



### Crunchy Onion Chicken

\$10.98—Serves 4

\$2.75 per person

#### Ingredients:

- 2 cups (4 oz.) French's French Fried Onions
- 2 tablespoons flour
- 4 boneless skinless chicken breast halves
- 1 egg, beaten
- Rice-A-Roni
- Fresh Express Salad

#### Preparation:

Crush French Fried Onions with flour in plastic bag. Dip chicken into egg, then coat in onion crumbs. Bake 20 minutes at 400°F until cooked through.

Enjoy with sides!

# Great Dinners for Much Less Than You Think!

### Crock Pot Eye of Round

\$14.50—Serves 4

\$3.63 per person

#### Sauce Ingredients:

- 1 (10 ounce) can cream of mushroom soup
- 1 (10 ounce) can low sodium beef broth
- 1 (1 ounce) package dry onion soup mix
- 1-2 tablespoon fresh minced garlic
- 1 tablespoon Worcestershire sauce
- 3 lb. eye of round roast
- 1/4 cup flour
- 1 teaspoon black pepper
- 1/2-1 teaspoon garlic powder (optional)
- 3-4 tablespoons oil
- 1 lb. broccoli
- Richfood Frozen Potatoes

#### Preparation:

In a bowl, mix mushroom soup w/ beef broth, onion soup, garlic & Worcestershire sauce until combined; transfer to a 5-6-qt crock pot.

In a bowl, mix flour with black pepper & garlic powder. Dredge the roast in the dry mixture.

Heat oil in a skillet over medium; add the roast and lightly brown on all sides. Transfer the roast to the slow cooker and spoon the broth mixture on top of the roast.

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

### Ultimate BLT Salad

\$9.69—Serves 4

\$2.42 per person

#### Ingredients:

- 2 large tomatoes, cubed 1/2-inch
- 8 slices bacon, cooked and crumbled
- 1 (10 ounce) bag mixed salad greens
- 3/4 cup ranch dressing
- 2 cups cheddar cheese, shredded
- 1 cantaloupe
- Knorr's Noodles & Sauce

#### Preparation:

Layer tomatoes, bacon, salad greens, dressing and cheese in large serving bowl. Toss just before serving.

Chunk up the cantaloupe and serve with prepared noodles for a complete meal.

*Prices valid 8/11-8/17*

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

### Best Grilled Pork Chops

\$10.54—Serves 4

\$2.64 per person

#### Ingredients:

- 1/2 cup water
- 1/3 cup light soy sauce
- 1/4 cup vegetable oil
- 3 tablespoons lemon pepper seasoning
- 2 cloves garlic, minced
- 4 pork loin chops
- 1 lb. asparagus
- 1 lb. deli salad

#### Preparation:

Place all ingredients (except chops) in a plastic zipper bag and mix well. Add pork chops and marinate at least 2 hours.

Remove from marinade (discard marinade) and cook over medium heat on greased grill about 15 minutes or until done.

Serve with prepared asparagus and deli salad of your choice!