



Great Dinners for Much Less Than You Think!

White Fish in Herbed Butter

\$12.50—Serves 4

\$3.13 per person

Ingredients:

- 4 tablespoons butter, softened
- 1 teaspoon dillweed
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 lbs white fish fillets
- Fresh Green Beans
- Cauliflower

Preparation:

Mix all but fish in small bowl. Heat skillet; add butter mixture.

Add fish and sauté for about 6-7 minutes on each side. Enjoy with sides! Optional garnish—lemon wedges.

Prices valid 10/27-11/2

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

Jack-o-Lantern Sloppy Jack Pie

\$13.74—Serves 4

\$3.44 per person

Ingredients:

- 1 refrigerated pie crust, softened
- 1.5 lb bulk chicken sausage
- 1 medium onion, chopped (1/2 cup)
- 1 cup frozen corn
- 1 cup salsa
- 1/2 cup chili sauce
- 2 tablespoons packed brown sugar
- 1 can (4.5 oz) chopped green chilies
- 1 tablespoons chopped fresh cilantro
- Rolls & Fresh Apples, sliced

Preparation:

Heat oven to 450. Remove pie crust from pouch; onto ungreased cookie sheet, unroll.

With knife, cut jack-o'-lantern face from crust. If desired, place cutouts on crust to decorate, securing with small dab of water. Bake 10 min. or until crust is golden brown.

In a nonstick skillet, cook sausage & onion over med-high heat 9 min, stirring, until sausage is not pink. Stir in remaining ingredients except cilantro. Heat to boiling. Reduce heat to med-low; simmer uncovered 9 min, stirring until corn is cooked.

Stir cilantro into sausage mixture. Carefully place warm baked pie crust over turkey mixture in skillet. Enjoy with sides.

Crock Pot Country Style Ribs and Sauerkraut

\$9.90—Serves 4

\$2.48 per person

Ingredients:

- 2 lbs boneless country-style pork ribs
- 1 medium cooking apple, sliced
- 1 small onion, sliced
- 14 ounces sauerkraut, drained, rinsed
- 3 tablespoons packed brown sugar
- 1 teaspoon caraway seed
- 1/4 cup dry white wine or apple juice
- Mashed potatoes

Preparation:

In 4 quart Crock Pot, place ribs, apple and onion. Top with sauerkraut, brown sugar and caraway seed; mix lightly. Pour wine over top.

Cover; cook on LOW heat setting 8 to 10 hours. Enjoy with potatoes.

Hawaiian Chicken

\$11.49—Serves 4

\$2.87 per person

Ingredients:

- 4 boneless skinless chicken breasts halves
- 1-1/2 cups Panko bread crumbs
- 1 teaspoon. pepper
- 1 teaspoon. garlic powder
- 1 large egg
- 1/4 cup olive oil
- 1 jar duck sauce
- 2 tablespoon. sweet red Thai chili sauce
- Fresh Pineapple & Fresh Green Beans

Preparation:

Preheat oven to 350. Pound chicken breasts to 1/2" thickness. In a shallow dish, combine Panko, pepper & garlic. Set aside. Beat egg in a bowl.

Heat oil in a large skillet over med heat. Dip chicken in egg, then press into Panko mixture, turning to coat on both sides. Place in hot skillet.

Cook until golden brown, 4 min. Flip & cook on the other side. Transfer to a baking dish. Pour duck sauce over chicken. Drizzle with chili sauce. Bake 30 minutes until chicken is cooked through. Enjoy with sides!