



Great Dinners for Much Less Than You Think!

Crock Pot Pork Chops & Gravy

\$10.72—Serves 4

\$2.68 per person

Ingredients:

- 1/2 cup all-purpose flour
- 1 1/2 teaspoons dry mustard
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 4 lean boneless pork chops (1 in. thick)
- 10.75 oz can condensed chicken broth
- 2 tablespoons vegetable oil
- Baked Potatoes
- Green Giant Veggies

Preparation:

Combine 1st 4 items in a shallow dish.

Dredge chops in mixture, set aside. Combine remaining flour mixture w/ chicken broth and pour into your crock pot.

Pour oil into a large skillet & cook chops in hot oil until browned on both sides. Place chops in crock pot & cook covered on High for about 2 to 5 hours or until tender.

Enjoy with sides.

Prices valid 10/13-10/19

Basic pantry ingredients such as salt are not included in the cost.

Herb-Roasted Chicken

\$10.54—Serves 4

\$2.64 per person

Ingredients:

- 1 (3-3 1/2 lb) roasting chickens
- 1/2 cup kosher salt
- 1 quart water
- 1 teaspoon dried basil, crushed
- 1/2 teaspoon salt
- 1/2 teaspoon ground sage
- 1/2 teaspoon dried thyme, crushed
- 1/4 teaspoon ground black pepper
- 2 tablespoons butter, melted
- 1 tsp. jarred minced garlic
- Apple sauce
- Green Giant Veggies

Preparation:

Place chicken in a gallon plastic zipper bag. Pour 1/2 cup salt over chicken add 1 quart water & seal. Gently mix the solution to cover chicken. Refrigerate for 30 minutes.

Remove chicken from bag and rinse under cold water. Pat dry. Preheat oven to 375.

In a small bowl, stir together spices. In another bowl melt butter. Add garlic & mix. Brush chicken with garlic butter; sprinkle with herbs.

Roast, uncovered, for 1.5 hours, or until drumsticks move easily and temp. reaches 180. Serve with sides.

Garlic Lime Chicken

\$9.45—Serves 4

\$2.36 per person

Ingredients:

- 1/2 cup lime juice
- 1/4 cup cider vinegar
- 6 garlic cloves, minced
- 2 teaspoons dried oregano
- 1 tablespoon dried coriander
- 2 teaspoons pepper
- 1 teaspoon salt
- 1 teaspoon paprika
- 4 bone-in chicken breast halves
- 1/4 cup vegetable oil
- Cauliflower & Leaf Lettuce as sides

Preparation:

In a large zipper plastic bag, combine lime juice—paprika; add chicken. Seal bag and turn to coat; refrigerate for 8 hours or overnight.

Discard marinade. In a skillet, brown chicken on all sides in oil. Transfer to a greased baking pan. Bake, uncovered, at 375 for 30-35 minutes or until a meat thermometer reaches 170° and juices run clear. Enjoy with sides.

Baked Tilapia Casserole

\$11.06—Serves 4

\$2.77 per person

Ingredients:

- 1/2 cup chopped onion
- 1/4 cup chopped celery
- 1/2 cup chopped mushrooms
- 3 tablespoons butter
- 2 cups bread crumbs
- 1 cup chicken broth
- 1 teaspoon salt
- 1 lb. tilapia fillets
- Juice of 1 lemon
- 3 -4 tomatoes, peeled and sliced
- Broccoli Rabe
- 1 lb. Deli Salad

Preparation:

Preheat oven to 350. In a skillet, melt butter, sauté onion, celery, & mushrooms for 5 min. Add bread crumbs & salt, mix well.

Place fish in baking dish & sprinkle w/ lemon juice. Spread stuffing over fish. Cover w/ tomatoes and bake uncovered 30 min.

If desired, sprinkle tomatoes with Parmesan cheese and broil until cheese is melted. Serve with sides.