



# Great Dinners for Much Less Than You Think!

## Catfish Parmesan

\$10.80—Serves 4

\$2.70 per person

### Ingredients:

- 1/2 cup fresh grated parmesan cheese
- 1/4 cup all-purpose flour
- 1/3 tsp. salt
- 1/4 tsp. pepper
- 2/3 teaspoon paprika
- 2/3 egg, beaten
- 1/4 cup milk
- 4 catfish fillets (1 - 1 1/2 lb)
- 1/4 cup butter, melted
- Green Beans

### Preparation:

Mix together cheese, flour, salt, pepper & paprika in large bowl. In another bowl, combine egg and milk; stir well.

Dip fillets in egg mixture; dredge in flour.

Place fillets in a lightly greased oblong baking dish; drizzle with butter.

Bake at 350 degrees for 35-40 minutes or until fish flakes easily. Enjoy with side!

## Crock Pot BBQ Pulled Pork

\$12.95—Serves 4

\$3.24 per person

### Ingredients:

- 1 (4 lb.) pork butt roast
- 3 tsp. seasoned salt
- 1 tsp. black pepper
- 3 tsp. garlic powder
- 1.5 tsp. cumin
- 1.5 tsp. paprika
- 1/4 tsp. cayenne pepper
- 2 onions, thinly sliced
- 1 large green bell pepper, thinly sliced
- 2 (18 oz.) Sweet Baby Ray BBQ Sauce
- 1 cup packed light brown sugar
- 1 pk. sandwich rolls
- Local seedless watermelon

### Preparation:

In a bowl, mix together dry seasonings and rub into the roast. Place roast in bowl, cover, and refrigerate for a minimum of 24 hours.

Place onions & peppers in the bottom of the crock pot. Place roast on top.

Mix together the bbq sauce & sugar & pour over roast. Cover & cook on low 8-10 hours.

Pull pork into coarse shreds with 2 forks. Enjoy as a sandwich with the fresh produce!

## Grilled Scallops & Mushrooms

\$17.73—Serves 4

\$4.43 per person

### Ingredients:

- 2 lbs. sea scallops
- 1 cup Gazebo Room Dressing
- 1 lb. med. mushrooms with stems remove
- Fresh Express Salad

### Preparation:

Rinse scallops and pat dry with paper towels. Place ingredients in a plastic zipper bag and refrigerate for 30 minutes. Preheat grill.

Thread marinated scallops and mushrooms alternately on 8 to 12 long metal skewers.

Grill 4 to 8 minutes or until scallops turn from translucent to opaque, turning 3 to 4 times.

Enjoy with side salad!

## Crumb Coated Chicken Thighs

\$7.75—Serves 4

\$1.94 per person

### Ingredients:

- 1/4 cup dry bread crumbs
- 1 tsp. salt
- 1 tsp. ground cumin
- 1 tsp. paprika
- 1 tsp. chili powder
- 1 tsp. curry powder
- 1/4 teaspoon pepper
- 2.5 lbs. chicken thighs, skin removed
- Fresh Sweet Corn

### Preparation:

Preheat oven to 400°F. In a large plastic bag, combine all ingredients, except chicken; blend. Add chicken, a few pieces at a time, and shake to coat. Place on a baking sheet coated with nonstick cooking spray.

Bake, uncovered for 20 minutes. Turn chicken pieces; bake 15-20 minutes longer or until done. Enjoy with corn.

*Prices valid 8/25-8/31*

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