, 11 g carbohydrate, 2 g fiber, 3 g protein.

SWEET ONION CORN BAKE

1 piece equals 241 calories, 15 g fat (10 g saturated fat), 62 mg cholesterol, 421 mg sodium, 20 g carbohydrate, 1 g fiber, 6 g protein.

SWEET POTATO BAKE

1 serving equals 293 calories, 7 g fat (3 g saturated fat), 13 mg cholesterol, 550 mg sodium, 56 g carbohydrate, 4 g fiber, 3 g protein.

TACO CASSEROLE

1 serving equals 601 calories, 32 g fat (17 g saturated fat), 172 mg cholesterol, 1,544 mg sodium, 35 g carbohydrate, 4 g fiber, 40 g protein.

TACO POTATO SHELLS

1 potato shell equals 375 calories, 14 g fat (8 g saturated fat), 61 mg cholesterol, 766 mg sodium, 42 g carbohydrate, 4 g fiber, 20 g protein.

THREE-CHEESE LASAGNA

1-1/4 cups equals 384 calories, 16 g fat (8 g saturated fat), 76 mg cholesterol, 1,012 mg sodium, 27 g carbohydrate, 4 g fiber, 34 g protein.

TORTELLINI SPINACH CASSEROLE

1 cup equals 281 calories, 19 g fat (12 g saturated fat), 64 mg cholesterol, 378 mg sodium, 13 g carbohydrate, 1 g fiber, 15 g protein.

TORTILLA LASAGNA

1 piece equals 568 calories, 36 g fat (21 g saturated fat), 125 mg cholesterol, 1,180 mg sodium, 27 g carbohydrate, trace fiber, 29 g protein.

TURKEY ENCHILADA CASSEROLE

1 piece enchilada casserole equals 318 calories, 9 g fat (4 g saturated fat), 52 mg cholesterol, 936 mg sodium, 37 g carbohydrate, 7 g fiber, 21 g protein.

TURKEY TACO BAKE

1-1/2 cups equals 662 calories, 24 g fat (12 g saturated fat), 113 mg cholesterol, 1,396 mg sodium, 65 g carbohydrate, 12 g fiber, 44 g protein.

TURKEY WILD RICE CASSEROLE

3 ounces cooked turkey with 2/3 cup rice mixture equals 313 calories, 5 g fat (2 g saturated fat), 87 mg cholesterol, 371 mg sodium, 29 g carbohydrate, 3 g fiber, 36 g protein. **Diabetic Exchanges:** 3 lean meat, 1-1/2 starch, 1 vegetable.

UPSIDE-DOWN PIZZA

1 slice pizza equals 311 calories, 18 g fat (8 g saturated fat), 102 mg cholesterol, 794 mg sodium, 21 g carbohydrate, 1 g fiber, 17 g protein.

VEGETABLE CHICKEN POTPIE

1 serving equals 525 calories, 21 g fat (8 g saturated fat), 50 mg cholesterol, 1,023 mg sodium, 66 g carbohydrate, 4 g fiber, 19 g protein.

VEGETABLE MACARONI

3/4 cup equals 278 calories, 15 g fat (10 g saturated fat), 53 mg cholesterol, 633 mg sodium, 24 g carbohydrate, 3 g fiber, 11 g protein.

VEGETARIAN TORTILLA STACK

1 piece equals 335 calories, 12 g fat (3 g saturated fat), 17 mg cholesterol, 1,111 mg sodium, 38 g carbohydrate, 8 g fiber, 26 g protein.

VEGGIE BEAN CASSEROLE

1 cup equals 226 calories, 5 g fat (1 g saturated fat), 0 cholesterol, 582 mg sodium, 39 g carbohydrate, 10 g fiber, 9 g protein.

WEEKNIGHT CHICKEN POTPIE

3/4 cup chicken mixture with 1 roll equals 326 calories, 9 g fat (4 g saturated fat), 70 mg cholesterol, 511 mg sodium, 28 g carbohydrate, 2 g fiber, 33 g protein. **Diabetic Exchanges:** 4 very lean meat, 2 starch, 1 fat.