

Dips: (to be served with vegetables or rice chips or something only—no corn, pita or tortilla chips)

<http://www.foodnetwork.com/recipes/ellie-krieger/warm-spinach-and-artichoke-dip-recipe/index.html>

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/white-bean-and-roasted-eggplant-hummus-recipe/index.html>

<http://www.foodnetwork.com/recipes/sunny-anderson/vegetable-chips-with-blue-cheese-dip-recipe/index.html>

Maybe not the dip, but the alternative vegetable chips are a good idea!

Salads: (no croutons or corn)

<http://www.foodnetwork.com/recipes/sunny-anderson/apple-pear-and-walnut-salad-recipe/index.html>

<http://www.foodnetwork.com/recipes/tyler-florence/garlicky-grilled-chicken-portobello-and-radicchio-salad-recipe/index.html>

Figured one could chop or slice the chicken and make this more of a large piece salad.

<http://www.foodnetwork.com/recipes/food-network-kitchens/asian-chicken-salad-recipe/index.html>

Chicken dishes:

<http://www.foodnetwork.com/recipes/aaron-mccargo-jr/spicy-szechwan-chicken-lettuce-wraps-recipe/index.html>

<http://www.foodnetwork.com/recipes/almost-famous-chicken-lettuce-wraps-recipe/index.html>

<http://www.foodnetwork.com/recipes/sandra-lee/black-tea-chicken-with-eggplant-recipe/index.html>

Shrimp dishes:

<http://www.foodnetwork.com/recipes/robert-irvine/poached-cajun-shrimp-recipe/index.html>

Served with some yummy rice? Or use the juice to flavor some brown rice?

<http://www.foodnetwork.com/recipes/bobby-flay/gulf-shrimp-with-peanuts-and-green-chile-slices-with-dirty-rice-recipe/index.html>

<http://www.foodnetwork.com/recipes/tyler-florence/bacon-wrapped-shrimp-recipe/index.html>