

Eat Your Way Through the USA

By Loree Pettit

TABLE OF CONTENTS

Alabama

Fried Catfish....Baked Beans Southern Style....Peanut Butter Pie

Alaska

Crustless Salmon Quiche....Broccoli and Cauliflower Salad....Alaskan Blueberry
Coffee Cake....Snow Cream

Arizona

Chicken Enchiladas....Black Bean Dip....Turtle Cheesecake

Arkansas

Chicken and Rice....Purple Hull Peas....Arkansas Black Walnut Pound Cake

California

Cream of Broccoli Soup....Seven-Layer Salad....California Lemon Crunch

Colorado

Baked Trout with Garlic and Mushrooms....Potatoes Au Gratin....Mile-High
Strawberry Dessert

Connecticut

New England Pot Roast....Crumb Cake

Delaware

Peppered Beef Tip Roast....Broccoli-Cauliflower Casserole....Peach Crisp

Florida

Key West Grouper....Tomato Grits....Seminole Citrus Drink....Key Lime Pie

Georgia

Chicken Delight....Coca-Cola Salad....Boiled Peanuts....Peach Pie

Hawaii

Hawaiian Chicken....Spinach Salad....Coconut Cake

Idaho

Potato Chip Chicken....Cottage Potato Pie....Potato Chip Cookies

Illinois

Lasagna....Zucchini Skillet....Italian Cream Cake

Indiana

Hot Dog Casserole....Corn Pudding....Indiana Sugar Pie

Iowa

Pork Chops and Gravy....Green Bean and Pea Salad....Iowa Brownies

Kansas

Whole Wheat Pancakes....Oven-Fried Pork Chops....Sweet Potato Soufflé....
Sunflower Cookies

Kentucky

Hot Browns....Coleslaw....Kentucky Derby Pie

Louisiana

Cajun Gumbo....Natchitoches Meat Pies....Praline Cheesecake

Maine

Lobster Casserole with Water Chestnuts and Bacon....Roasted Asparagus....
Blueberry Pie

Maryland

Crab Cakes....Macaroni Salad....Pound Cake

Massachusetts

Clam Chowder....Boston Baked Beans....Corn Muffins....Boston Cream Pie

Michigan

Meat Loaf....Crock-Pot Macaroni and Cheese....Cherry Cobbler

Minnesota

Tater Tot Casserole....Chicken and Wild Rice Casserole....Star of the North Bars

Mississippi

Chicken and Dumplings....Friend Green Tomatoes....Mississippi Mud

Missouri

Chili Mac....Creamed Corn....Goey Butter Cake

Montana

Montana Special....Zucchini Casserole....Huckleberry Cake

Nebraska

Runza....Zesty Pasta Salad....Nebraska Raisin Bars

Nevada

Baked Chicken with Noodles....Stuffed Mushrooms....Toffee Cake

New Hampshire

Roasted Corn Chowder....Whole Wheat Bread....Orange Cake

New Jersey

Chicken Casserole....Savory Green Beans....Blueberry Cobbler

New Mexico

Chicken in the Chips....Southwest Beans....Milky Way Cake

New York

Chicken and Noodles....Baked Creamed Cabbage....Red Velvet Cake

North Carolina

Country Style Steak....Squash Casserole....Four-Layer Delight....Zucchini Bread

North Dakota

Dakota Bread....Cocoa Mix....North Dakota Dinner....Oatmeal Applesauce Cake

Ohio

Chicken Potpie....Cabbage and Barley Soup....Buckeyes

Oklahoma

Chili....Spoon Bread....Caramel Cake

Oregon

Apple-Glazed Beef Brisket....Zesty Hazelnut Broccoli....Blackberry Pie

Pennsylvania

Chicken Paprika....Carrot Fritters....Pumpkin Nut Cake

Rhode Island

Rhode Island Red Clam Chowder....Mocha Cake

South Carolina

Savory Baked Bird....Dilled Squash Bread....Fudge Ribbon Cake

South Dakota

Ham and Broccoli Casserole....Kuchen

Tennessee

Hoppin' John....Corn Salad....Butterscotch Pecan Cream Cheese Pound Cake

Texas

Chicken Friend Steak with Milk Gravy....Texas Ranger Soup....Pecan Pie

Utah

Utah Steak and Beans....Cinnamon Pull-Apart Bread

Vermont

Roast Turkey and Stuffing....Baked Apples....Maple-Coated Walnuts....Vermont
Maple Candy

Virginia

Ham with Ham Gravy....Turnip Greens....Pea-Picking Cake

Washington

Baked Potato Soup....Apple Dumplings

West Virginia

Fried Chicken....Fried Okra....Banana Bread....Hot Applesauce Crispy

Wisconsin

Cheesy Garlic Rolls....Ribs with Sauerkraut and Potatoes....Carrot Cake

Wyoming

Cowboy Beans....Cornbread Cakes....Sheet Cake

Washington, D.C.

Red, White, and Blue Toast....Senate Bean Soup....Apple Pie