



Great Dinners for Much Less Than You Think!

Sausage Pasta

\$11.69—Serves 4
\$2.92 per person

Ingredients:

- 8 oz package spaghetti
- 1 pound fresh, ground pork sausage
- 2 tomatoes, chopped
- 6 oz can black olives, drained & sliced
- 2 cups Cheddar cheese, shredded
- Side salad

Preparation:

Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown; drain well. Keep warm.

Prepare spaghetti according to package instructions.

Add cooked spaghetti, tomatoes, olives, and cheese to sausage. Heat until cheese is melted. Serve with side salad.

Savory Chicken Breasts

\$9.95—Serves 4
\$2.49 per person

Ingredients:

- 4 skinless, boneless chicken breast halves
- Ground black pepper to taste
- 4 slices Swiss cheese
- 10.75 oz can condensed cream of chicken soup
- 1/4 cup milk
- 1 cup dry bread crumbs
- 3 tablespoons butter or margarine, melted
- Broccoli & Potatoes as sides

Preparation

Preheat oven to 350. Place chicken breasts in a 9" x 13" baking dish. Season with ground black pepper to taste. Top each breast with a slice of cheese.

Mix together the soup and milk and pour mixture over chicken. Sprinkle bread crumbs on top and drizzle with melted butter. Bake covered for 30 minutes. Uncover and bake for another 20 minutes or until golden brown. Enjoy with prepared sides.

Lemon Pepper Catfish

\$13.89—Serves 4
\$3.47 per person

Ingredients:

- 1 1/2 cups all-purpose flour
- 1/2 cup cornmeal
- 1 tablespoon lemon pepper
- 2-3 eggs
- 6 (6 ounce) fillets catfish
- 1/4 cup butter or margarine
- Squash as a side
- Cole slaw as a side

Preparation

Combine flour, cornmeal and lemon pepper spice; set aside. In a separate bowl, lightly beat eggs.

In a large frying pan, melt butter over medium heat.

Working one at a time, dip filets in egg and dredge in flour until well coated. Cook in hot butter, turning once, until brown on both sides. Drain briefly on paper towels. Enjoy with squash and slaw.

Halloween Taco Salad

\$11.95—Serves 4
\$2.99 per person

Ingredients:

- 1 lb. chopped chuck
- 1/4 cup water
- 8 oz tomato sauce
- 1 envelope taco seasoning
- 12.5 oz nacho tortilla chips, crushed
- 1 cup shredded Monterey Jack cheese
- 1 cup shredded cheddar cheese
- 2 cups torn iceberg lettuce
- 1 medium red onion, finely chopped
- 4 slices tomato, halved
- 1/2 cup sour cream
- Sliced black olives

Preparation:

In a Dutch oven, cook beef until no longer pink; drain. Stir in water, tomato sauce & taco seasoning. Bring to a boil. Reduce heat; simmer, uncovered, for 15 min.

Place chips in a greased 15x10x1 baking pan; sprinkle with Monterey Jack. Spread meat over top; sprinkle with cheddar. Bake at 325 for 30 minutes or until bubbly.

Top with lettuce & onion. Cut into 4 pieces. On each piece, arrange two tomato slices for eyes; top with sour cream & olive half.

Prices valid 10/26-11/1

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