



Great Dinners for Much Less Than You Think!

Baked Ham Steak w/ Pineapple

\$9.05—Serves 4

\$2.26 per person

Ingredients:

- 1 1/2 pound ham steak
- 1 (20 oz.) can Dole pineapple rings
- brown sugar
- Cinnamon
- Hanover Vegetables

Preparation:

Preheat the oven to 375. Slice the edge of the ham in several places to prevent curling in the pan. Put ham in a shallow ovenproof pan and place the pineapple on top. Pour juice over the ham. Bake uncovered for 20 min.

After 20 min, remove the pan from the oven and turn the oven up to broil. Baste the ham with the juices. Sprinkle brown sugar over the pineapple slices and dust with cinnamon. Return to oven and broil for 3 to 5 min. or until the pineapple is lightly browned. Enjoy with veggies.

Slow Cooker Eye of Round Roast

\$13.55—Serves 4

\$3.89 per person

Ingredients:

- 1 (10 oz) can cream of mushroom soup
- 1 (10 oz) can low sodium beef broth
- 1 (1 oz) package dry onion soup mix
- 1-2 tablespoon fresh minced garlic
- 1 tablespoon Worcestershire Sauce
- 1 (3-4 lb) eye of round roast
- 1/4 cup flour
- 1 teaspoon black pepper
- 3-4 tablespoons oil
- Baking Potatoes
- Hanover Vegetable

Preparation:

In a bowl combine mushroom soup, beef broth, dry soup mix, garlic & Worcestershire sauce. Mix until combined, transfer into a 5-6-quart crock pot.

In a small bowl mix flour and pepper. Dredge the roast in the dry mixture.

Heat oil in a skillet over med. heat; add the roast and lightly brown on all sides. Transfer to the slow cooker and spoon liquid mix on top.

Cover and cook on LOW for 8 hours or until the roast is tender. Enjoy with sides!

Grilled Chicken w/ BBQ Glaze

\$8.29—Serves 4

\$2.07 per person

Ingredients:

- 4 boneless skinless chicken breasts, halved
- 1/3 cup barbecue sauce
- 1 tablespoon honey
- 1/4 cup mayo
- 2 garlic cloves, crushed
- 2 teaspoons fresh ginger, grated
- 1 lb. Deli Salad
- Richfood Pork & Beans (2 cans)

Preparation:

Combine bbq sauce through ginger in a large bowl. Add chicken fillets and coat well. Cover and refrigerate for 3 + hours.

Preheat grill to medium-high heat. Grill for approximately 5 minutes each side or until cooked thoroughly, brushing occasionally with marinade.

Haddock Fillets in White Wine

\$11.46—Serves 4

\$2.87 per person

Ingredients:

- 1 1/2 lbs haddock fillets
- 1/4 teaspoon salt (or to taste)
- 1/4 teaspoon pepper (or to taste)
- 1/2 cup all-purpose flour
- 1 tablespoon butter
- 1/4 cup chopped fresh parsley
- 2 tablespoons chopped green onion
- 1/2 cup dry white wine
- Hanover Vegetables
- Fresh Express Salad

Preparation:

Sprinkle the fillets with salt and pepper. Dredge the fillets in flour.

Place the fillets in a greased 13x9 inch baking dish. Dot with butter and sprinkle with parsley & green onions. Pour wine around the fillets.

Bake in a 400° oven for 12-14 minutes or until fish flakes. Enjoy with sides.

*Prices valid 6/23-6/29*Basic pantry ingredients such as salt are not included in the cost.**