



Easy Baby Back Ribs

\$13.19—Serves 4

\$3.30 per person

Ingredients:

- 2 lbs pork baby back ribs
- 1 (18 oz) bottle barbecue sauce
- 1 lb. Broccoli
- Baked Potatoes

Preparation:

Tear off 4 pieces of aluminum foil big enough to enclose each portion of ribs. Spray each piece of foil with vegetable cooking spray. Brush the ribs liberally with barbecue sauce and place each portion in its own piece of foil. Wrap tightly and refrigerate for at least 8 hours, or overnight.

Preheat oven to 300 degrees F. Bake ribs wrapped tightly in the foil for 2 1/2 hours. Remove from foil and add more sauce, if desired. Enjoy with sides!

Great Dinners for Much Less Than You Think!

Angel Hair Pasta with Shrimp & Broccoli

\$9.49—Serves 4

\$2.37 per person

Ingredients:

- 1 lb. medium shrimp, peeled & deveined
- 3 large garlic cloves
- 1/2 tsp. salt and pepper
- 6 tablespoons olive oil
- 3 tablespoons butter
- 1 bunch of broccoli, cut up
- 8 oz. angel hair
- Fresh Express Salad

Preparation:

Toss shrimp, garlic, salt & pepper, 4 Tbsp. oil. Marinate the for 3 hours in fridge. After marinating, remove garlic pieces.

Cook pasta according to package. Drain & keep warm. In a saucepan, add broccoli & bring to a boil. Drain and return to pan; cover.

Heat remaining olive oil & butter in a fry pan. Add shrimp and sauté, tossing often.

Combine shrimp, broccoli, and pasta together to serve. Enjoy with side salad.

Surprise Burgers

\$8.68—Serves 4

\$2.17 per person

Ingredients:

- 1 lb. chopped steak
- 1 small can crushed pineapple, drained
- 1/2 cup ketchup
- 1/2 cup brown sugar
- 1 tablespoon mustard
- 1 lb. Deli Salad
- Corn on the cob

Preparation:

Preheat grill for high heat. Mix beef & pineapple together and form into patties. In a small saucepan, mix together the ketchup, brown sugar, and mustard. Heat until sugar is dissolved. Set aside.

Place burgers on the grill, and cook for about 5 minutes per side, or until cooked thoroughly. Spoon some of the brown sugar sauce over the burgers before serving. Enjoy with sides.

Scott's Easy Chicken Sausage

\$10.34—Serves 4

\$2.59 per person

Ingredients:

- 1.5 lb. Karns Feta & Spinach Chicken Sausage
- 2 - (14.5 oz.) cans Del Monte diced tomatoes
- 1 tablespoon balsamic vinegar
- Parmesan Cheese
- 1 lb. Deli Salad
- Red Potatoes

Preparation:

Preheat oven to 350°F. Place chicken sausage in baking pan and cover with diced tomatoes. Cover pan with foil and bake for 1 hour.

After baking, remove sausage from pan brown in a skillet in olive oil. Add tomatoes and balsamic vinegar to pan and heat thoroughly.

Garnish with Parmesan Cheese. Serve with sides.

*Prices valid 6/30-7/6*Basic pantry ingredients such as salt are not included in the cost.**