



# *Healthy Cooking w/ Mr. Wilson*

## *Holiday Menu*

- Mango Jerk Roasted Turkey
- Leg of Lamb
- Wheat Penne Pasta Bake w/ Zucchini
- Vegetable Stuffed Portabella Mushrooms Topped w/ Soy Mozzarella Cheese
- Cold Curry Caribbean Rice Salad
- Spinach Lasagna Rolls w/ Wheat Pasta
- Mashed Sweet Potatoes
- Butternut Squash w/ Pineapples
- Sauteed Fresh Green Beans with Sun Dried Tomatoes, Garlic & Onions
- Whole Wheat Corn Bread Muffins
- Apple Pie Bake
- Yummy Berry Tarts
- Layer Smooth Fruit Parfait

