



Great Dinners for Much Less Than You Think!

Ranched Chicken Thighs

\$9.89—Serves 4
\$2.47 per person

Ingredients:

- 2/3 cup dry breadcrumbs
- 1/3 cup grated parmesan cheese
- 2 2/3 tablespoons yellow cornmeal
- 2/3 teaspoon Italian seasoning
- 8 chicken thighs (skin removed)
- 2/3 cup bottled ranch salad dressing
- 1 lb. Baby Carrots
- Fresh Express Salad

Preparation:

Preheat oven to 375. In a shallow bowl, combine crumbs, Parmesan cheese, cornmeal, and Italian seasoning.

Dip chicken into salad dressing, then coat with crumb mixture.

Place chicken in a greased 13x9 baking dish. Bake for 45 minutes or until juices run clear.

Enjoy with prepared sides.

Mushroom and Swiss Burger

\$12.36—Serves 4
\$3.09 per person

Ingredients:

- 1 can Campbell's Golden Mushroom soup
- 1 can Green Giant sliced mushrooms
- 1 teaspoon Worcestershire sauce
- 1 lb. chopped sirloin
- 1 teaspoon Lawry's Seasoned Salt
- 1/4 teaspoon ground pepper
- 4 slices Swiss cheese
- McCain Fries
- 1 lb. deli cole slaw

Preparation:

Mix the first three ingredients together, put on low heat and let simmer.

Mix the burger, seasoned salt and pepper together and form into 4 patties.

Fry or grill the patties until done. Put patty onto a bun, top with cheese and sauce.

Serve with prepared fries and cole slaw.

Moist & Tender Flounder

\$11.96—Serves 4
\$2.99 per person

Ingredients:

- 1/4 cup fine Italian breadcrumbs
- 1/4 cup fat-free parmesan cheese
- 1.5 lb flounder
- 1/4 cup mayo (real is a must here!)
- pepper, to taste
- garlic salt, to taste
- 1 lb. Broccoli
- 1 lb. Baby Carrots

Preparation:

Preheat oven to 375. In a shallow dish, combine crumbs and cheese. Brush both sides of the fish with the mayonnaise. Coat with crumb mixture. Arrange in single layer in shallow dish. Sprinkle with garlic and pepper.

Bake for 25-30 minutes, until golden brown and flakes easily.

Enjoy with prepared veggies.

Easy Slow Cooker BBQ Country Style Ribs

\$10.61—Serves 4
\$2.65 per person

Ingredients:

- 4 lbs country-style spare ribs
- 1 (18 oz.) bottle of your favorite bottle barbeque sauce
- 1 onion, chopped
- salt and pepper, to taste
- 1 lb. deli macaroni salad
- Libby Corn

Preparation:

Place ribs, bbq sauce, onion and salt & pepper in crock pot.

Cook on low for 6 to 8 hours on a low setting.

Enjoy this SUPER EASY MEAL with selected sides!

*Prices valid 6/2-6/8 *Basic pantry ingredients such as salt are not included in the cost.**