



CONTENTS

Introduction	6
<u>STARTERS, SOUPS, AND SALADS</u>	8
A taste of the Northeast	40
<u>BREAKFASTS AND LIGHT BITES</u>	52
A taste of the Southeast	72
<u>MAINS AND SIDES</u>	92
A taste of the Southwest	116
A taste of the Midwest	154
<u>DESSERTS</u>	170
<u>BAKING, CANDY, AND PRESERVES</u>	200
A taste of the Pacific Northwest	216
Index	250
Acknowledgments	256