



# Great Dinners for Much Less Than You Think!

## Crunchy Onion Chicken

\$9.67—Serves 4

\$2.42 per person

### Ingredients:

- 2 cups (4 oz.) French's French Fried Onions
- 2 tbsp. flour
- 4 boneless skinless chicken breasts
- 1 egg, beaten
- Hanover Vegetables
- Richgood Fries

### Preparation:

Crush French Fried Onions with flour in plastic bag. Dip chicken into egg, then coat in onion crumbs.

Bake at 400°F for 20 minutes or until cooked through.

Serve with fries and vegetables.

## Chicken Sausage "Pizza"

\$13.20—Serves 4

\$3.30 per person

### Ingredients:

- 1 lb. Spinach & Feta Chicken Sausage
- 1 cup sliced mushrooms
- 1/4 cup store-bought pizza sauce
- 1 7 oz jar roasted red peppers, drained and cut into strips
- 3/4 cup reduced fat shredded mozzarella cheese
- 4 Celia's 6" Flour Tortillas
- Fresh Express Salad
- 1 lb. Deli Potato Salad

### Preparation:

Preheat oven to 350°F.

Cook sausage in fry pan until done. Remove from pan and slice into 1/2" slices.

Add mushrooms to pan and sauté.

Place tortillas in single layer on a baking sheet. Spread pizza sauce on tortilla and top with sausage, mushrooms, peppers and cheese.

Bake in oven until hot and bubbly. Enjoy with side salad and potato salad.

## Honey Peach Ham Glaze

\$11.80—Serves 4

\$2.95 per person

### Ingredients:

- 1 - 8 lb. ham portion
- 1 cup peach preserves
- 2 tablespoons spicy brown mustard
- 1 1/2 tablespoons balsamic vinegar
- 1/3 cup honey
- 1 lb. Broccoli

### Preparation:

Heat oven to 325°. Line a roasting pan with foil. Wrap the ham in foil, keeping the ham fat side up; place in baking pan. Bake for 18-20 minutes per pound, or until a meat thermometer registers about 145°.

Combine all glaze ingredients in a small saucepan; bring to a simmer. Use about 1/3 of the mixture to spoon over a ham the last 20 min. of roasting time & serve the rest as a sauce.

Serve with prepared broccoli.

## Easy Crab Imperial

\$12.20—Serves 4

\$3.05 per person

### Ingredients:

- 1 lb. Crab meat [flaked]
- 1 cup Mayonnaise
- 4 Egg whites [stiffly beaten]
- 1/4 tsp. Salt
- 1/8 tsp. Pepper
- 1/2 cup Bread crumbs
- Richfood Onion Rings
- Hanover Vegetables

### Preparation:

Mix the crab meat and the mayonnaise in a bowl, then fold in the egg whites, salt & pepper.

Pour into a greased baking dish, and sprinkle with the bread crumbs. Bake in a 350° oven for 45 min.

Serve with onion rings and vegetables.

Prices valid 3/24-3/30

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