



Great Dinners for Much Less Than You Think!

Southwestern Taco Salad

\$13.40—Serves 4

\$3.35 per person

Dressing:

- 3/4 cup ranch salad dressing
- 1/2 cup salsa

Salad:

- 6 cups romaine lettuce leaves
- 2 cups bite-size rotisserie chicken
- 1.5 cups broken tortilla chips
- 1 (11 oz.) can Mexican-style corn with red & green peppers, drained
- 1 cup black beans, rinsed
- 1 small avocado, chopped
- Shredded Cheddar cheese, to taste

Preparation:

Stir the dressing ingredients together and set aside.

Combine the salad ingredients in a large bowl. Add dressing and toss. Serve immediately.

Enjoy!

Yummy Honey Chicken Kabobs

\$9.16—Serves 4

\$2.29 per person

Ingredients:

- 2 Tbsp. vegetable oil
- 2 Tbsp. and 2 tsp. honey
- 2 Tbsp. and 2 tsp. soy sauce
- 1/8 tsp. ground black pepper
- 4 skinless, boneless chicken breast halves - cut into 1 inch cubes
- 1 clove garlic
- 2-1/2 small onions, cut into 2 inch pieces
- 1 red bell peppers, cut into 2 inch pieces
- Skewers
- Side Salad

Preparation:

In a bowl, whisk oil—pepper. Before adding chicken, reserve a small amount to brush onto kabobs while cooking. Place the chicken, garlic, onions & peppers in the bowl & marinate in the refrigerator min 2 hours.

Preheat the grill for high heat. Drain marinade from chicken and vegetables, and discard marinade. Thread chicken and vegetables alternately onto the skewers.

Lightly oil the grill. Place skewers on the grill. Cook for 13 min, until chicken juices run clear. Turn and brush with reserved marinade frequently. Enjoy with side salad.

Grilled Sausage Patties with Peppers and Onions

\$9.06—Serves 4

\$2.26 per person

Ingredients:

- 1 lb. Karns bulk sausage, formed into 4 patties
- 1 green pepper, thinly sliced
- 1 small onion, thinly sliced
- 1 tablespoon oil
- 1 clove garlic, minced
- 2 pita breads, cut in half
- 1 lb. Deli Salad
- Baked Potatoes

Preparation:

Heat oil in a large skillet over medium-high heat. Saute peppers, onions and garlic in oil until softened. Add sausage patties and cook until done. Place patties in pita half with peppers and onions.

Serve with sides.

Tilapia with Buttery Crumb Topping

\$7.35—Serves 4

\$1.84 per person

Ingredients:

- 4 to 6 tilapia fillets, about 1 1/2 pounds
- Salt and pepper
- 1 cup soft fresh bread crumbs
- 3 Tbsp. melted butter
- 1/2 tsp. dried leaf basil
- 1 lb. Broccoli
- Fresh Peaches

Preparation:

Heat oven to 400. Lightly grease a large shallow baking dish.

Arrange fish on the prepared dish & sprinkle with salt & pepper. Combine the butter, basil & bread crumbs; sprinkle over fillets.

Bake the fish fillets for 15 to 18 minutes, or until fish is cooked through. Broil for 2 to 3 minutes to brown the topping. Fish will flake easily with a fork when done.

Enjoy with prepared sides!

Prices valid 9/8-9/14

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