



Great Dinners for Much Less Than You Think!

Baked Crabmeat & Spinach

\$14.13—Serves 4

\$3.53 per person

Ingredients:

- 1 lb. crabmeat
- 2 pkgs. frozen chopped spinach, cooked with no salt & drained well
- 1 c. bread crumbs

SAUCE:

- 1 can mushroom soup
- 1/4 c. whole milk or half and half
- 1 c. grated cheddar cheese
- 1 tsp. Worcestershire sauce
- Hanover Vegetables

Preparation:

Place sauce ingredients in medium pan and cook over medium heat until well blended. Mix half of the sauce into the cooked spinach and put into a shallow casserole. Cover with crabmeat and then the rest of the sauce. Top with bread crumbs. Bake at 350 for 30 minutes.

Enjoy with side veggies of your choice!

Easy Chicken & Bow-Tie Pasta

\$9.49—Serves 4

\$2.37 per person

Ingredients:

- 2 tablespoons butter or margarine
- 1.25 lb. boneless skinless chicken breasts, cut into thin strips
- 1 medium onion, sliced
- 1 cup roasted red peppers, cut into strips
- 1 1/4 cups water
- 1 cup milk
- 1/2 teaspoon garlic powder
- 1 pk Lipton 4-Cheese Bow-Tie Side Dish
- 1 cup frozen peas, partially thawed
- 1 head lettuce

Preparation:

Melt butter in a large non-stick skillet over med-high heat and cook chicken, stirring occasionally, 2 min. Add onion, stirring occasionally, 2 min. Add roasted red peppers, stirring, 2 min. or until onion is tender.

Add water, milk & garlic powder. Bring to a boil over high heat. Stir in pasta. Return to a boil, and cook over med. heat, stirring occasionally, 7 minutes or until pasta is tender.

Stir in peas and cook, stirring occasionally, 1 minute or until chicken is thoroughly cooked.

Serve with prepared salad.

Sweet & Sour Crock Pot Meatballs

\$14.22—Serves 4

\$3.55 per person

Ingredients:

- 1 (28 oz.) pkg. Chef Italia portofina meatballs
- 1 (12 oz.) jar chili sauce
- 2 teaspoons lemon juice
- 1 cup grape jelly
- Bakery Sub Rolls
- 1 lb. Deli Salad
- 1/2 honey dew

Preparation:

In a crock pot, combine chili sauce, lemon juice and grape jelly. Stir in meatballs and cook on low 6-8 hours.

Serve in bakery sub rolls with sides.

Smothered Tilapia

\$10.95—Serves 4

\$2.74 per person

Ingredients:

- 1 lb. tilapia fillets
- 2 large tomatoes
- 4 slices Swiss cheese
- Juice of 2 large lemons
- Seasoned salt
- Dried Oregano
- Cauliflower
- Broccoli

Preparation:

Preheat oven to 350. Place fish fillets in a 9" X 13" glass baking dish. Pour lemon juice over fillets, turning to coat. Sprinkle with seasoned salt to taste.

Place cheese over the fillets so they are covered. Place tomato slice over cheese. Sprinkle dried oregano over the top.

Bake for 20 minutes or until fish flakes easily.

Serve with fresh veggies.

*Prices valid 6/9-6/15 *Basic pantry ingredients such as salt are not included in the cost.**