

# The Plated Parable

## HIGH BLOOD PRESSURE

### ENTREES

Garlic Butter Salmon  
Lemon Herb Chicken  
Bourbon Chicken with Rice  
Garlic Shrimp Skewers  
Orange Chicken with Rice  
Poached Cod  
Smoked Turkey  
Mama Audrey's Pot Roast

### PASTA

Chicken Pesto Pasta  
Tuscan Chicken and Wheat Pasta  
Shrimp, Chicken, and Broccoli Wheat Pasta

### SALAD

Chopped Salad  
Italian Chicken or Shrimp Salad  
Garden Salad  
Apple, Cranberry, and Pecan Salad  
Mixed Green Salad

### SOUPS

Shrimp Bisque  
Chicken Noodle Soup  
Smoked Turkey Noodle Soup  
10 Vegetable Soup  
Broccoli and Cheddar Soup

### SIDES

Mustard Greens  
Swiss Chard  
Vegetable Stir Fry  
Roasted Broccoli  
Mashed Cauliflower  
Garlic Mashed Potatoes  
Creamed Spinach  
Sautéed Green Beans  
Spinach Artichoke Dip

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